

# CORE Matters - The CORE's Members-Only Newsletter

## 2019 FITNESS TRENDS – THE CORE HAS IT ALL!

### Explore The CORE in 2019!

See what the latest trends are and what The CORE has to offer!

#### High Intensity Interval Training (HIIT Training)

A HIIT workout, according to American College of Sports Medicine (ACSM), involves "short bursts of high-intensity bouts of exercise followed by a short period of rest." They're usually 30 minutes or less, though they can be longer. But the main point is to get a quick and very efficient workout. Check out Tabata and our new class Strong by Zumba!

#### Fitness Programs for Older Adults

These programs emphasize and cater to the fitness needs of the Baby Boom and older generations. We have great Silvers Sneakers classes Monday through Friday! We also offer some great specialty Yoga Classes for active

older adults. Remember that any class can be modified for any exercise journey.

#### Personal Training

ACSM defines personal training as "fitness testing and goal setting with a trainer working one-on-one with a client." The CORE has some great and experienced Personal Trainers on staff! They offer one-on-one training along with small group training!

#### Yoga

The ancient practice has been on the list for many years. ACSM notes that in 2018, yoga has taken on many forms, like "Power Yoga, Yogalates, yoga in hot environments," and more. While we don't offer goat yoga... We do have a Body Flow which is a great combination of yoga, tai chi, and Pilates. We offer Yogalates, Yoga, and a great variety of Specialty Yoga classes for all levels.

#### Employs Certified Fitness Professionals

As the fitness industry grows, there's an increased importance and emphasis on hiring certified professionals. ACSM predicts that next year, just like last year, the industry will continue prioritizing hiring professionals that have been accredited through "educational programs and certification programs that are fully accredited for health/fitness professionals. All of The CORE's Personal Trainers and Group Fitness Instructors have been certified in the best the industry has to offer. From NASMA to AFAA to Les Mills, we are well educated and continue our learning yearly!



Lemont Park District  
CORE Fitness &  
Aquatic Complex  
630-257-6787  
www.lemontparkdistrict.org

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The Lemont Park District  
**CORE**  
Fitness & Aquatic Complex

## Share the Health in February - Members, bring a friend FREE every day this month!

We encourage all CORE Members along with their loved ones and friends to get heart healthy during the month of February. CORE members can bring a friend everyday for the entire month for FREE! Bring your BFF, husband, sister, or neighbor and Share the Health! **CORE MEMBERS... TRY CORE-FIT FREE FOR A WEEK, FEBRUARY 3<sup>RD</sup>-9<sup>TH</sup>!**

Terms and conditions do apply. Free guests have access to the Fitness Center, Indoor pool, Indoor track, and gym only. Group fitness classes are not included. Members are limited to one guest per day. Guests must be at least 11 years of age. Guests aged 11-17 must have a parent or guardian present at the time of check in.

### A Healthy Recipe!

#### Baby Chocolate Cakes

**Ingredients Needed:** Cooking Spray, 2 tbsp. plus 1 tsp. all purpose flour, 3 tbsp. almond meal, 1/4 cup unsweetened cocoa powder, 1/4 cup egg whites, 1/3 cup plus 1 tbsp. sugar, 5 tbsp. unsalted butter melted.



Preheat oven to 375. Coat miniature muffin pan with cooking spray and set aside. Sift flour, almond meal and cocoa powder into a medium bowl and set aside. Place egg whites and sugar in a bowl and beat on high speed until becomes white, very thick and glossy 2-3 minutes. Slowly pour butter down side of bowl scraping down as needed. Mix on medium high for 10-15 seconds and then reduce speed to low. Add half of the flour mixture and combine fully before adding the second half. Spoon 1 tbsp. of batter into each muffin tin and bake for 12-13 minutes.

Nutritional Information: 68 Calories, 4g Fat, 2g Sat Fat, 1g Protein, 7g Carbohydrates, 5g Sugar



## The Best Diet for Heart Health

The *U.S. News & World Report* just released their list of best diets for 2019. Coming in first, for the second year in a row, was the Mediterranean Diet. That's not exactly surprising, considering the Med diet promotes cutting out processed food and eating lots of seafood, produce, whole grains and healthy fats. But we were surprised when a diet we'd never heard of tied the Med Diet for the number-one spot on *U.S. News & World Report's* list of the best heart-healthy diets.

The Ornish Diet, a plan created by Dr. Dean Ornish, a clinical professor of medicine at the University of California, San Francisco, and founder of the Preventive Medicine Research Institute, cinched the number one spot alongside the Med Diet. It got us wondering: What exactly is the Ornish Diet?

In a nutshell, it's a diet that's low in fat, refined carbs, and animal protein. The Ornish diet encourages swapping refined carbs for complex ones, limiting sat fat intake by eating fewer processed foods and animal products, eating plenty of fiber-rich fruits and veggies, and trading full-fat dairy for low-fat options. Beyond nutrition, the plan also places importance on exercise, stress management (via activities such as yoga, breathing exercises, and meditation), and cultivating a support system through personal relationships.

According to *U.S. News & World Report*, "The Ornish Diet categorizes food into five groups from most (group one) to least (group five) healthful. It's the difference, for example, between whole-grain bread and biscuits, between soy hot dogs and pork or beef ones.

Despite the diet being restrictive, "close to 80 percent of the nearly 3,000 participants in the 2011 American Journal of Health Promotion study were still enrolled in the program after one year. In contrast, less than 50 percent of people are taking statins after one year, one study found," according to *U.S. News & World Report*.

The bottom line: If you're struggling with heart disease, you may want to give this diet a try. Just make sure to check with your doctor first to see what's right for you.

\*Always consult your doctor before starting any new diet or workout regime.



**SAVE THE DATE**

**Quarryman  
Challenge**

**May 11, 2019**

**Registration Today!**

[www.quarrymanchallenge.com](http://www.quarrymanchallenge.com)

## CORE "Focus on Fitness" Features

**Need a change of pace from your normal routine? Try a new class or new piece of equipment in The CORE's Fitness Center! Each month we showcase one of our Fitness Classes and a piece of equipment we encourage members to try.**

### CORE-Fit Feature Class

#### Strong by Zumba

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.



### CORE Spotlight Instructor

#### Kim Anderson

Hi, I'm Kimberly Anderson your Silver Sneaker instructor. I teach range of motion classes to the seniors. I have been with The CORE since 2012, while at The CORE, I have taught Spin and Butts & Guts classes. It took a few years to realize my niche was teaching the Silver Sneakers, (the senior population). I currently teach classes on Monday at 8:15 a.m. and 9:15 a.m., Wednesday at 9:15 a.m. and 10:15 a.m. and Thursday at 9:15 a.m.

**It is recommended...** If you are under doctor supervision that you discuss your exercise capabilities and limitations with your physician.