

# MYGYM FITNESS UPDATE

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## 10 REASONS TO DO A STRENGTH TRAINING PROGRAM

Most people would say they work out for the physical benefits it offers them. There are many other important benefits to strength training beyond just muscular strength or physical appearance. Here are 10 benefits to strength training that have a positive impact on your life:

- ◆ **Strength training increases your metabolic rate**, the rate at which your body burns energy. Therefore a higher metabolic rate helps you burn calories quicker.
- ◆ **Strength training increases and restores bone density.** Effective weight training can strengthen bones and thus reduce the risk of osteoporosis.
- ◆ **Strength training helps prevent injury.** Stronger muscles and joints help reduce the damage caused by impact in sports and everyday life.
- ◆ **Strength training improves balance and stability.**
- ◆ **Strength training reduces the risk of coronary heart disease** by lowering blood pressure and levels of LDL (bad cholesterol) in your body.
- ◆ **Strength training accelerates rehabilitation** and recovery.
- ◆ **Strength training enhances performance** in sports and exercise.
- ◆ **Strength training may improve glucose metabolism**, reducing future risk of diabetes.
- ◆ **Strength training can reduce the risk of disease** by improving the immune system if done appropriately and moderately.
- ◆ **Strength training can boost your confidence**, self esteem and mood.

## NEW STAFF MEMBER—WELCOME!

MYGYM Fitness welcomes new staff member Danielle Toth to it's front desk team. Danielle has a background in health and fitness with experience with kid's fitness. She is a friendly new addition to the MYGYM team!

### Special points of interest:

- 10 Reasons to Do A Strength Training Program
- New Staff addition at MYGYM-Welcome!
- Member Spotlight
- HEALTH CORNER- Foods for Heart Health

# MYGYM MEMBER SPOTLIGHT-SUCCESS STORIES

Trevor Marsicano came to MYGYM at the age of 12, looking to put his energy into something positive. He was going to school, active in Hockey but going through some difficult times and feeling depressed. He knew inside, it was time for a change.

Trevor had the courage to come through the doors, at a young age and try something new to improve his situation. He had met the owner, Mark Boudreau and had heard some advice from him that Trevor says he and his family will never forget, and say it was the greatest advice they heard when going through that difficult time. It was "surround yourself with positive people." Trevor signed up with Mark to do some supervised personal training and that began a relationship where they worked together to talk about what Trevor's goals were, and begin the process of getting stronger- in many ways.

Trevor said even though he was young, he was very well received at the gym, and the members were all friendly. It definitely was a positive place, and he kept coming back because of that, and because of positive people like Mark.

*"You've got to say, I think that if I keep working at this and want it badly enough I can have it. It's called perseverance."*

*Lee Iacocca*

At age 14 something happened to change things a bit for Trevor; he found speed skating. He switched gears from hockey and began to train as a speed skater.

At age 15, he competed in the U.S Junior Championships in Bay City, Michigan and an unexpected twist of

events had everyone fearing for Trevor's health. Another skater's blade cut into Trevor's thigh, going right to the bone. Doctor's said he lost 1/2 the blood in his body that day, but with his age and fitness level he would be able to bounce back.

He came back to the gym after his completion of physical therapy, and continued to train. He was a welcome sight for those who knew him! Last year, he was 9th in the World Championships and was the only Junior to compete!

Trevor is still training hard, now preparing for his next goal—the Olympics. You can see him in the gym six days a week, sometimes twice a day.

It sounds like no matter where Trevor's road may travel, his inner drive, determination and loving support system is going to take him far in life. Trevor lives with his mom Linda, dad Randy and his younger sister Sam.

## HEALTH CORNER: FOODS FOR HEART HEALTH

Members frequently ask what to eat, and an important topic is what to eat for a healthier heart. Here are a few things to keep in mind:

### **ADD: SOLUBLE FIBER**

It scrubs out your circulatory system, eliminating blockage-causing LDL. (Research suggests that every 1% drop in LDL corresponds to a 2% reduction in risk for overall heart disease.

Good sources: Whole grains, fruits,

vegetables, legumes.

### **ADD: UNSATURATED FATS**

Replacing saturated fats with unsaturated fats can reduce risk of heart disease by as much as 20%. Unsaturated fats raise your body's level of good cholesterol and help push bad cholesterol out of the body.

Good sources: Vegetable oils, nuts, avocados, fish.

### **ADD: OMEGA-3 FATTY ACIDS**

This subset of polyunsaturated fats have even more benefits than unsaturated fats- in addition to managing cholesterol levels, omega-3's also make your arteries stronger, promote regular heartbeat and convert LDL into a harder-to-absorb form.

Good sources: Fatty cold-water fish (salmon, tuna, mackerel, herring) soybeans, walnuts, flaxseed.

**? DID YOU KNOW ?** Consuming a post-workout shake within an hour of an exercise routine is essential to helping your muscles recover and repair. Stop by the juice bar to try one of our delicious shakes today! With summer coming, it's a refreshing way to cool off too!

We're on the Web!  
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Mark Boudreau is the owner and operator of MYGYM Fitness Center. He is certified through the National Strength and Conditioning Association, (NSCA) and is a Certified Spinning Instructor.