

# SUMMIT VIEWS

MARCH  
2018



The Finest Fitness  
Facility in Flagstaff

## A MESSAGE FROM TONY...

### Dear Members:

Two words “March Madness”. For you college basketball fans you know the ultimate sporting event I am talking about. Hard to believe but we are that far into the New Year already. At the writing of this newsletter we are starting to get snow. Although later this year then normal, but according to the upcoming weather reports (NOAA) we are suppose to get several back-to-back storms. When we know ahead of time and we can shut our front parking lot down we do. As you know that parking lot does not get an abundance of sun (and in some areas none). Once cars drive over the snow it packs it down which makes it next to impossible to melt. So when we can we shut it down until the snow stops and we get it plowed. The “luxury” of having the two parking lots. And it’s not that much further to walk, and I count that as my cardio.

**Quote of the Month:** A lot of people are afraid of heights.... Not me I’m afraid of widths..... Steven Wright

**Fit Tip of the Month:** I’m sure we have all witnessed it before and we may even be guilty of doing this ourselves-improper form and technique when attempting to lift heavy. Sure lifting heavy (**properly**) will increase muscle mass. But the key word here is not heavy the key word is properly. By lifting heavier then you can **properly control with good form** you are not working the intended muscle or muscle group and you are setting yourself up for injury. Nothing wrong with a “cheat rep” but not a “cheat set”.

**I Did Not Know That:** It takes 142.18 licks to reach the center of a Tootsie pop... No piece of square paper can be folded more then 7 times in half... What is called the ‘French Kiss’ in the English speaking world is called the “English Kiss” in France... M&M’s actually stands for “Mars & Murrie’s”, the last name of the candy’s founders... In 1907 the ad campaign for Kellogg’s Cornflakes offered a free box of cereal to any women who winked at her grocer... A Canadian farmer in 1984 tried renting advertising space on his cows.

**National Days/Month in March:** 1<sup>st</sup> National No Credit Card Denial Day... 1<sup>st</sup> through the 31<sup>st</sup> Go An Entire Month Without Complaining... 3<sup>rd</sup> National I want you to be Happy Day... 5<sup>th</sup> Multiple Personality Day... 14<sup>th</sup> National Potato Chip Day... 15<sup>th</sup> Everything You Think Is Wrong Day (don’t forget 1<sup>st</sup> through 31<sup>st</sup> No Complaining)... 24<sup>th</sup> National Chocolate Cover Raisin Day... 30<sup>th</sup> National Doctors Day

On behalf of the entire Summit Team **Thank You** for choosing  
Summit Fitness as your Fitness Facility.  
Tony Giustina, Managing Partner



**Please join  
Summit Health and Fitness  
In welcoming our New Members  
Who have joined between  
January 16<sup>th</sup> & February 15<sup>th</sup>**

Reed Maurice, Omar Aldhafeeri, Schira Wheeler, Jacob Bea, Charlie Center, Pasquale Cirincion, Ingrid Van Den Burg, Daniel & Rubi Rivera, Michael Zambito, Benjamin Blankenship, Megan Strachan, Kelsey Moore, Justin Pepperling & Samuel Salgado, Khoa Hua, Peggy Cox, Haylee Fox, Colt Ford, Stephen Parsons, Naser Almee, Samantha Fagerburg, Sayaf Almari, Beck Weidinger, Ammar Almarhoon, Michael & Renee Gomez-Montes, Murtadha Alkhamas, Lyric Peate, Rachael Reitkopp, Andy Rodriguez, Will Hoileman & Teagan Adamson, Trevor Whitman, Robert Riley, Daniel King, Bethany Frost & Jesus Cuellar, Waomi Stratman, Hamad Aldhafeeri, Richard Cambell Jr., Kelly Saucedo, Laurence Stento, Jeff Norton, Tommy Zamora & Emily Powell, Ian & Stephen McClellan, Sheila White, Paul Kim, Patrick Bevans, Tiffani Becenti, Ron Geise, Charles Trammell, Abdullah Alomran, Keith Moran, Devon Garner, Kieran Smiley, Heather Valencia, Benjamin & Belinda Wood, Kevin & Danielle Hartigan, Rex Teach, David Overbo, Shirleen Meyers, Jennifer Adams, Mohammed Almaie, Mahmmad Alazmi, Tim Tubbs, Abdulrahman Alaahtoni, Sean Kilpatrick, Ambrose Balsamo, Michael Yaney, Leah Finney, Raul Romo & Mariah Falshaw, John Burchams, Mathew Merriman & Garrison Flores, Steve & Stacy Riley, Mike Binder & Michelle Gardner, Richard Horvatich, Jason Robles, Melissa Kirk, Bryan Douglas, Erin Andrew, Michael Schwarbach, Felicia Trujillo, Nathan Lewis and Holly Gibson.

## STRONG FUSION

**Brian Schmitz, PT, DPT, CSCS**

How much rest should I take between sets? This seems like a reasonable question for any strength and conditioning professional. However, like many other questions in life, the answer is often 'it depends'. In a world that desires black and white, the answer is simply 45 seconds to 2 minutes depending on the work: rest ratio. The real-life answer is dependent on your goals for training based on basic exercise principles such as specificity, overload, progression, and variation.

Muscular endurance is the ability to maintain submaximal muscle contractions and combines high repetitions and lighter loads with decreased rest between sets. The National Strength and Conditioning Association (NSCA) recommend starting with a 1: 1 work to rest ratio and progressing to a 2: 1 ratio as fitness levels advance. For example, if it takes 40 seconds to perform 1 set of 15 repetitions then a novice weightlifter should rest for 40 seconds before beginning the next set. As fitness levels improve, if it takes 40 seconds to perform 1 set of 15 repetitions then a more advanced weight lifter should rest 20 seconds or less before beginning the next set.

Muscle hypertrophy is an increase in cross-sectional area (Muscle Size) from a net increase or growth of the contractile muscle proteins and intracellular fluids. To accomplish this, the hypertrophy phase combines moderate loads, repetitions, and rest intervals. The NSCA recommends rest intervals between 45 to 90 seconds and special consideration should be given to not exceed 2 minutes between sets which may decrease the hormonal response necessary for muscle hypertrophy.

Maximum strength is the maximal amount of force that can be generated by a muscle or group of muscles. The muscular strength phase consists of 1 – 6 repetitions at heavy loads and longer rest periods to increase the maximal level of force a muscle can generate and can require 2 – 5 minutes of rest between sets.

Muscular power emphasizes explosive movements, developing force as quickly as possible, and is accomplished by moving loads as quickly as possible using the Olympic Lifts such as the clean and jerk or snatch, or other implements such as medicine balls, dumbbells, kettlebells, and bodyweight (plyometrics). These types of exercises are typically not recommended for novice exercisers and the rest intervals can be highly variable depending on the desired goal but typically range from 2 – 5 minutes as well.

The amount of rest between sets is dependent on your goals but ultimately on your comfort level and athletic abilities. Please be sure you are safe to exercise and discuss your goals with a fitness professional to determine which approach is best for you. Cheers to a happy and healthy 2018 to all of our members with just enough rest and recovery to help you achieve your goals! (Adapted from NSCA Foundations of Fitness Programming resource 2015)

## Butternut Squash Black Bean Chili

Total Time: 1 Hr, after you've chopped all your ingredients.

Serves: 8 - 10

Serving Size: 1-1/2 cups

1 tablespoon olive oil

1 medium yellow onion, diced

3 cloves garlic, finely chopped

1 red bell pepper, diced

3 cups (12 ounces) fresh butternut squash, peeled and diced

1/2 cup uncooked barley

2 teaspoons - 1-1/2 tablespoon chili powder; this really depends on your tastes and the spiciness of your chili powder. I use chipotle chili powder and only need 1 Tablespoon.

2 teaspoons cumin

1 teaspoon dried oregano

1 teaspoon salt

1/2 teaspoon black pepper

2 cans (14.5 ounces each) tomatoes, diced. Fire-roasted tomatoes provide even smokier flavor.

1 can (15 ounces) canned pumpkin – not pumpkin pie filling.

2-3 cups reduced sodium vegetable broth or water for completely sodium free. I used 1-Porcini Mushroom Bouillon Cube from [www.savoryspice.com](http://www.savoryspice.com), that are gluten free, black pepper free, vegan. They are not sodium free

2 cans (15.5 ounces each) low sodium or no salt added black beans or kidney beans, drained and rinsed

1 cup California walnuts, toasted, chopped

Optional toppings: cilantro, avocado cubes, low-fat Greek yogurt

Add the chili powder, cumin, oregano, salt, pepper, tomatoes, canned pumpkin, and vegetable broth. Stir to combine, then bring to a boil then reduce to a simmer. Cover and cook for 15 minutes.

Uncover after 15 minutes and stir in the black beans. Simmer uncovered for another 15-20 minutes until the chili thickens and the butternut squash and barley are cooked.

Serve with 2 tablespoons chopped, toasted walnuts and other desired toppings. Dietitian tip: Don't skimp on the toppings. The crunchy walnuts, creamy and cool avocado and Greek yogurt provide a very satisfying contrast in texture and flavor – you won't miss the meat!

*Angela Hansen is a Registered Dietician at Mountain Heart Wellness. You can call her at (928) 226-6400 to schedule an appointment.*

## FITNESS CAN BE FUN!

Growing up, it was easy for me to be active. I started ballet classes when I was 3 years old, and by the time I was 8, I was playing soccer. All through middle school and high school, I participated in team sports—soccer, tennis, basketball, and track and field. I loved being active, so fitting exercise into my life was easy. I never saw it as a way to burn calories or to maintain my weight; exercise was just plain fun! Fast forward to my post-college days. I started working 40 hours a week, which meant sitting behind a desk, working late nights at the office, and spending too many overindulgent happy hours with co-workers (hello, beer and nachos!). In just a few months, I gained 20 pounds. At first, I didn't realize that I was putting on weight. But when I had to buy a whole new wardrobe (true story!), I knew that something needed to change. I cleaned up my diet and started going to the gym more regularly. Eventually though, that new get-in-shape motivation wore off, and spending hours at the gym each week began to feel like torture. It was nothing like playing soccer after school or taking a hip-hop dance class with my friends each week. So instead of giving up on exercise altogether, I had to find ways to incorporate it into my life and even try to make it (gasp!) fun. Here's what I did:

### **I make it a priority**

I no longer “squeeze in” a workout. Exercise is one of the most important items on my to-do list. I try to make some sort of activity happen every single day, no matter what it is. If I have an especially busy day, I'll incorporate fitness into my chores. For instance, walking my dog for 45 minutes or doing an hour or two of yard work kills two birds with one stone!

### **I have a flexible definition of the word "exercise"**

Taking a fitness class or going for a 5-mile run are a couple of my favorite ways to exercise, but not all of my workouts are this “traditional.” The word “exercise” is a loose term for me. It fits a lot of activities in my life, including hiking in the mountains, taking a bike ride, playing an impromptu game of tennis with my husband, walking to the grocery store and back, or even helping friends move into a new house!

### **I don't focus on the number on the scale**

When it comes to exercising, I don't let the bathroom scale dictate my workouts. My goal isn't to fit into size zero skinny jeans, but to maintain my weight and feel good about myself. To me, being in good shape means feeling healthy and being active. Plus, the extra activity lets me enjoy dessert without guilt every day!

### **I remind myself that exercise is fun**

It's not always easy to psyche myself up for a workout. Just like everyone else, I am not motivated on some days and don't feel like doing anything except sit on the couch, catching up with my DVR. Even though I've committed myself to fitness, I still struggle with these feelings. But now I've found different ways to motivate myself to exercise. I remind myself of the simple pleasures I receive from fitness. A run on the treadmill might sound boring, but to me it's a time to myself, a time to let my mind wander. Similarly, strength training with free weights may not sound like fun. However, the anticipation of listening to the great workout playlist that I made for lifting weights makes me look forward to my session. It all comes down to making exercise fun!

**Read Tina Hauptert's daily food and fitness blog, *Carrots 'N' Cake*.**



## Protein Powder for Muscle Strength Gains?

John Tuitele, PT

Does protein powder help with strength and muscle gains? According to Dr. Stuart Phillips, PhD and his team at McMaster University, the answer is “yes.” Phillips & team's study, published in the British Journal of Sports Medicine, is a meta-analysis that combines 49 studies with over 1800 subjects via statistical super magic math voodoo into something akin to a single study. Specific findings concluded that improved one rep max strength gains, free fatty mass gains and muscle size were all linked to protein supplementation. The timing and specific kinds of protein (whey, casein, steak, etc) did not seem to matter appreciably and supplementation above about 1.6 grams/kilogram body weight/day did not enhance gains. Predictably, protein supplementation worked more effectively at creating muscle mass in younger or resistance trained individuals compared to older or untrained subjects. Nonetheless, the authors assert that resistance training alone is a much more potent predictor of strength and muscle mass gains than protein intake alone. With all that said, what is the key message here? Lift heavy things with good form and add protein supplementation for even better strength and muscle gains. Don't rely on protein intake alone – do the necessary work for better outcomes.

*John Tuitele is part owner of Summit Fitness.*