

# SUMMIT VIEWS

JANUARY  
2018



The Finest Fitness  
Facility in Flagstaff

## A MESSAGE FROM TONY...

At the writing of this newsletter article we have 2 new Precor Stair Climbers on order and *should be here* by the 1<sup>st</sup>. As always when we get new equipment I keep a few of the current pieces I know many of you, become “fond” of those pieces, and we do our absolute best in keeping those in tip top shape.

It's resolution time again (great Beatles song “You say you want a resolution” or wait, was that revolution)? Remember it takes approximately 30 days to turn a resolution into reality, and to continue with the program, and not just a resolution, but a lifestyle change! Here are some guidelines that may help you stick to that “revolution”. - Choose an obtainable goal.... Avoid choosing a resolution that you've been unsuccessful at achieving year, after year, unless you approach it differently... Create a game plan... Break it down and make it less intimidating... Ask friends and family members to help you so you have someone to be

accountable to... Reward yourself with each milestone... Limit your number of promises... Great results come from great effort; let us help you to achieve your Health and Fitness goals. *Don't go it alone! Get professional assistance*

**Fitness Tip:** Track what you eat. Looking closely at what you eat and portions is often an eye-opening experience. Use FitDay's free online Calorie Counter and Fitness Log to keep track of everything you put in your body. You don't have to do it the rest of your life, but it is a great habit to start. Tracking will help you tweak your diet so that you can still enjoy foods you love without sabotaging your weight loss (or gain if that's your goal) or healthy eating efforts.

**Quote Of The Month:**  
The secret to getting ahead is getting started...Mark Twain

### **I Did Not Know That:**

Van Gough sold a total of one painting during his lifetime... Americans spend more money on lottery tickets than on movies, video games, music, sport tickets and books combined... Due to the way a rotting apple releases ethylene (which accelerates rotting), one bad apple really does ruin the whole bunch... A father of 5 worked as a custodian for 23 years at Boston College so all of his children could attend the university for free. They all graduated and together they saved over \$700,000 in tuition

On behalf of the entire Summit Team **THANK YOU FOR CHOOSING** Summit Health and Fitness as your Fitness Facility.

Tony Giustina, Managing Owner



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

Colton McCabe, Alicia Beekman, Benjamin Moses, Jean Toner, Michael Pata & Kiersten LiCata, Andrew Foslund, Nathan Frady, Hunter Hallford & Kennedy Lenz, Brady Cleary, Michael & Christie Loughton, Tracy Brinkman, Larry Reynolds, Devin Young, Cathy Morrissey, Steel Simmonds, Dennis Lavin, Michael Kreman, Brianna Ebert, David Ebert, Bre Williams & Chris Kocay, Donovan & Paula Simpson, Courtney Wilkes, Davis Kors, Kyle Miller, Eladio Gonzales & Shayla Steele, Morgan Zaccarano, Lexie Campbell, Kari Sherry and Brandon & Terra Harvey.



## STRONG FUSION

Brian Schmitz, PT, DPT, CSCS

2018 is the year you decide to make healthier lifestyle choices and improve your quality of life. You all have taken the first step towards living a healthier, active lifestyle and we at Summit Fitness could not be happier that you chose our facility to help you meet your health and fitness needs. We are a facility owned by healthcare professionals dedicated to helping you reach those goals and can provide you with resources to help you achieve those goals. Exercise is Medicine and has a profound impact on physical and emotional health. Commit this year to making Exercise your medicine of choice and remember that exercise has been proven to help with all of the following conditions (Information obtained from Infographic published by Cor-Kinetic):

- Healthier Intervertebral disks (Bowden 2017)
- Prevent Chronic Disease (Booth 2013)
- Best Evidence for many Musculoskeletal Complaints (Babatundi 2017)
- Reduced Cardiovascular Disease (Dhaliwal 2013)
- Pain Management (Naugle 2017)
- Bone Health (Kohrt 1985)
- Improved Mental Health (Deslandes 2009)
- Live Longer (Kraschnewski 2016)

Thank you for allowing Summit Fitness to meet your health and fitness needs. The Physical Therapists at DeRosa Physical Therapy would like to wish you a Happy and Health New Year. Please remember injury consultation and member education is free to all members of our facility.

*Brian Schmitz is part owner of Summit Fitness and works in our onsite DeRosa Physical Therapy Clinic*



## Healthy Breakfast Tacos

### Yellow Tomato Salsa

- 1 large yellow tomato, diced
- 3 tablespoons diced red onion
- 3 tablespoons chopped cilantro
- ½ to 1 serrano pepper, thinly sliced
- 1 garlic clove, minced
- juice from ½ lime
- ¼ teaspoon sea salt

### For the tacos:

- 1 green pepper, cored, stem removed, and diced
- 3 scallions, chopped
- 6 eggs, beaten
- 2 cups arugula or spinach, chopped
- extra-virgin olive oil, for drizzling
- sea salt and freshly ground black pepper
- 8 tortillas (corn, flour, wheat - whatever you like)
- ¼ cup chopped cilantro, more for garnish
- 1 avocado, sliced
- Lime wedges

### • Instructions

- Make the Yellow Tomato Salsa: In a small bowl, combine the tomato, onion, cilantro, serrano, garlic, lime juice and salt. Chill until ready to use.
- In a small nonstick skillet, heat a drizzle of olive oil over medium heat. Add the green pepper, scallions and a pinch of salt and pepper and sauté until lightly browned, about 5 minutes. Scoop a large spoonful of the salsa into the pepper mixture and stir. Remove from the heat and set aside.
- Brush a large nonstick stick skillet lightly with olive oil and bring to medium heat. Add the eggs, let them cook for a few seconds and then stir. Add the green pepper mixture to the eggs. Continue to stir and scramble the eggs until just set. Remove from the pan from the heat while the eggs are slightly runny and stir in the arugula and half of the extra cilantro.
- Assemble the tacos with the egg mixture, a scoop of salsa, the remaining cilantro and a few slices of avocado. Finish with a squeeze of lime and a pinch of salt and pepper, if desired. Garnish with cilantro and serve with lime wedges. Makes 4 Servings.



## High Intensity Exercise:

### New Target Group

JOHN TUI TELE, PT

"We're not saying you should not go to the gym and get other kinds of exercise, but it's quite clear that if patients want to reduce or delay the progress of this disease, high-intensity exercise has the best evidence," said Daniel Corcos, PhD of Northwest University's Feinberg School of Medicine. What disease is Dr. Corcos identifying as best responding to high intensity exercise at 80 to 85% of max hear rate? Believe it or not: Parkinson's disease, according to the Study in Parkinson Disease of Exercise (SPARX). Individuals in this SPARX study of 128 subjects, age 40 to 80, in early stages of Parkinson's completed three times weekly high intensity exercise sessions over a six-month period. The high intensity group stalled their progression of the disease compared to a control and moderate exercise groups who did not. These findings were presented at the 2017 meeting of the International Parkinson and Movement Disorder Society in June. Important to remember that the study participants were in the very early stage of the disease, but nonetheless the findings are both counter intuitive for most and encouraging for everyone. Another vote here in favor of high intensity exercise.

*John Tuitele is part owner of Summit Fitness.*





## BENEFITS OF GROUP FITNESS

Joining a class can help build a foundation and structure that you can use to fuel your personal health journey for years to come.

1. **Motivation** - It's inspiring and motivating to be surrounded by dedicated, like-minded individuals. It doesn't get much more empowering than a class with an encouraging instructor and supportive people all working hard together. Group fitness is a great way to help motivate yourself and others to dig deeper and push harder in workouts.
2. **Structure** - Group fitness is a great way to get a workout in without having to think or plan. Each class is structured with a warm-up, a balanced workout and a cool-down. The warm-up is designed to help you properly raise your heart rate while preparing your joints and muscles for the movement you'll be doing in class. The instructor will coach you through each segment of the workout. The cool-down will help you safely lower your heart rate and stretch all the major muscles worked during class.
3. **Proper Form** - It's the fitness instructor's job to not only show proper form, but to also make sure that everyone in the class is executing each exercise the right way. Not only is proper form important for your muscles to reap the most out of every exercise, but it also helps eliminate potential injuries.
4. **Variety** - Step, Strength & Condition, Barre Core Sculpt, Yoga, Boot Camp, Cycle, Pilates, Zumba--the list goes on. There are several types of group classes offered by Summit Fitness. Having a variety of classes in your weekly workout regimen is a great way to create muscle confusion, which keeps your body guessing and ramps up your metabolism. It also helps prevent boredom.
5. **Fun** - There's really no other way to put it: Our Group Fit classes are fun! Between the upbeat music, a great workout and a group of people motivating each other along the way, it's an enjoyable way to exercise. If you're looking to add a little more pizzazz and fun in your fitness life, group classes may be just what you need.

It's time to make good on those **New Year's Resolutions**. If you're still deciding, take some inspiration from the most popular Google searches for self-improvement. iQuanti, a data-driven digital marketing company, compiled a list of the most popular resolutions based on Google search terms occurring from January 2016 through October:

**Get Healthy & Fit:** 62,776,640 searches, a 13.77 percent increase over last year during the same time period, when it was searched 55,177,290 times.

**Get Organized:** 33,230,420 searches, dipping by 7.41 percent compared to last year's tally of 35,888,700.

**Live Life to the Fullest:** 18,970,210, spiking by 13.04 percent from last year, when it maxed at 16,782,030.

**Learn New Hobbies:** 17,438,670 searches, up 4.72 percent from last year's total searches of 16,652,950.

**Spend Less/Save More:** 15,905,290 searches, up 17.47 percent from 13,539,500 in 2016.

**Travel:** 5,964,130 searches, down by 0.82 percent from 2015's 6,013,550,

**Read More:** 4,746,560 searches, down 5.63 percent from last year's 5,029,790.

