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Better Bodies News

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Tennis Anyone?

The Championships Wimbledon begins June 21 this year. Wimbledon is the oldest tennis tournament in the world and has been held at the All England Club in the London suburb since 1877. It is one of the four Grand Slam tennis tournaments, and the only one still played on the game's original surface, grass, which gave the game of lawn tennis its name.



Here are a few tips to help you play like one of the pros:

Keep it perpendicular. Step perpendicular to the net when hitting. Differentiated trunk rotation will add power to your swing.

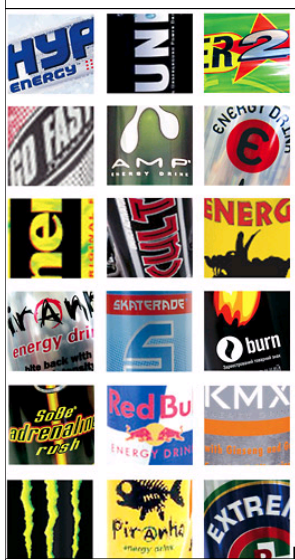
Resistance Training. Tennis is a combination anaerobic and aerobic sport, and working with weights will improve both. Set up an appointment with one of the trainers at Better Bodies for maximum workout benefits. (Save yourself some green and schedule personal training doubles with a friend.)

Tennis elbow. One way to prevent tennis elbow (aka lateral epicondylitis) is to use a two-hand grip on the backhand in order to reduce the stress on the wrist extensors. If you are already suffering from tennis elbow, rest the arm until the pain disappears since this condition tends to be brought on by overuse.

Mind Games. Don't underestimate the mental demands of tennis. While it's important to improve technique, it's even more important to judge ball velocity, calculate the degree of topspin you'll need and time your shots properly.

☺ Last but not least, keep your eye on the ball.

Ergogenic aids. *er-go-gen-ic (ər-gə-jen-ik) adj. Increasing capacity for bodily or mental labor especially by eliminating fatigue symptoms. (www.dictionary.com)*



The first things that probably came to mind when the term "ergogenic aids" was presented were supplements and drugs. While it is true that these things can be ergogenic aids, there are many others. For instance, the bigger and lighter carbon fiber tennis rackets used now improve everyone's tennis game as compared to the old wooden ones, so they can be considered an ergogenic aid. Resistance training is an ergogenic aid because it increases your ability to work harder longer. Workouts can deplete glycogen and creatin phosphate stores in muscles, and by drinking a post-workout shake such as Muscle Milk that contains a blend of protein and carbohydrates within 30 minutes of your workout will help your body recover and replenish those stores to their pre-workout levels.



Biggest Loser Diet Plan Day 4

Breakfast

- 1 light whole-grain English muffin with 1 Tbsp peanut or almond butter and 1 Tbsp sugar-free fruit spread
- 1 wedge honeydew
- 1 cup skim milk
- 2 slices Canadian bacon

Snack

Yogurt parfait made with 1 cup low-fat vanilla yogurt, 2 tablespoons sliced strawberries or raspberries, and 2 Tbsp low-fat granola

Lunch

- Wrap made with
- 4 oz sliced lean roast beef
 - 1 6" whole wheat tortilla, 1/4 c shredded lettuce, 3 medium tomato slices, 1 tsp horseradish, and 1 tsp Dijon mustard
 - 1/2 c pinto beans or lentils with 1 tsp chopped basil and 1 Tbsp light Caesar dressing

Snack

8 baked corn chips with 2 Tbsp guacamole

Supper

- 4 oz grilled halibut
- 1/2 c sliced mushrooms sautéed with 1 tsp olive oil, 1/4 c chopped yellow onion, and 1 c green beans
- Salad made with 1 c arugula, 1/2 c halved cherry tomatoes, and 1 tsp balsamic vinaigrette
- 1/2 cup warm unsweetened applesauce with 1/4 c fat-free vanilla yogurt, 1 Tbsp chopped pecans and dash cinnamon