

GOOD THINGS TO KNOW

HAPPY, HEALTHY HOLIDAYS TO YOU

A Decade of News You Can Use!

HOLIDAY EXPRESS WORKOUTS

10-MINUTE WALK

CHECK YOUR WATCH
WALK FOR 5-MINUTES
TURN AROUND
WALK BACK TO START
POINT

DANCE BREAK

PREVIEW AND CUE UP
10-MINUTES OF YOUR
FAVORITE MUSIC & ROCK
OUT

CIRCUIT TRAIN

ALTERNATE 1-MINUTE
AEROBIC & RESISTIVE
MOVES LIKE:

1. SIT-TO-STAND
2. ROW WITH WEIGHTS
3. STEP-UPS
4. WALL PUSHUPS
5. JUMP ROPE
6. BICEPS CURLS
7. JUMPING JACKS
8. TRICEPS EXTENSIONS
9. HOPSCOTCH
10. SHOULDER PRESS

STRETCH & TONE

TRY A FEW YOGA MOVES
& SOME RETRO
CALISTHENICS:

1. PLANK VARIATIONS
(30-SEC HOLD, 3-5x)
2. BRIDGE VARIATIONS
(30-SEC HOLD, 3-5x)
3. HUNTING DOGS
(20-30x RIGHT & LEFT)
4. CLAMS
(20-30x RIGHT & LEFT)
5. STUART MCGILL "CURL
UPS"
(5-10x RIGHT & LEFT)

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MUSCLE MATTERS

Both this month's issue of *Prevention* and UCLA's *Healthy/Years* will reinforce what I've been telling you over the year about muscle – whatever you do don't lose it!

Muscle is not only the fountain of youth but also may help to prolong your life. According to *Healthy/Years*, "recent findings published in the *American Journal of Medicine* add to the growing evidence that overall body composition – not the widely used body mass index (BMI) – is a better predictor of all-cause mortality."

"In other words, the greater your muscle mass, the lower your risk of death," says Arun Karlamangla, MD, MS, an associate professor in the geriatrics division at the Geffen School and the study's co-author. "Thus, rather than worrying about weight or BMI, we should be trying to maximize and maintain muscle mass."

What should you do? *Prevention* says, "Unlock your body's anti-aging super-powers in four easy steps."

"WALK AT LEAST 3-5 DAYS A WEEK – Any aerobic exercise counts, but if you've been sedentary, 35- to 45-minute brisk walks are enough to build [mitochondria](#) rich muscle and blast fat."

"BREAK OUT THE WEIGHTS [OR TUBING, OR BANDS, OR YOUR [OsteoBall](#)]" 2 DAYS A WEEK – Resistance training is vital for maintaining lean muscle mass, which declines with age starting in our 30s.

Two full-body 20-minute strength sessions a week are all you need to stay strong and offset shrinkage." (See sidebar.)

"EAT PROTEIN [REMEMBER PLANT-BASED SOURCES COUNT, SEE [GTK, JULY/AUG. 2014](#)] AT EVERY MEAL – Protein contains amino acids, the building blocks of muscle tissue. Getting enough in your diet critical to offset muscle loss. Aim to eat 1.5g of lean protein for every 2.2 pounds of body weight – about 90g per day for a 130-pound woman. Divvy total to 20- to 30-g at each meal."

GET YOUR D – "Vitamin D deficiency has been associated with falls and muscle weakness in the elderly," says California Pacific Medical Center researcher, Peggy Mannen Cawthorn. So have your levels tested."

MENTAL GYM BAG MOVE OF THE MONTH: KITCHEN STRETCHES

I don't have many traditions for reasons too personal and most likely too boring to state, but I do cook more during the year than some at this season. Cooking is physical, labor intensive, work that takes a toll on neck, shoulders, low back and legs. Chefs are not called "iron" for nothing. I rely on this duo, from *Bob Anderson's Stretching, 20th Anniversary Revised Edition*, (available at Amazon, \$7 new to .47 used) to ease repetitive bodily stress.

UPPER BODY & BACK

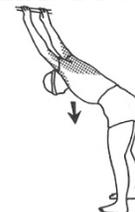


Image © Stretching 1980

"The top of the refrigerator is good to use for this stretch, place both hands shoulder-width apart and let your upper body drop down as you keep your knees slightly bent (1-inch) always bend your knees when coming out of this stretch. Your hips should be directly above your feet. Bend your knees a bit more and feel the stretch change. Hold at least 30-seconds." (1)



Image © Stretching 1980

A variation, "to increase the area of stretch in another way, bring one leg behind and across the midline of your body as you lean in the opposite direction. This will stretch those hard-to-reach-areas of the upper body." (1) And before your guests arrive, elevating your feet for as little as 10-minutes is surprisingly energizing!

(1) *Stretching* by Bob Anderson, Shelter Publications, Inc. © 1980