

NEW YEARS' RESOLUTION SOLUTION

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Here it comes again, another new year and another resolution of "this is going to be a healthier year for you."

You have already taken the first step in joining RallySport. Now you can leverage your membership by taking full advantage of all the equipment, classes, resources and people at the Club. Before you get overwhelmed with all the choices you have, you need to recognize that what is right for you may not be the right approach for someone else. There are so many variables that go into getting healthier, it is important to be clear in identifying your highest priority objectives. That's the second step for you to take: think through the key variables of nutrition, exercise and supplements that can lead to your success. Determine what is the right combination of these three key variables to activate to achieve success against your highest priority objectives.

Unless you are one of the select few that have the expertise to train their own body you might be better served hiring a wellness manager. A wellness manager has the knowledge to put these pieces in place to start creating the overall wellness state that meets your objectives.

The term wellness, like many concepts in the fitness realm, has different meanings to different people in different contexts. It is such a broad term that it can lead to confusion and worse, poor application of certain information. A wellness manager is educated to listen to the fitness goals of an individual and devise a plan to help them achieve their goals.

There are three predominate tests that are used to gather information about your body and its function: the bodyfat test, the leap MRT blood test and

the urine organic acid test. We will discuss each of these separately but know these tests provide key foundational knowledge that then helps determine how to activate your nutrition, exercise and supplement program.

Bodyfat test

The purpose of the bodyfat test is two-fold. The simplest part of this test is to establish what your bodyfat is as a means to measure success through change. The second, and more important part of the test, is to determine where you as a unique individual carry your bodyfat. Most people tend to have areas in their body where they carry more bodyfat than others. Those areas of higher bodyfat concentrations allow for a better understanding of how your body is performing.

A few pinch test examples:

Pinch Site	Indicator (if high)	Address
Side of Hip	Simple carbs	Focus: nutrition
Abdomen	High Stress	
Lower Body	Environmental Estrogens	

Leap MRP Blood Test

The LEAP MRT blood test helps determine what food sensitivities you may have. By incorporating this knowledge into your health plan you can quickly and substantially improve, or even totally eliminate, many chronic health problems. Some common issues such as digestive complaints, headaches, joint and muscle pain, fatigue, and weight imbalances can often be symptoms that are food related and can be improved through a better understand of your food sensitivities. This test provides a clear and concise roadmap you can use to inform you about what foods to completely avoid and what foods you can eat to help maximize your health. Think about it -- are any of these symptoms a part of your life? They might be food related.

Urine organic acid test

This final test gathers more information to identify how well your metabolism is performing. Specifically the test looks at your energy production ability, b-vitamin status, carbohydrate metabolism, fatty acid metabolism, amino acid availability,

FOCUS ON YOGA

CINDY LUSK

What are some special details or differences in your classes and teaching style?

I have been practicing yoga since 1985. As an Anusara yoga teacher since 1994 (and a RallySport teacher since 2000), I combine biomechanical universal principles of alignment with heart-centered themes to optimize movement in the body and bring alignment in life as well, encouraging students to bring their yoga off the mat. To cultivate this, I give precise physical alignment cues while integrating themes from yoga philosophy in my classes.

Why do you love teaching at RallySport?

I enjoy working with such dedicated and hard-working students, and the club has a friendly and family-oriented atmosphere. Being a locally owned and operated business, the core values of the experience at RallySport are aligned with my value of bringing yoga off the mat. On top of all that, it has one of the best yoga programs in the city!

Interested in practicing with Cindy?

Try one of her classes:

Beginner level	Friday 9:00 AM
Mixed levels	Tuesday 9:00 AM
More Experienced	Thursday 9:00 AM

KUNDALINI WORKSHOP RELATIONSHIPS WITH KARUNA

Saturday, January 7

12:30 - 2:30 PM

sign up:

rallysportboulder.com or karunakundalini@gmail.com

\$20 members before Jan. 6/ \$30 non-members

WINTER 2 SWIM LESSONS

Monday, January 9

Session begins \$

see Swim Lessons page for details
rallysportboulder.com

SWIMMER'S SHOULDER INJURY PREVENTION & RECOVERY

Thursday, January 19
7:00 PM

with Grant Holicky, RACE head coach, Aquatics Director

WOMEN'S YOGA

Saturday, January 21

12:30-2:30 PM \$

with Pamela Lippe

sign up online \$20 members \$30 non-members

PILATES

What' the buzz about Pilates? Are you interested in developing an even stronger and toned core?

There is no need to wait -- Join us this January for an Introduction To The Pilates Reformer.

4 week series beginning
Thursday, Jan. 12
10:35 -11:35 AM
\$60 for the series

Completion of this class will allow you to join other ongoing Pilates reformer classes. Register at the Rallysport front desk or online Contact Pilates Instructor, Carolyne Rideg for more info. CarolyneR@Mac.com

WHAT'S EATING YOU?

Healthy Eating Seminar
Thursday, Jan. 19 - 6:00 PM

Start the year off right with an eating plan set up for overall health and physical excellence! Enjoy an interactive evening with Megan Forbes, RallySport's Registered Dietician and Performance Specialist. RSVP online.

3 PERSONAL TRAINING SESSIONS ON US!

Train with one of our new trainers-Jan-March 2012. Contact Erin at: ecarson@rallysportboulder.com

KINESIS/VI PR DEMO

Workouts with Kinesis and ViPR Master Trainers, Erin Carson and Alex Gil

Tuesday, Jan. 17 12:00 PM
Wednesday, Jan. 18 5:30 PM

RallySport has been a leader in the fitness industry providing the most innovative training opportunities available to our members. Kinesis and ViPR Training are two modalities that have proven to be some of the most effective ways to train your body to move with strength and stability. Come and experience how both Kinesis and ViPR can enhance your current strength and conditioning program and take your performance to the next level.

"What a sensational way to challenge the body in all three planes of motion, doing every-day challenges that have a carry over to real life. The ViPR is one of the best workouts, if not the best workout, I have ever performed. This is for everyone."

Ian O'Dwyer, International Presenter

NEW YEAR'S RESOLUTION

(cont'd from front)

intestinal dysbiosis, liver toxicity, and neurotransmitter function. All these factors directly affect your ability to attain the wellness you desire. The amount of substantial change that you will get from this test is impossible to articulate in an article, but it has been profound for those who have completed this test.

As your wellness manager I now have a lot of background information that will help me put the plan together that will accelerate achievement of your goals. Remember the three key variables to achieve success are nutrition, exercise and supplements. We will discuss each of these three key variables separately.

Nutrition

The most important, and confusing, action step in your plan for success is nutrition. An abundance of conflicting information makes nutrition choices one of the most difficult aspects of overall wellness.

One of the advantages of hiring a wellness manager is they can simplify your nutrition choices. Information from the three baseline tests provides a clear go-forward path designed specifically for you and directs you toward the foods that are most beneficial for you to eat. As we mentioned above, if your highest bodyfat pinch was your hip we know that managing your carbohydrate intake is critical. Now with the added benefit of the blood and urine tests, we know exactly which carbs to avoid and which to increase. In dealing with each person as an individual and applying the complete background information the confusion is eliminated. The answers become clear and success significant.

Exercise

The next action step is to start to move. Once again, the responsibility of a wellness manager is to listen to your unique set of goals and then apply physiology to create the desired outcome. Quite frankly, the best wellness managers are first and foremost great listeners. And the key thing wellness managers listen for is hearing how you define success, how you define your ideal outcome. Understanding where you want to end up definitely defines how to start. So when it comes to exercise whether it is cardiovascular, strength, or wellness-based, it is important to establish clear goals so that a clear plan can be developed. A good wellness manager will constantly redefine your goals as you achieve success. Your wellness manager will design both a clear short-term seven day plan as well as a longer-term plan to encourage greater change as you activate your plan.

Supplements

The last step in your wellness plan is supplements. Supplements are important because they fill in the gaps that nutrition and exercise

can't cover. For example, it is quite difficult to consistently get all the vitamins you need from your food intake but a multi-vitamin can help cover the deficiencies and gaps left from your food intake. Perhaps stress is contributing to sleepless nights so supplements can be considered to help you manage your stress and sleep better. Unfortunately our environment is full of harmful toxins but supplements can be added to your plan to combat some of the negative and adverse impacts of toxins in our environment. Simply put, the purpose of supplements is to fill in the gaps left by our typical lifestyle and food choices. The job of a wellness manager is to know which supplements are right for you and how to continually manipulate them to have the greatest wellness opportunity.

Summary

After reading this information you may realize why each year most people do not reach their New Year's resolution when it comes to getting healthier. A wellness manager can use some foundational tools and tests in the form of the bodyfat, blood and urine protocols to create an individual roadmap and plan for you. A wellness manager can map out a program that incorporates nutrition, exercise and supplements that will accelerate achievement of your goals. You have a gym membership and a vision of what you want for your life, but you might lack the expertise to get you the desired outcome. My answer is to not worry. You do not need to know how to apply all the variables. You need to know the right manager to build you your dream body. When you are interested in starting to build the NEW YOU please contact Jed Glass or Robert Cunningham and allow us to guide you.

THE ANSWERS
BECOME CLEAR
AND SUCCESS IS
SIGNIFICANT.

STRENGTH'N MOTION
Sunday, January 8
with Jillian and Kendra

ATHLETES DO YOGA TOO
Saturday, January 28
12:30-2:30 PM \$
with Julie Clark
sign up online \$25 members \$35 non-members

**INTRO TO ANUSARA
WORKSHOP WITH CINDY**
Saturday, January 14th
12:30 - 2:00 PM
FREE



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Boulder CO, 80301 303.449.4800
2727 29th St.