



Blacksburg Health and Fitness

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**801 University City
Boulevard
951-2949**

Meet DeWayne Moore:

Q: How long have you been at Blacksburg Health and Fitness?

A: **Altogether, I have been here for about a year and a half.**

Q: What is your current position?

A: **I work as a staff member at the front desk and I am a personal trainer.**

Q: Before you started working at the Weight Club what other

jobs did you have, or do you still have?

A: **I am the Personal Training Supervisor for VT Recreational Sports. I have been a personal trainer for them for the past few years.**

Q: What is your favorite part about working at Blacksburg Health and Fitness?

A: **The staff that I work with is a great group of people. It doesn't feel like I am at work!**

Q: What accomplishment that you have achieved in your life are you most proud of?

A: **Being chosen as the supervisor for Tech's training staff. I get to help our staff develop into great trainers who will affect the lives of their clients!**

Q: Do you have a goal that you are working towards that you haven't met yet? If so, what?

A: **I would like to open my own training studio one day.**

Q: If money was no option and you could make once change to the facility, what would it be?

A: **A basketball court. We could have tournaments for the members and I'd have a place to make my clients run drills.**



Manager's Corner: by Christie Heslip



Coming Soon:

We are expanding the Child Care! We will be expanding the existing room as well as building an area for older children. Construction will begin within the next few weeks and should take approximately a month to finish. The new area will have desks, computers and Playstations for older children up to 10 and 11 years old. It will be staffed in the afternoon after school into the evening hours, approximately 4-7:30. Keep your eyes and ears open for more details soon!

*** We hope to demo some new equipment in the next month. If you try it out and like it let us know. We are hoping to purchase some of the new equipment if we get positive feedback.**

*** We are looking to start a new class similar to Les Mills Body Jam only it is called "Hip Hop Hustle." This is presented by the creators of Turbo Kick. Look for a class beginning this fall!**



Beat the Summer Heat!

Your body contains roughly 60% water. Too little water and you will experience problems. Too much water and you could also experience problems.

Sweat is one cooling mechanism for the body. As you expel more energy while exercising or when the temperature or humidity has increased to high levels, the body will try to cool itself with an acceleration of sweat. In order for the sweat to work as a cooling mechanism, it must evaporate from the skin. At temperatures above 95 degrees or when the humidity level is high, sweat will accumulate on the skin and not evaporate. When this happens, you are expelling fluids and not getting anything in return.

Symptoms of Heat Distress:

Early symptoms of heat illness include:

- * Profuse sweating
- * Fatigue
- * Thirst
- * Muscle cramps

Later symptoms of heat exhaustion include:

- * Headache
- * Dizziness and light-headedness
- * Weakness
- * Nausea and vomiting
- * Cool, moist skin
- * Dark urine

Serious symptoms of heatstroke include:

- * Fever (temperature above 104F)
- * Irrational behavior
- * Extreme confusion
- * Dry, hot, and red skin
- * Rapid, shallow breathing
- * Rapid, weak pulse
- * Seizures
- * Unconsciousness



Weight Loss Test

If you or your children are involved in a sporting activity that covers several days this summer, such as football training, running team or tennis camp, keep track of hydration levels by doing the following:

Record the person's weight right before the activity and then immediately after the activity. If there is a weight loss (fluid loss), 16 to 20 ounces of fluids need to be consumed for every pound lost. A person should not resume exercise until the weight has been re-gained (fluids replaced)

Hydration During Exercise:

Recent research has changed the status quo of hydration. Before, it was recommended to hydrate prior to thirst. Currently, research indicates that thirst is a pretty good indicator that the body is in need of fluids.

Urine Color:

A good indicator to let you know if your body is getting enough fluid, preferably water and non-caffeinated beverages, is if your urine is clear to pale yellow. Urine that is dark gold is bad, and if it's orange or tan, that's a serious red flag! Keep in mind that certain medications affect urine color, so check with your doctor or pharmacist if you are concerned.

Hydration During The Day

During exercise is not the only time to hydrate. You must drink throughout the day to replenish the fluid lost just through body function. The bottom line is keep drinking before, during and after workouts.!

- Information provided by :

www.goodhealth.com

What do the Children Like about Child Care?

“My baby sister gets to come in here with me and I like her being here with me” - Josh Dickens

“ Because I like coloring and I really like art and stuff.” - Isabelle Augustine

“Playing and eating. I like playing and eating.” - Sebastian Kocz

“Watching TV.” - Rishi Bohjwani

“ Coloring. I like to color.” - Emma Baldwin

“ I like being an older kid because I get to use the markers!” - Samantha Weiss

“ Hugging my brother.” - Molly McPherson



Go For the GOLD This Summer!



Are you up for the challenge? Members and log your fitness success! Olympic spirit and improve cheer on our athletes in China.

Join your fellow club members! Let's get into the our own fitness while we How does it work?

Keep track of your fitness accomplishments online and watch your points add up. Can you rack up enough points to win gold? Stay tuned to the front desk for more information. Contest begins August 1!

Meet the Members: Charlotte Waggoner

Q: How long have you been a member of Blacksburg Health and Fitness?

A: 10+ years? Once I hit 40 these details stopped being maintained in my brain. Need the room for other stuff like remembering to get eggs from the grocery store.

Q: What made you choose the Weight Club, or how did you hear about the club?

A: . My boss, who is also a member, started going to TWC way back when and said I should try it out. I did and have been here ever since.

Q: How long have you lived in Virginia? What brought you here and where did you move from?

A: I've lived in Blacksburg since 1983. I came here for school and, after the initial culture shock of living in southwest Virginia wore off, fell in love with the area and decided to stay. I came from the Washington, DC area (Fairfax, VA) and originally thought I would move back up there

after graduating from school. Crazy, eh? Good thing I didn't. I have issues with traffic.

Q: What is your favorite class to take at the gym and why?

A: Cycle class is my favorite. Loud music played in the dark... need I say more? Strictly strength is a close second. I do better with group activities....helps keep my motivation level up when there's a certain amount of peer pressure involved.

Q: What are your favorite things about the club?

A: The diversity of body types and fitness levels in the club is one favorite thing. It's not all beef cakes and fitness models, so it's easy to feel part of the group. Another favorite thing is all the great trainers and fitness instructors. They all are motivating, approachable, and willing to help you improve your fitness level.

They make me want to get up off the couch. This in turn, allows me to eat, drink, and be merry.

Q: If you could change one thing about the facility what would it be?

A: I think a free massage on your birthday would be great. Oh, you asked what I would change about the facility. Hmm, can't rightly think of anything. Well, maybe one thing: more fans in the cycle room!



Training Tips: by Adam Bethany

Enhance your workout with quality performance nutrition practices

-This is a basic guide to developing good performance nutrition practices so let's just jump right in! First and foremost, you should eat at least 5 times a day. If the concept of eating 5 or more meals a day comes across as difficult for you, you can think of some of these meals as snacks as long as they consist of sufficient calories and the proper caloric ratio (fat, protein, carbohydrate) to hold you over until your next meal. A good starting point for your caloric ratio is 1 part fat, 2 parts protein, and 3 parts carbohydrate. For example, a meal consisting of 600 total calories would be broken down as follows: 1 part fat = 100 calories, 2 parts protein = 200 calories, and 3 parts carbohydrate = 300 calories. $100+200+300 = 600$ total calories.

-You will want to space these meals out about every 3 hours. This will keep your body's temperature up which will cause your body to burn calories more efficiently (referred to as the thermogenic effect of food). Eating this often will also help control your blood sugar and insulin levels (making you feel energized), provide a constant supply of protein throughout the day to support growth and recovery, and reduce the need for your body to store fat. An important question you should be asking yourself when preparing to eat one of these meals is "What am I going to be doing for the next three hours?" A meal before a 3-hour period consisting of sitting at a desk or including a nap should contain less calories and carbohydrates. A meal before a 3-hour period in which you will be active should feature more calories and carbohydrate rich foods.

-This brings us to another critical concept in performance nutrition: all carbs are not created equal! The focus here will be on the difference between fast and slow digesting carbohydrates. If you have ever heard of the glycemic index, this is what that is referring to. The glycemic index simply means the relative degree to which blood sugar increases after the consumption of food. A food is measured relative to the effect of pure glucose. High-glycemic index foods (faster digesting) can raise blood glucose and insulin levels very quickly as opposed to low-glycemic index foods (slower digesting) that will not significantly raise those levels after eating. Pure glucose is given a value of 100 in the index. Generally, foods with a glycemic index value of below 55 are considered low-glycemic index foods, foods with a value of 55-70 are considered mid-glycemic, and foods with a value over 70 are considered high-glycemic index foods. An apple for example is given an index value of 38 meaning it is a low-glycemic index food and will not significantly raise blood glucose and/or insulin levels. Generally, consuming low-glycemic foods will keep you feeling full longer and will provide energy over a longer period of time than high-glycemic foods. Consume low-glycemic foods before your training period and save high-glycemic foods for after your workout. Here is a quick chart to give you an idea of how some foods are different. Also you can go to www.glycemicindex.com for the opportunity to search most foods for their glycemic index score.

Low Glycemic Foods	Mid-Glycemic Foods	High-Glycemic Foods
Grapefruit 25	Pancakes 67	Glucose 100
Banana 54	Raisins 64	Baked potato 85
Oatmeal (plain) 49	Corn, fresh 60	Rice cakes 82
Carrots 49	Bran Muffin 60	French Fries 75
Yogurt, sweetened 33	Cantaloupe 65	Whole wheat bread 69
Skim milk 32	Corn chips 63	White rice, short grain 55

-Here are a few general, quick reminders before wrapping this up. First, be sure to include a source of protein with every meal. Secondly, fat is not all bad! It is essential for maintaining good health and is needed to manufacture many important hormones in your body, so do not attempt to eliminate fat from your diet! As long as you remember to keep saturated fats (animal sources) low and get most of your daily fat intake from unsaturated fats (canola or olive oil), you'll be well off. Remember to space out your meals about every 3 hours from when you wake up until you go to sleep at the end of the day. Lastly, remember that this is a very basic and general look at these nutrition strategies. Everyone is different! Learn to listen to your body to determine your needs as well as what works for you and what doesn't. Ask your trainer or set up an appointment with a trainer if you have any questions or personal concerns with regard to nutrition.