



St. Luke's PROCTOR FITNESS CENTER

NEWSLETTER

July/August 2019

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“Change happens when the pain of staying the same is greater than the pain of change.”
- Tony Robbins

Summer Hours of Operation

Now through Friday, August 30 we will be closing an hour earlier on weeknights.

Monday - Thursday: 5 am - 7:30 pm

Friday: 5 am - 7 pm

Saturday: 6 am - 12 pm

Proctor High School

131 9th Avenue
Proctor, MN 55810

slhduluth.com/ProctorFitnessCenter

Pool Access Now Available!

For an additional \$10 per month, the pool is now available to members Tuesdays and Thursdays from 6 a.m. to 7:30 a.m.

If you have questions, ask one of the St. Luke's Proctor Fitness Center staff members when you stop in or call **218.249.6296**.

New Classes

Two new classes are being offered at St. Luke's Sports and Event Center (704 Kirkus Street, Proctor). Each class will require a small fee to participate.

Adventure Training

Monday, August 5 – Wednesday, October 2, 2019
Mondays and Wednesdays at 5:45 a.m. and 5:15 p.m.
60 minutes

Whether you're running up hill with a sand bag on your back, cutting through wooded trails, or doing army crawls through the mud, this class is sure to get you out of your comfort zone and in shape like never before. For more information or to register, talk to one of the St. Luke's Proctor Fitness Center staff members when you stop in or call **218.249.6296**.

Fitness for Cancer Survivors

Class dates coming soon
Tuesdays and Thursdays, 2 p.m.
60 minutes

This 5-week class will meet twice a week to help cancer survivors work towards the healthiest version of themselves. Various topics will be covered including nutrition, energy conservation, training and exercises with modifications to accommodate where each person is at individually. If you have questions, contact St. Luke's Regional Cancer Center at **281.249.3081**.

Exercising to Relieve Joint Pain

By Bobbi Lilga, Exercise Assistant

When you have joint pain, exercising may be the last thing you feel like doing. However, exercise could actually be the solution. Low impact physical activity has been proven to help alleviate or even reverse joint pain, and certain exercises on a regular basis can allow you to postpone, or even avoid, surgery.

The main idea is to strengthen supportive muscles and restore flexibility. There are a few different types of exercises that can help you do this.

Strength exercises can help build strong muscles surrounding the joint to support and protect it. Resistance bands and weight bearing exercises are great ways to strengthen muscles.

Endurance exercises may help decrease swelling in and around the joint. This helps joints remain mobile and improves overall flexibility. Great low-impact endurance exercises include bicycling and swimming.

Flexibility exercises keep joints moving and help with relieving stiffness. Full body stretching on a daily basis, yoga and foam rolling can help increase overall flexibility and help assist with joint pain relief.

Combining these exercises will have the best outcome for relieving your pain. Don't forget to listen to your body. Avoid over-exercising, even on the days you are feeling great. Work up to increased physical activity, instead of jumping in full force.

Stay Positive, Set Goals

By Cameron Jones, Exercise Assistant

Your mind can be your best friend or your biggest critic. I know this from experience.

I suffered from a back injury in the military. As a result, I was unable to perform how I once could, and I didn't even go to the gym because of how bad I felt about it. Eventually, I started seeing a physical therapist. She told me not to rush in getting back to where I once was, but to set goals and move forward.

One task at a time, I did my best and gave my all. I learned to understand and accept my limits, while still working towards my goals. With her help, I began to flourish at the gym, and I know you can too.

So, stay positive. Set your own goals and know your limits. Don't compete with that other person you think is doing better than you. Do what's comfortable for your body – only you know what is tolerable. Do it at your speed, your pace and your time!



About Cameron: I am a veteran of the United States Air Force, and it is great to be of service to the community. I thought it would be a great idea to explain the reason why keeping a positive mentality and setting goals for yourself will make your experience in the gym that much better. I look forward to meeting all of your bright faces at the gym!

Fast Facts on Sugar

By Bryce Bottila, Exercise Assistant

What's so bad about sugar?

Eating too much of any one food can throw your body off balance. Unfortunately, sugar can be pretty addictive. Eating too much can increase your risk for obesity, negatively impact heart health and increase joint inflammation to name a few things.

What about sugar substitutes?

Artificial sweeteners have become increasingly popular as sugar substitutes in recent years, since they contain fewer calories. They can also be as much as 200 times sweeter than table sugar. However, while these may be approved by the FDA, there are many questions about the potential harm they could have on consumers.

What can be done?

Read labels and be aware of what you're eating. Try to stay around the recommended daily amount of sugar: 9 tsp (36 grams) for men and 6 tsp (24 grams) for women. Choose products labeled 'no sugar added' rather than 'sugar free,' to avoid artificial sweeteners. When you do have a sweet treat, choose natural sugar such as honey, real maple syrup or agave nectar for more vitamins and minerals.

The Total 15

Make no excuses to stay in shape this summer! Do this quick 15 minute routine at least 3 days a week for a total body workout. Repeat each exercise until you've reached the 15 minute mark.

Ab roller



You'll need:

- Ab roller
- Kettlebell
- Exercise mat (optional)

Ab roller

1. Begin in a neutral position on your knees with your hands on the roller.
2. Exhale and engage your core as you start to roll arms away from you. Keep your head neutral to your spine and go out as far as you can.
3. Inhale as you pull your body back to beginning position. Repeat as many times as you can.

Lateral lunge

1. Begin in a neutral stance holding a kettlebell against your chest.
2. Inhale as you step to the right, keeping your left leg straight, right knee behind your toes and glutes back. Keep your back straight and head neutral to your spine.
3. Push off through your right heel back to standing position. Repeat each side 8 to 12 times.

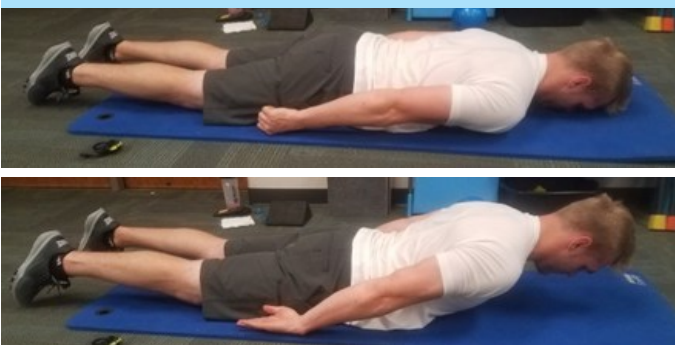
Lateral lunge



Lying hyperextension

1. Begin laying face down with your body relaxed.
2. Inhale as you lift your chest and toes off the floor. Squeeze shoulder blades together and keep your head neutral to your spine.
3. Exhale and rest back to beginning position. Repeat 12 times or hold up for 60 seconds.

Lying hyperextension



**It's not about having time,
it's about making time.
The only bad workout
was the one
you didn't make time for.**



Featured Member: Aimee Lindberg

Accomplishments: I'm maintaining my weight while gaining muscle and definition.

Favorite Exercise: Kettlebells, squats and lunges

Favorite Health Snack: Almonds, bananas and yogurt

Advice: Be true to yourself and set goals you think you can accomplish. Things will not happen overnight. You have to keep pushing yourself and over time you'll be amazed by your results. Believe in yourself! Results will happen if you work hard at it!

"Aimee makes fitness a priority in her life. She comes multiple times a week during her lunch break, attends fitness classes and meets with me so I can train her on a regular basis. Every time she shows up with a big smile on her face and a positive attitude. She is a ray of sunshine we all enjoy having around." – Bobbi Lilga, Aimee's Personal Trainer

How to Gain Muscle Mass

By Jacob Disterhaupt,
Strength & Conditioning Coordinator

"Challenge the body, then adapt," is the concept behind all resistance training and fitness as a whole. Repeating this process over and over produces physical results and helps maintain a healthy lifestyle. However, depending on your goals, there are different ways of putting this theory into play.

If your focus is on gaining muscle, hypertrophy training is the best option. This type of training involves high volume and little rest. As an example, this could look like a rep range of 8 to 12 and a rest period no longer than a minute long during frequent lifting sessions throughout the week.

Eccentric motion, or 'time under tension', will also help with gaining muscle mass. To do this, lower the weight as slowly as you can. This will tear the muscle fibers quicker, and the body will recover stronger than it was before.

If you combine these two techniques be prepared for soreness, but also be prepared for results.

Fad Diets vs. a Healthy Lifestyle

By Shannon Polson, Fitness Center Coordinator

Dieting can quickly become a calorie-counting food-group-eliminating misadventure that doesn't last. You start off motivated and ready for the change, but soon old habits creep back in. Your diet slowly comes to an end and you're left frustrated with yourself until you start another one.

To avoid this cycle, think about establishing a healthier lifestyle that you can maintain instead of jumping into a fad diet. Below are a few practical ideas on how to do that.

Focus on overall health. Don't believe the lie that your physique is all that matters.

Take up strength training! The more muscle mass you have, the more calories you'll burn at a resting rate. Cardio is important, but it doesn't build muscle like strength training does. Also, a note to the ladies: I promise you will not 'bulk up' if you strength train.

Think about the long game. Any change you make in diet and exercise will need to be sustainable for a lifetime. Avoid a short term fix like a fad diet that'll reverse itself once you go back to your old habits .

Don't over restrict. You burn a lot of calories throughout the day by just being alive. Make sure you're eating enough calories to support your daily functions without slowing down your metabolism.

Eat what you enjoy. Find healthy foods that you like to eat. Experiment with different flavors and spices instead of adding extra fats or sweeteners. Also, don't forget to have a treat every once in a while!

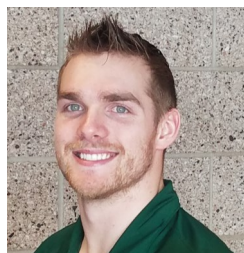
Consider a dietitian. Although many people claim to be diet experts, only registered dietitians have met the rigorous standards set by the Commission on Dietetic Registration and the Academy of Nutrition and Dietetics. They can help you create a diet for many different goals like losing weight, gaining muscle mass or reducing medical risks.

If you are experiencing any problems with your nutrition or have an interest in seeing a registered dietitian, talk to your primary care provider about getting a referral to St. Luke's Clinical Nutrition.

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



Cameron Jones
Exercise Assistant

St. Luke's Fitness Classes

All fitness classes are held at St. Luke's Sports & Event Center, 704 Kirkus Street, Proctor. Classes are only available to St. Luke's Proctor Fitness Center members. Classes and times are subject to change. When Proctor schools are cancelled due to weather, fitness classes will be cancelled as well.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:45 a.m.		Vinyasa Yoga		Vinyasa Yoga
9:00 a.m.	Circuit SilverSneaker/Silver&Fit	Classic SilverSneaker/Silver&Fit	Circuit SilverSneaker/Silver&Fit	Classic SilverSneaker/Silver&Fit
10:00 a.m.	Chair Yoga SilverSneaker/Silver&Fit			Chair Yoga SilverSneaker/Silver&Fit
12:00 p.m.	HIIT	Pilates Cardio	HIIT	Pilates Cardio
6:15 p.m.	Kettlebells		Cardio Kickboxing	

For class details and descriptions, visit slhduluth.com/ProctorFitnessCenter