



YUMMY Veggies!

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ALL ABOUT LATERALS



SuperStar Of the Month

Victoria's *secrets*

My favorite health tips, training facts, nutrition, recipes and exercises revealed!

The importance of keeping hydrated

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I am always surprised with how little water people drink. Although the standard for an average person is 8 glasses of water a day, many people do not even reach this quota. Now, as an active healthy person the quota is actually a bit more than your 8 glasses... and no coffee doesn't count. The real standard is 3-5L daily.

Why? Let's break it down.

First, you are putting more nutrients into your body by eating smaller meals more frequently. Increasing water consumption allows these nutrients to be moved through your body faster for better adsorption and use. Additionally, increasing your protein consumption (and you all know why this is key) does put more strain on your digestion track. By increasing what you drink you will allow this to keep it "moving". Many supplements also require water as a transport mechanism.

By not drinking enough water there are seriously side effects that can occur. Our bodies are made of around 75% water. Most of this water is found within the cells of the body, the rest is contained within extracellular space and the spaces between the cells. Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in- if you ain't drinking enough to begin with this occurs A LOT faster. We lose water through sweating, within hotter climates, and through urination and bowel movements.

Dehydration manifests in a variety of symptoms. The first response is for the body to decrease urine output to reserve water. Urine becomes deep yellow in color. Further signs and symptoms include: dry mouth, sweating stopping, muscle cramps, nausea, lightheadedness, mental fatigue and confusion.

Although we want to avoid dehydration, there is also something called - TOO much water or hyponatremia. Hyponatremia is water intoxication. This occurs when your blood plasma increases and dilutes the salt content within your blood. More salt is then excreted through your sweat, which consequently leads to the amount of overall salt available to your body tissues to decrease over time. The less salt available causes interferences to the brain, heart and muscle function.

Now getting up to 3-5L a day from a measly 8 glasses takes some work and getting used to. Begin by increasing your daily water consumption by 275-500mls a day. You might need to consciously remind yourself to drink more water. I'm serious on this one, when you put your head up at work say to yourself DRINK!

Remember this is another piece of the lifestyle puzzle. You cannot magically snap your fingers and be gulping back 5L of water a day. It is a gradual change that will help you gain the vital, healthy life you are looking for!

Live. Love. Fitness.
Victoria

Superstar Shout Out



Some of you might know the exercise named after this girl... the Christina, jump lunges into jump squats. It makes you work hard, combines strength with agility and is a whole lot of awesome. Christina Perry has been a long time client and friend of mine. She is without a doubt one of my hardest working and most dedicated clients. Christina is a former World Champion Irish Dancer, honours HKIN student, volunteer for several organizations, yet still manages to get her workouts in. She is leaving next week for a 6month exchange in Australia and will be missed dearly. Wishing you safe travels superstar. I'll miss you!



Veggie POWER!

Your mom always said to eat all the veggies on your plate. Here are some great recipes to make them

Pan Seared Asparagus

1 lb pencil-thick asparagus
2 tablespoons virgin olive oil
Sea salt to taste
fresh cracked pepper to taste
3 cloves of minced garlic
Dash of lemon juice

Preparation

1. Wash asparagus and wipe off any excess water. Trim off rough ends.
2. Divide asparagus into two batches for cooking
3. Heat large frying pan or skillet (nonstick works best) over high heat.
4. Add 1 tablespoon of oil, let heat, then put in half the asparagus. Slide the pan back and forth a little to distribute the oil over the asparagus, and get the spears to lie in one layer.
5. Sprinkle with salt and a generous amount of cracked pepper.
6. Add a dash of lemon juice and the minced garlic (around 3 minutes into cooking)
7. Let cook, shaking the pan occasionally, until the asparagus turns a bright, deep green and is flecked with sear marks.

Depending on the thickness of the asparagus, it should take around 7 minutes. Don't overcook the asparagus.

This habit is why a lot of people think they don't like asparagus. It should still be green and a little bit crispy, not soggy, when you're done cooking.

Serves 4 Per Serving Cal 82
Carbs 5g Fat 7g Protein 2g

Sautéed Green Beans and Cherry Tomato Salad

2 teaspoons extra-virgin olive oil, divided
1 pound green beans, trimmed
1/2 cup water
2 cloves garlic, minced
1 1/2 cups halved cherry tomatoes
1 tablespoon balsamic vinegar
Sea salt & freshly ground pepper, to taste
Cayenne pepper

Preparation

1. Heat 1 teaspoon of virgin olive oil in a large skillet at medium-high heat
2. Add green beans and cook, stirring often until they are seared in spots. This should take around 2-3 minutes total.
3. Add 1/2 cup of water, and reduce heat to medium. Cook, stirring occasionally for around 3-6 minutes depending on crispiness preference (3 minutes for crippy texture, 6 for tender)
4. Create a large well in the middle of the green beans- push them to the perimeter of the pan.
5. Add remaining olive oil, and garlic for 30 seconds, add in tomatoes and stir everything together. Cook

only until tomatoes begin to break down.

6. Remove from heat. Stir in balsamic vinegar, sea salt and pepper.

7. For an extra kick add in a pinch of cayenne pepper

Serves 4 Per Serving Cal 71
Fat 2g Carbs 11g Protein 3g

Broccoli and Almond Stir Fry

10 cups broccoli florets (if frozen thaw first)
2 tablespoons virgin olive oil
2 cloves garlic cloves, minced
1/4 cup reduced-sodium soy sauce
1 tablespoon splenda
1/2 teaspoon ground ginger
2 teaspoons lemon juice
1/2 cup chopped almonds, toasted

Preparation

1. In a skillet or wok, heat virgin olive oil and garlic at medium-high heat.
2. Add in broccoli and cook for around 2 minutes or until tender
3. Meanwhile in a small dish, mix together soy sauce, splenda, ginger
4. Add to broccoli and mix for 1-2 additional minutes
5. Sprinkle with lemon juice and chopped almonds
6. Remove from heat and enjoy!

Makes 8 servings at 3/4 cup
Per single serving: Cal 100
Carbs 9g, Protein 6g, Fat 4g

Loving Lateral Raises



One of my favourite exercises for shoulders; lateral raises are amazing for building and detailing the lateral head of the deltoid. There are several variations on how to perform this exercise, but for now let's stick to the basic lateral raise.

These can be done seated (with or without back support) and standing.

Preparation - Grasp dumbbells in front of thighs with elbows slightly bent, "soft elbows". Bend over slightly at the hips and knees bent slightly.

Execution- Raise upper arms to sides until elbows are shoulder height. Maintain elbows' height above or equal to wrists. Lower and repeat. DO not spend too much time in the lowered position, as you want to keep continuous tension of the deltoid.

Seems pretty basic right? WRONG, laterals are commonly butchered by the average gym goer. Watch out for these mistakes.

- 1) At the top of the movement elbows should be directly lateral to shoulders
- 2) Dumbbells should be raised by deltoid, and NO other muscles, ie. traps
- 3) DO not throw the dumbbells up. This decreases the work of the shoulder. THROWING is a lot different than swinging, which is a variation of the lateral raise.
- 4) Ensure complete upright position of the spine. A shift and hunch in the back can lead to more work for the anterior deltoid.

Victoria Felkar

CPT, BCRPA,
MAD DOG SPINNING
www.victoriafelkar.com