



Blacksburg Health and Fitness

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801 University City Boulevard
951-2949
Meet Kerry Mobile - Cycle Instructor



Q: How long have you been at Blacksburg Health and Fitness?

A: I have been working here since August 2006.

Q: What is your current position?

A: I am a cycle class instructor!

Q: Besides The Weight Club what other jobs do you have?

A: I am currently the General Manager of Windsor Hills Apartments for Campus Advantage.

Q: What is your favorite part about working at Blacksburg Health and Fitness?

A: I appreciate working for a non-profit fitness facility that is more focused on the health and well being of its members than it is on selling new memberships.

Q: What accomplishment that you have achieved in your life are you most proud of?

A: I think I am most proud of just setting goals consistently each year and meeting them. I completed my first triathlon two years ago and have been racing ever since.

Q: Do you have a goal that you are working towards that you haven't met yet? If so, what?

A: Short term, I am working on beating my times from my races last year, but my most important fitness goal is to keep doing what I'm doing in some way, shape or form for the rest of my life.

Q: If money was no option and you could make one change to the facility, what would it be?

A: I would add a field house with a turf floor for indoor sports and a rubber track. Am I allowed to build a new building with the money?!



Manager's Corner: by Christie Heslip

- Blacksburg Health and Fitness invites all members to bring a guest with them for free on the first Friday of every month! Just bring them to the front desk to fill out the guest pass!
- The new childcare room with the Wii is now available for children ages 6 and up. The hours are weekdays from 4:00-7:30 p.m. and will soon be available on Saturday mornings from 9 a.m. to noon.
- We have added new classes:
 - Monday at 8:00 p.m. Zumba
 - Wednesday at 6:00 AM early morning yoga
 - Wednesday at 12:15 Body Pump Express
- We hope you are enjoying our new classes and equipment please let us know if you have any comments or suggestions. You may email me at christiegregg@msn.com

What are you Listening To?

Look around the gym while you are working out and almost everyone has ear buds or headphones on. Do you ever wonder what other people are listening to? Just like our bodies need us to switch up our workouts to keep it interesting, shouldn't we keep our music fresh so our brain doesn't get into a rut as well?

We surveyed our members and below you will find a wide variety of songs and artists that are being listened to at Blacksburg Health and Fitness at the Weight Club!

| <u>Title</u> | <u>Artist</u> | <u>Member's Name</u> |
|-------------------------------|--------------------|----------------------|
| Ain't Nothing Wrong with That | Robert Randolph | Danylle Kunkel |
| Anything | Three Doors Down | Alison |
| Awake | Godsmack | Chris |
| Burning Down the House | Talking Heads | Alex Lynem |
| Cupid Shuffle | Cupid | Tonya Smith-Jackson |
| Din Daa Daa | George Kranz | Tonya Smith-Jackson |
| Disturbed | Ten Thousand Fists | Donna |
| Faith | George Michael | Chris Lisanti |
| Free Bird | Lynyrd Skynyrd | Chad Curtis |
| Honky Tonk Badonkadonk | Trace Adkins | Donna |
| Just Dance | Lady Gaga | Andrea Rojas |
| On the Run | Pink Floyd | Clyde |
| State of Massachusetts | Dropkick Murphys | Summer Lisanti |
| Wanna be Starting Something | Michael Jackson | Anne Clelland |
| You | Switchfoot | M Lambertson |
| Your Biggest Fan | Nevershoutnever! | Tamzin Kaiser |
| Your Body is a Wonderland | John Mayer | Anonymous |

Meet the Members: **Cortney Martin**



How long have you been a member of Blacksburg Health and Fitness and what brought you to the club?

I joined the Weight Club in May of 2008, but I had been a dedicated member for many years during the 90s. Then came marriage (to my lifting partner!), two beloved sons, a return to graduate school, and a faculty position at VT. Personal fitness took a backseat to life's demands and I bought into the myth that moms can't make time for their own fitness needs. Last spring it caught up to me as I suddenly realized I was in the worst shape of my life, carrying extra weight and lacking energy. I knew I had to make a lifestyle change but was at a loss on where and how to start. I researched personal trainers, and contacted trainer Jake Parks based on his academic, athletic, and professional background. I made an appointment with him, joined the Weight Club, and the journey began.

What are your fitness goals?

My initial goal was just to “get in shape” but thankfully Jake encouraged me to translate that into more tangible goals. I had started running a little, so he suggested I consider a half-marathon. My initial response was “no way!” But I began to envision the sense of accomplishment that it would bring, and I signed up for the Danville Half Marathon. Jake developed a balanced workout and running plan to fit in with my busy schedule.

On September 13, I completed the Danville Half Marathon that had previously seemed so daunting. Along the way I found myself 25 pounds leaner. Since then, I’ve run several other races, gaining strength and confidence with each, including the Brush Mountain Breakdown 15 miler and the Roanoke Star City Half Marathon. I am currently training for the VT Bench Press competition, Blacksburg Classic 10 Miler, and the Pittsburgh Marathon. And while these external benchmarks serve as a focus, my main goal is just to have fun and get healthy while discovering my inner athlete!

How has having a personal trainer helped you reach your goals?

Without the help of a personal trainer, I believe I would still be chasing the elusive dream to “get in shape.” I find I need the structure, education, and accountability. This represents a reversal in my thinking because I used to view personal training as a bit of a crutch or luxury. But now I see it as an investment in my health that has had a trickle-down effect and has inspired my sons in their own fitness goals.

Jake maps out my strength training and running plans and makes adjustments as needed so I am spared the time-consuming and complex job of planning. He has a lot of knowledge and personal and professional experience to draw upon including from his own wrestling, marathon running, and bodybuilding. With the programs he designs, I know my workouts are optimized, I’m not over- or under-training, and I have sufficient recovery time. My role is just to do the work, making every rep, set, run, and interval count. He keeps things challenging, interesting, and fun and regularly introduces new exercises.

Another goal of mine has been to learn to eat better and to help my family to do the same. With the trainer’s help and by logging my food online (sparkpeople.com), we are all making better choices and the contents of our refrigerator and pantry have changed substantially!

What is your training routine?

My current program includes strength training four times a week (two with my trainer) for about an hour per session, running four times per week, and cross-training on the bike or elliptical. I also play tennis year-round and enjoy swimming during the summer.

What are your favorite exercises?

Probably because of my powerlifting background, I most prefer the basic foundation exercises – pull-ups, pushups, deadlifts (sumo style), bench, squats, and lunges – where it’s just me against gravity. Similarly, I love the freedom of running and the mental and physical toughness required to persevere on long runs and during speed work, particularly in the cold

Do other members of your family belong to the Weight Club?

We are all members of the Weight Club. My son Spencer (9) is working toward a 5K and enjoys the track and basic strength training. He works out weekly with Jake too. Grant (7) participates in the Karate classes and enjoys the kid’s room with the Wii. Unfortunately, my husband Robert’s schedule does not allow him to utilize the club much at the moment.

What are your favorite things about the club?

I appreciate the family-friendly services of the club, the great staff, and the fact that people of all ages feel welcome to enjoy and utilize the facility. The location is convenient, particularly the proximity to the Easy Chair Coffee Shop and Runabout Sports

If you could change one thing about the facility what would it be?

This is purely cosmetic – but I’d fix the wiring to eliminate the power strips hanging on the walls by the TVs!

Training Tip: by DeWayne Moore

Balance and Stability Training



During your workouts do you ever use the stability ball, Bosu, or any other piece of equipment that challenges your balance? If not, you may be overlooking a key way to work some of those small seldom used muscles. Balance training is a great way to improve your muscles' responsiveness as well as increase joint stability. Standing or sitting on an instable surface forces your body to recruit more muscles and causes those muscles to fire more frequently than when you're on a stable surface. Improved recruitment and synchronization of muscles leads to increased joint stability and less stress on the joints. And all you have to do is perform some of your regular exercises in a less stable environment. Now I'm not telling you to go stand on a basketball, just to challenge your muscles by using tools that require you to rely on yourself instead of equipment you're sitting on. For instance, performing a dumbbell shoulder press on a swiss ball would require more support from your core than doing the exercise seated on a bench.

There are several tools you can use to challenge your proprioceptive systems. Aside from the stability and Bosu balls, there are Dyna Discs, medicine balls, and various other tools. If these provide too much of a challenge, you can start on the floor. Changing your stance from two feet to balancing on one will increase the difficulty of the exercise. As a general rule, standing is better than sitting, and when standing one foot is more challenging than two. When you can balance fairly easily on each foot individually, it's time to give yourself more of a challenge.

When trying to pick exercises to perform, start basic. One example could be performing dumbbell rows on one foot. As your balance and stability gets better, you should increase the challenge to your proprioceptive systems by making your environment less stable. So you could switch to doing single leg Romanian deadlifts.



Single Leg Romanian Deadlift

Increases in load aren't as important for this type of training. The ultimate way to challenge yourself would be to practice compound movements like a single leg squat as well as movements that move through multiple planes of motion, like a medicine ball chop. Move through each motion in a slow and controlled fashion. This will allow your muscles to alter recruitment patterns as your center of gravity changes locations and will help to build muscular endurance. So there are many benefits to this type of training. Whether you're trying to regain joint stability after a sprained ankle or just want to improve the efficiency of your muscles, balance training would be a good choice.



Single Leg Medicine Ball Chop

