

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

## DITCH THE BATHROOM SCALE

It has been said that monitoring your weight is one of the worst ways to measure progress when starting an exercise program!

Why? If there is no evidence of change in the right direction (which is often the case, despite the myriad health improvements we get as soon as we start exercising), we lose motivation and give up. We return to old sedentary habits – which we all know are killing us by the millions.

And all because of those pesky bathroom scales which merely measure how much of you is on the planet – not how healthy you are.

Dr Jinger Gottschall of Penn State University teamed up with others a couple of years ago to run a study on a group of individuals who were struggling to establish an exercise habit. These were normal folks who, like so many, just couldn't find the will to exercise on a regular basis.

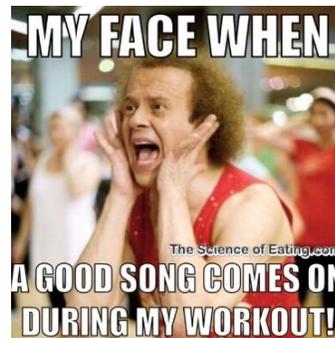
So, after lots of tests, we got them started on a plan. They started with three sessions per week for 20 minutes in week one, and slowly increased the frequency and duration until they were doing the recommended mix of cardio, strength and flexibility training by the end of week six. We monitored them for six months, repeating the same tests at the end.

As you'd expect, six months of regular exercise transformed their health. They reduced all of their indicators for heart disease and, most importantly, they felt awesome!

Muscle gains (which are phenomenally good for us) will always offset the fat loss. So, while the health benefits are substantial, the change on the scales might not be so significant.

One in every three deaths in the US is caused by cardiovascular disease. Following a regular exercise regime can massively reduce your chances of being the next one, regardless of whether or not you shrink a little in the process.

So how do you know your exercise program has you on the right track? The waist band on your trousers isn't as tight, you don't puff as much when you walk up a hill, and you feel great. One day you might even lose weight .



## A Healthy Recipe!

### Classic Egg Salad

**Ingredients Needed** 6 Hard boiled eggs peeled and chopped. 3 tbsp. mayo, 1 tsp. finely chopped red onion, 1/4 tsp. kosher salt, black pepper to taste, 1/8 tsp. paprika and chopped chives for garnish

Combine all ingredients and chill in refrigerator until ready to serve.

4 servings, Serving Size: 1/2 cup

**Per Serving:** Calories: 185 calories Total Fat: 15.5g, Saturated Fat: 3.5g, Cholesterol: 282mg, Sodium: 215.5mg, Carbohydrates: 1g, Fiber: 0g, Sugar: 2g, Protein: 9.5g

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



## Love the Lunge!

When it comes to mixing up your lower body strength training you can't look past the lunge. A regular dose of lunges will lead to strong glutes and lean legs, and lunges can be a great cardio training tool too.

**The Muscles You Work** Working all the muscles of the lower body, the lunge is one of the best ways to intensely target the Gluteus Maximus and Quadriceps, while also working the Hamstrings and the Calf muscles.

While bilateral movements like the squat and deadlift are fantastic for lower body strength building, lunges are unique as they allow you to build lower body strength while also improving balance, stabilization and coordination. Watch technical expert Corey Baird outline the ideal lunge movement pattern and muscle activation and you'll pick up all you need to know to master the lunge and optimize your lower body training.

**How to Set Up the Perfect Lunge** Start with feet hip-width apart. Take a big step backwards into a long lunge. Keep hips and shoulders square to the front. Lift your chest and brace your core to support your lower back. Focus on moving down and up, not forward and back. Drive through the front heel to activate glutes. Keep your chest lifted and core braced. As you lower you should feel a stretch through the front of the hip (of your back leg). As you lift back up you should feel the activation of your front leg's quadriceps (the muscles in the front of your thigh) and the gluteals (the muscles of the butt).

**The Movement** Drop your back knee towards the floor, until the front thigh is parallel to the floor. As you lower you should feel a stretch through the front of the hip (of your back leg). As you lift back up you should feel the activation of your front leg's quadriceps (the muscles in the front of your thigh) and the gluteals (the muscles of the butt).

**What to Watch Out For** Make sure you have enough distance between your legs. If your step is too short, when you lower down to lunge your front knee will travel in front of the ankle. Your front knee may move inwards which can become problematic (find out more about the issue with knee valgus here), and your upper body can drop forward when fatigued

**How to Increase Glute Activation** Lunges are highly regarded as being one of the best moves for building your butt. To maximize the butt-building benefits make sure you drive down through the front heel as you stand, this will isolate and activate the glutes – and add real fire to the movement.



## Quarryman Challenge May 11, 2019

**Register Today!**  
CORE Members Use  
Discount Code  
**QM2019LPDCORE10**  
To Receive a  
**10% discount!**  
[www.quarrymanchallenge.com](http://www.quarrymanchallenge.com)

## CORE "Focus on Fitness" Feature

### CORE-Fit Feature Class

#### BodyCombat

BodyCombat is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. Learn moves from Karate, Taekwondo,

Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

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

### CORE Spotlight Instructor



**Shannon Fluder** Shannon started her fitness journey at The CORE.

As a member she would frequently take group fitness classes, and Les Mills BodyCombat became her passion. She became a certified instructor in both BodyCombat and BodyAttack and has been leading group fitness classes for the past three years. Her passion for mixed martial arts as well as finding a platform to inspire and motivate others from all different walks of life on all different spectrums of their fitness journeys is what drew her to the certification process. Teaching members to unleash their inner strength both physically and mentally as they push through martial arts choreography matched to amazing music is a true passion of hers. Oftentimes she will stay after class to learn more about members, their life journeys and she now offers Coffee and Combat once a month where members can share their trials and tribulations over a cup of hot coffee after a good combat session!