



PROCTOR FITNESS CENTER

NEWSLETTER

MARCH-APRIL 2020

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HOURS OF OPERATION*

Monday – Thursday: 5 am - 8:30 pm

Friday: 5 am – 7 pm

Saturday: 6 am – 12 pm

** When Proctor schools are cancelled due to weather, the Center will be closed as well.*

Proctor High School

131 9th Avenue
Proctor, MN 55810

slhduluth.com/ProctorFitnessCenter

**There is no elevator
to your fitness goals.
You have to take the
stairs!**

New Fitness Class: Reps and Sets

Prepare now to start your summer with defined muscles and a lean body! This three-month class is designed to increase your strength and endurance, as well as your flexibility and balance. We will incorporate a fun atmosphere with functional lifts and Tabata-style training as we focus on exercise education for proper form and technique while burning calories.

March 2 to May 18, 2020 | Mondays and Wednesdays

5:45 am or 5:15 pm, 60 minutes

St. Luke's Proctor Fitness Center, 131 9th Avenue

\$12 for member and non-member one-time drop-in

\$40/month for St. Luke's Proctor Fitness Center members

\$96/month for non-members

All ages are welcome to this moderate- to high-intensity class. A baseline of physical fitness is required. Register for either the morning or evening session.

For more information or to register, contact Shannon at Shannon.Polson@slhduluth.com or call 218.249.6296.

Mental Wellness in the Spring

By Danielle Chisholm, Exercise Assistant

The winter months can be difficult for many individuals, but they don't have to set the tone for the rest of the year. The spring is a perfect time to declutter your mind and regain focus on what you want to accomplish.

One way to begin decluttering your mind is to refocus your attention on yourself in a positive way. When people enter into the spring season they may be still experiencing the 'winter lows.' It is easy to fall down the rabbit hole of negative self-talk, thinking: I can't do this. Luckily, it can become positive self-talk with practice.

First, start being mindful of the passing thoughts you have throughout the day. If you notice you are thinking more negatively than positively it is time for a change. A skill that can be used is practicing daily positive affirmation. These are positive phrases that you repeat to yourself throughout the day. The key is to engage in daily affirmations at least five minutes a day.

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Mental Wellness in the Spring, continued...

When using positive affirmations at first you may not believe them, but if you use them frequently they can trick your subconscious into believing change is possible. A simple affirmation to incorporate in your daily routine is “my strength is greater than my struggle.”

Individuals who are experiencing depression or increased anxiety may find it difficult to get through the day and practice self-care. In the spring, regain your focus on your physical health to help assist your mental health, as they go hand-in-hand. Take simple steps to take care of your body such as drinking more water and consuming more whole foods. Another simple tool is to engage in physical activity like taking walks or working out. If you're having a hard time, keep trying and don't give up.

Remember that you are worthy and can accomplish change, but it takes being willing and accepting to make it possible.



About Danielle: Hi my name is Danielle, and I'm from Superior, WI. I earned my bachelor's degree in Psychology at the College of St. Scholastica and I currently work in the field as a mental health practitioner in addition to my role as an exercise assistant at St. Luke's Proctor Fitness Center. I enjoy

weightlifting and running, and I am looking to rekindle my love for health and fitness. So far I have run three half marathons. I also love coaching acrobatic dance at a local dance studio. I am certified in Acrobatic Arts by an organization that stresses the importance of strength, flexibility, stability and progressions to improve acrobatic athletes. I am excited to pursue my passion in the health and wellness world at St. Luke's Proctor Fitness Center!

**You won't always be motivated.
You have to learn to be disciplined.**

Benefits of Stretching and Mobility Exercises

By Jacob Disterhaupt, Strength and Conditioning Program Coordinator

It's often thought that mobility and flexibility are the same. Even though they are similar and work hand-in-hand, it's important to know the difference. Flexibility refers to how far one can stretch their muscles and joints, while mobility is the ability to exercise through a full range of motion. For example, if you keep your legs straight and reach for your toes, you may be able to touch while pushing through that burning stretch you feel in your hamstrings. This means your hamstrings are flexible enough to touch your toes. Now if you kept your legs straight and reached to the floor to pick up a heavy weight, it may be difficult or impossible to pick up the weight while keeping your legs straight. This means your hamstrings have the flexibility to touch your toes, but don't have the mobility to exercise through the range of motion.

Exercising to improve flexibility and mobility can be argued as the most valuable focus. Being able to move through healthy ranges of motion helps to maintain your quality of life. We've all watched someone we know struggle to bend over to put on their shoes or reach that itch on their back. Both are examples of a loss of mobility, and often we don't appreciate the luxury of being able to tie our shoes until we can't. This is only a small example of the importance of becoming mobile and flexible.

Now that we understand the importance of becoming flexible and mobile, how we do train to improve them? The easiest way to remain flexible and mobile is to keep practicing the small habits we perform every day through our full range of motion. Stay away from any device that puts your shoe on for you. Kneel down and tie your shoes with your hands. By doing this every day, we preserve our ability to do it. If you want to more actively improve your flexibility and mobility, add a stretching routine to your day. Choose four to five static and dynamic stretches, and perform them first thing in the morning or before you work out.

Increasing your flexibility and mobility isn't easy and doesn't happen overnight. But, just like any other aspect of fitness, if you put in the time and effort you will receive the benefits in the long run!

Using Weight Machines

Using a weight machine starts with the proper beginning form: the Three Point Touch. This means:

1. Feet flat on the floor
2. Butt on the seat
3. Your head neutral to your spine

Once you've established this beginning form, set the weight appropriately. Focus on slow, controlled movement, each one being coordinated with a breath. Take a look at three examples below.

Overhead Press

1. Exhale as you press your arms above your head.
2. Inhale as you lower the handles back to the beginning position.
3. Use the 2-0-2 tempo: press for 2 counts, hold for 0, lower for 2 counts. Play around with your tempo, but always make sure you're using controlled movements.
4. Adjust weight appropriately. Make a goal to do 8 to 12 reps comfortably, with the last two repetitions using elevated effort. Do 3 sets.



Overhead Press

Chest Press

1. Exhale as you press the handles away from your body.
2. Inhale handles back to beginning position.
3. Do 3 sets of 8 to 12 reps.



Chest Press

Abdominal

1. Extend your arms with soft elbows and grab the handles. Exhale as you keep arms straight and use your core to move forward, as if you were doing a sit-up,
2. Inhale back to the beginning position.
3. Do 3 sets of 8 to 12 reps.



Abdominal



Setting Your Weight

Weight stacks go up by 20 pounds and the adjusting knob goes up by 5 pounds. So, if you want to set your weight to 40 pounds, put the pin at 30 pounds, and then adjust the knob to 10. Questions? Ask a staff member at the Center. That's what we're here for!

Building a Balanced Plate

Sometimes reading nutrition labels can get overwhelming. Instead, focus on the ingredient list. If all items on the list can be bought in the grocery store, the food product is nutritious enough to eat. Then, focus on building a balanced plate. Divide a 9-inch plate into fourths. Fill one quarter with whole grains or starchy vegetables, one quarter with protein rich foods, and the remaining half with colorful fruits and vegetables.



**Featured Member:
Jodi Zhukov**

Accomplishments: As the mother of two active boys, I wanted to schedule things for myself too! I was determined to make it to regular fitness classes in the hustle and bustle of our life and I've done it, averaging three to four classes a week!

Favorite Exercise: Anything with a group and music vibe, like balancing, weights or yoga.

Favorite Health Snack: An apple a day!

Advice: Mix it up. Challenge your mind and body to try new things. That's the magic.

"I experienced Jodi's encouraging drive the summer of 2019 when she started taking our group fitness classes. Her motivation, energy and willingness to learn really leave a positive impact on our Fitness Center. Jodi's dedication to a healthy lifestyle while juggling a busy schedule is inspiring to all of us, making us believe: No excuses, you can do this!"

– Shannon Polson

Tabata: A Weight-Loss Workout in 30 Minutes or Less!

By Bobbi Lilga, Exercise Assistant

One of the most common reasons for not being able to get a workout in is lack of time. We've all been there: you only have 20 minutes to spare and you think, 'There is no way I can get a good workout in!' I have the answer for you: Tabata!

Tabata is a great option when you are crunched for time. Tabata is a high-intensity workout using a 30-second-on, 10-second-off format. This means completing an exercise at a high intensity for 30 seconds and then resting for 10 seconds. You complete as many rounds as the time limit will allow.

This is a very efficient and versatile way to exercise. You can mix and match any type of exercises, including both strength and cardio. This allows you to squeeze in a great workout in a short amount of time.

Also, studies have shown that Tabata is a great tool for weight loss. Due to the short bouts of high-intensity exercise your metabolism and heart rate will increase in no time, making your body work harder to keep up. This means burning more calories in a short amount of time. An added benefit is your body will be burning fat even after your workout is done.

So, when you're short on time and are contemplating getting a workout in, give Tabata a try!

Don't Forget to Warm Up

Each gym session needs to start with a warm up. Avoid going straight to a weight machine or free weights. Warm up on a cardio machine or perform dynamic stretches. Warm ups should last 3 to 5 minutes. You should feel warm and ready to go before starting your work out.

Free Weights vs. Weight Machines

By Shannon Polson, Fitness Center Coordinator

The below information is tailored more towards individuals who have recently begun an exercise regimen, or for individuals who have been using weight machines over a long period of time and have not progressed or do not have the knowledge to use free weights. This excludes those with increased limitations or those in a phase where machines may be appropriate for their training goals.

Weight machines have many advantages. They are often a good resistance training method for therapy, elderly or new clients coming into a gym setting. These machines are easy to use, less intimidating than dumbbells and can offer a safe option. Those who lack balance or have other functional limitations can get an efficient workout due to the fixed motion a machine provides. Another advantage to weight machines is the ability to change the load rather quickly with a simple pull of a pin or turn of a dial, as well as creating opportunities where you can safely perform exercises without a spotter.

Unfortunately, weight machines have a few disadvantages. They do not significantly improve core stability or neuromuscular efficiency (proper movement patterns) because they offer artificial support versus one's own mechanics. Weight machines often fail to utilize multi-joint movements that include both upper and lower body, primarily working in only one plane of motion at a time.

During the initial stages of exercising, weight machines may be necessary to offer a less intimidating environment and provide strength options that fit your capabilities. Your phase of training with machines may last four to six weeks depending on your consistency of exercise and strength stabilization level. Then, if you wish, you can progress to using free weights, emphasizing all planes of motion. Here's an example of what that progression could look like: from chest press machine to a bench dumbbell chest press, then a stability ball dumbbell chest press.

Making a change like this will engage your total body, improving overall joint stabilization and body performance. With improved performance comes an increase of muscle tissue, which burns more calories and collectively progresses you towards body composition goals.

As a personal trainer, I highly recommend talking to one of the Center staff members on how to progress from weight machines to free weights. Just ask us!

Diversity in Workouts

By Bryce Bottila, Exercise Assistant

There are multiple ways to diversify your workouts. Adjusting workouts and diversifying your gym routine is a great way to try new things, push yourself, and to help your body as you strive towards your fitness goals.

Group fitness classes. Classes are a great way to change up a stagnant workout routine. St. Luke's Proctor Fitness Center offers many classes for different fitness levels.

Grab a friend. Adding a competitive aspect to a workout is a great way to see quick results and enjoy your time in the gym.

Try a deload workout. Recovery or deload workouts are also a great way to stay fresh at the gym. Recovery lifts should be shorter and use less resistance (or speed) and can include a heavy emphasis on stretching and mobility as needed. Deload workouts can last anywhere from a day up to a week, depending on your individual training level.

Be Positive!

Monday's aren't bad, your genes aren't unlucky and the weather isn't horrible. It's a negative mind that's unfortunate. So, stop complaining about what's missing from your life and go chase your dreams instead!

Meet Our Team



Shannon Polson
Fitness Center Coordinator
Personal trainer,
fitness class instructor



Jake Disterhaupt
Strength & Conditioning
Program Coordinator
Personal trainer



Bobbi Lilga
Exercise Assistant
Personal trainer,
fitness class instructor



Gina Marsalla
Exercise Assistant
Fitness class instructor



Bryce Bottila
Exercise Assistant



Danielle Chisholm
Exercise Assistant

Blueberry Overnight Oats



Servings: 1

Total Time: Overnight

Ingredients:

- 1/2 cup old-fashioned oats
- 1/2 cup milk
- 2 Tbsp Greek yogurt, plain
- 1/2 cup blueberries
- 1 Tbsp peanut butter or nut butter
- Dash of cinnamon

1. In a medium jar, combine ingredients together in the order listed.
2. Place in refrigerator overnight, for at least 6 hours.
3. Enjoy right out of the fridge for an on the go breakfast.

Per serving: 432 calories, 51 g carbohydrate, 29 g protein, 14 g fat