



Timely Information for Personal Success

Twice the Results in Half the Time

By **Tim Lencki**

If you're looking to burn body fat, and you've never heard the word "kettlebell," it's high time you did since kettlebell training is quickly becoming *the* "go-to" training! A kettlebell is a cannonball-shaped weight with handles that was originally developed as a way to build strength, balance, flexibility and endurance. They are great training tools because they bring cardio and strength training together in one quick exercise.



As you know, we live in a world that craves instant results. Short of surgery, kettlebell training may be the fastest way to achieve the physique you're after since this type of strength training can quickly accelerate fat loss — as much as 20 calories a minute according to one study! This is equivalent to running a 6-minute-mile pace or cross-country skiing uphill at a fast pace. Wow!

Not only can you burn more calories while you're working out, but kettlebell training burns muscle, so you are burning more calories even while at rest. One pound of muscle burns about 14 calories at rest, whereas one pound of fat burns only 4 calories at rest. The more muscle you have, the more calories you're burning even while you're sitting at your desk.

Since exercise can get boring, just the fact that kettlebell training is something different is another reason to consider trying it. You don't just stand in one place and lift weights, you actually move, bringing in an element of cardio. And training movements can boost your metabolism, improve performance, and make everyday tasks easier.

Kettlebell-theme classes are popping up around the country. Visit your local health club or find a personal trainer and give it a try. ♦

Tim Lencki, MS, CSCS, is a strength and conditioning specialist and author of "Fitness One Day at a Time." Visit Tim's website at www.thefitnesseducator.com.

Editor's note: The advice presented in this article is for educational purposes only and should not be construed as a substitute for medical advice. Consult a physician regarding the applicability of recommendations appearing in this article.

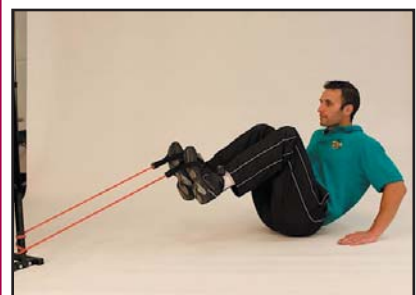
Tips to Prevent Back Pain

Back pain is one of the most chronic pain conditions. In fact, four out of five people suffer with back pain at some point in their life.

It is often caused by overuse, muscle strain, or injury. It can range from a dull ache to a sharp pain, and it can be defined in two ways — acute and chronic. Acute back pain can come on suddenly and last up to six weeks. Chronic back pain is long term — lasting for months or even years. Back pain is also:

- The leading cause of activity limitations in adults;
- A disability in Americans under the age of 45; and
- The leading reason that people visit their doctor.

continued on Page 2



A trainer works on his abdominal muscles.



CLIP-N-SAVE!

www.foodfit.com

Healthy Recipe: Almond Honey Power Bar

INGREDIENTS:

- 1 cup *each* old-fashioned rolled oats & unsweetened whole-grain puffed cereal
- 1/4 cup *each* slivered almonds, sunflower seeds, creamy almond butter, turbinado sugar, honey
- 1 tablespoon *each* flaxseeds, preferably golden & sesame seeds
- 1/3 cup *each* currants, chopped & dried apricots, chopped golden raisins
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt

NUTRITIONAL VALUE:

- Calories per serving: 244
- Protein: 5 g.
- Potassium: 313 mg.
- Sodium: 74 mg.
- Fat: 10 g. (1 g. sat., 5 g. mono)
- Fiber: 3 g.



DIRECTIONS:

- ❶ Preheat oven to 350 degrees Fahrenheit. Coat 8-inch square pan with cooking spray.
- ❷ Spread oats, almonds, sunflower seeds, flaxseeds, and sesame seeds on large, rimmed baking sheet. Bake until oats are lightly toasted and nuts are fragrant, shaking pan about halfway through (about 10 minutes). Transfer to large bowl. Add cereal, currants, apricots, raisins; toss.
- ❸ Combine almond butter, sugar, honey, vanilla & salt in small saucepan. Heat over medium-low, stirring frequently, until mixture bubbles slightly — 2 to 5 minutes.
- ❹ Immediately pour mixture over dry ingredients & mix with spoon until no dry spots remain. Transfer to prepared pan. Coat hands with cooking spray and press mixture down firmly to make an even layer. Refrigerate until firm, about 30 minutes. Cut into 8 bars.

LifestyleTIPS®

2010® Impact Publications, Inc.
1439 Churchill Street, Unit 302,
PO Box 322, Waupaca, WI 54981
Phone: 715-258-2448
Fax: 715-258-9048

Website: www.impact-publications.com
Email: info@impacttrainingcenter.net

Publisher: Jennifer Heisler
Health Consultant: Tim Lencki
Managing Editor: Mike Jacquart

LifestyleTIPS® is published as a monthly insert included with an EAR subscription. Contents are not intended as a substitute for actual medical advice. Editorial material should be used with discretion by the reader and is not endorsed by the owner, publisher, editors, or distributors.

To order a personalized,
color version of *LifestyleTIPS®*
with the name of your EAP,
call 715-258-2448
or email us at

info@impacttrainingcenter.net.

Pricing will vary depending on the quantity ordered.

Tips to Prevent Back Pain

continued from Page 1

It is estimated that nearly \$50 billion is spent each year on medical costs, workers' compensation, and other payments due to lost time at work as the result of back pain.

Although back pain seems inevitable at some point, it *can* in fact be prevented. Pictured with this article are several exercises you can do to strengthen your "core" (abdominal and back muscles) using resistance tubing. The abdominal and back muscles are key components in providing strength and stability to your spine. Try these exercises 2 or 3 times a week — with 10-15 reps for each exercise.

When done correctly, exercise can help distribute much-needed nutrients to the disc space and soft tissues in your back, which will help keep muscles, ligaments, discs, and joints healthy. Starting an exercise program can be marked with many questions about what to do and how to start. This article is NOT designed as a substitute for medical advice — if you are new to exercise, or have limited knowledge about it, contact a certified personal trainer or physical therapist, who can offer suggestions on how to get started.

Warning: If you're currently experiencing back pain resulting from an injury or other known cause, it may not be appropriate to start a strength-training program at this time — as attempting to train an injured back may cause further complications. Consult with a doctor or spine specialist on when it's safe to begin. ♦

Source: Strength and conditioning specialist Tim Lencki. Tim is also the author of a new bookette® series for active lifestyles available from Impact Publications, including How to Exercise With Back Pain. For more information, contact Tim at tim@thefitnesseducator.com or call Impact at (800) 350-4422.

Quick Tip to a Healthy Heart

A great way to maintain a healthy cardiovascular system is by adding flaxseed to your daily diet. Flaxseed contains alpha-linolenic acid, which is a fatty acid essential in controlling blood pressure. There is an additional benefit in helping with digestion. Just make sure the flaxseed is crushed for easier consumption and absorption. ♦

Source: Tim Lencki.

A trainer works on his lower back.



A trainer works on his oblique muscles.

