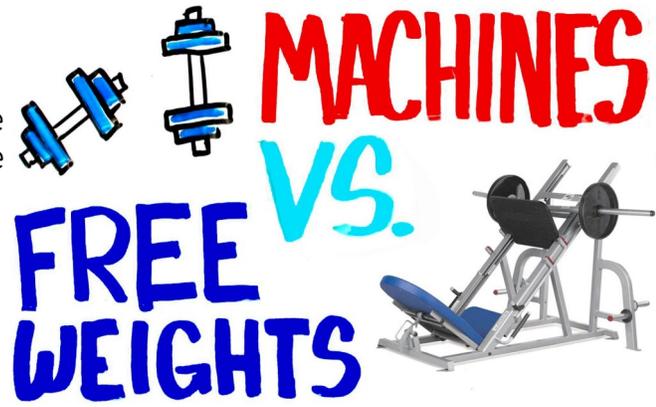


FREE WEIGHTS VS. WEIGHT MACHINES

Free weights and machines have similarities and differences. Both allow for you to work each side of the body independently or together. Free weights make you recruit more muscle fibers to stabilize the weights. Because of this, you are working harder to control and balance the weight through the exercise range of motion. Using free weights allows your body to adapt to the workload resulting in strength gains and better coordination development



In using machines, the weight is balanced for you as you move through a fixed range of motion. Some machines have different loading points and/or grips that allow you to target different muscle parts. Machines allow you to push more weight than with free weights because the weight is already being balanced and leverage is included in the design configuration. Incorporating both free weights and machines into your workout routine helps with an all-around balanced strength training routine.

Pros	FREE WEIGHTS	Cons
Constant resistance		Heavy lifts require a spotter
Incorporates stabilizing muscle groups		Greater risk of injury due to poor form
Requires more balance and coordination		Ability to lift weight limited to weakest joint
Allows freedom of movement better replicating real life activities		Takes more time/space to set up than running through a circuit

Pros	WEIGHT MACHINES	Cons
Less risk of injury since machine guides you through the proper range of motion		Machine can give a mechanical advantage while lifting
Allows for muscle isolation		Adjustments may limit flexibility
Variable resistance		Range of motion limitations
No spotter required		Fixed resistance pathway
No set up time		Doesn't mimic activities of daily living

TURN OVER A NEW LEAF WITH GROUP FITNESS THIS FALL

New Classes

- Tabata Mondays 5:15p-6p
- Cardio Circuit Fridays 11:45a-12:30p



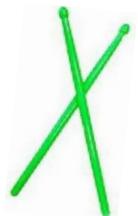
Returning Classes

- Heart Cycles Wednesdays 4:15p-5p starting September 19th
- H2O Fit Thursdays 5p-5:45p



Demo Class

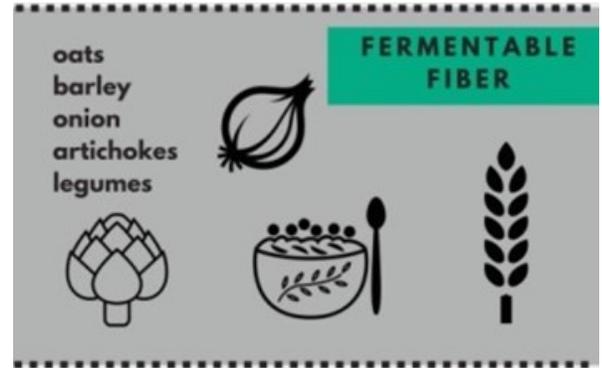
- Pound 30 minute demo class Friday, September 21st @ 6a, 11a, & 5p
 - Make some noise in this cardio jam session inspired by drumming
 - Pre-register at the front desk or by email to Erica.millender-stevens@ge.com



DIETITIAN CORNER - DIETARY FIBER: THE KEY TO A HAPPY, HEALTHY GUT!

Has your day ever been ruined due to under or over use of your “internal plumbing”? The type of bacteria in your gut may be the cause! The good news is that our gut microbiota, which is the community of bacteria and other microbes—some 100 trillion of them—that live in the gastrointestinal tract, shifts rapidly in response to dietary changes. Consuming a varied diet rich in fermentable fibers has been shown to promote numerous health benefits including improved bowel function, lipids levels, glucose control, satiety, blood pressure, cancer prevention, and others.

Dietary fiber consists of non-digestible carbohydrates; including fermentable fibers specifically produce compounds called short-chain fatty acids (SCFAs) that feed our healthy gut bacteria. Types of fermentable fibers include guar gum, pectin, beta-glucan, resistant starch, inulin, and fructo-oligosaccharides (FOS). These can be found in foods such as whole grains, nuts and seeds, legumes, and various fruits and vegetables shown in the table below.



Type of Fiber	Food Sources
Beta-glucan	Grains (oats, rye, barley)
Pectin (sugar acids)	Fruits, vegetables, legumes, sugar beets
Natural gums	Seeds (guar and locust bean), trees (gum acacia), seaweed (carrageenan), microbes (xanthan gum)
Inulin	Chicory, onions, wheat, Jerusalem artichokes; increasingly added to processed foods

Follow these tips to incorporate more fermentable fiber in your diet:

1. Try replacing the jelly in a peanut butter and jelly sandwich with slices of skin-on kiwifruit. Two kiwifruits contain 4 grams fiber and eating kiwifruit with the skin on triples the fiber content.
2. Swap ¼ cup pureed avocado for one-half the butter in muffins, cakes, and other baked goods to add 4 grams fiber.
3. Sneak legumes in sweets by adding 1/4 cup precooked or canned lentils in your favorite smoothie. Or, purée a 15-oz can of drained and rinsed black beans with a bit of water and add them to a box of brownie mix.
4. A ½ cup serving of barley contains 3 grams of fiber and makes a great addition to soups and stews.
5. Add nuts or seeds to pilafs and other grain dishes, use them as garnishes for soups, salads, and desserts, or mix them into breakfast cereals and granola.

Sources:

Dahl, W. J. and Stewart M. L. Position of the Academy of Nutrition and Dietetics: Implications of Dietary Fiber (2015): 115;11 (1861-1870). DOI: <https://doi.org/10.1016/j.jand.2015.09.003>

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<http://www.todaysdietitian.com/newarchives/0718p36.shtml>

<http://www.todaysdietitian.com/newarchives/0216p16.shtml>



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