



GETTING IN SHAPE IS SIMPLE...

Michael Lipowski

It's true, getting in shape *is* simple but I'll be the first to admit that it's certainly not easy. I recently came up with a little saying that accurately describes what it takes to make one's self fit. It goes like this:

“Early to bed, early to rise, eat to survive, and work your ASS OFF when you exercise.”

Simple! This stuff is not rocket science. Where people are clearly going to falter and procrastinate is in the execution. Now as far as the “work your ass off when you exercise” part goes, I know that for any PURE PHYSIQUE member this will not be an area where there will be a problem with execution since we have some control over this. It's the areas where we don't have control—i.e. diet, sleep, rest and activity—that problems surface and opportunities to make some significant gains are squandered.

The importance of getting adequate sleep cannot be understated. It's when we are sleeping that our bodies begin to repair and build muscle broken down during exercise, replenish the chemicals we need to exercise effectively as well as those responsible for millions of other biochemical processes that occur each day, strengthen our immune system and restore proper brain activity. During sleep is when our output of growth hormone is greatest which is directly responsible for the development of our bodies.



If the benefits of getting adequate sleep is not enough to convince you of its importance than the consequences will. A lack of sleep is the fastest way to LOSE muscle and it also shares responsibility in the accumulation

(Getting in Shape, continued on pg. 2)

HAPPY BIRTHDAY TO...

Stephen Carre	June 3 rd
Joan Greengrass	June 6 th
Beck Wilson	June 13 th
Erin Malone	June 15 th
Ira Allen	June 20 th
Mike Lipowski	June 22 nd
Jason Kormes	June 30 th

QUOTE OF THE MONTH

(A big thanks to Mike Primavera for finding this.)

What a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable.

~ Socrates

WELCOME NEW MEMBERS

Lynn D'Alessio

Mike Flannery

Tammy LaPeruta

Deidre Merante

Tish Mondello
(Welcome Back ☺)

Jennifer Tobeschat-Newman

Arlene Weinstein

IN THIS ISSUE

- Getting in Shape is Simple... pg. 1&2
- Announcements pg. 2
- PROFILES in SUCCESS: John Meeker pg. 3
- Got Water? pg. 3
- Healthy Bar-B-Q: Chicken & Orange Chipotle pg. 4
- Do You Measure Up? pg. 4



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will be sponsors at...



Beginning later this month we will be offering cardio kickboxing classes in the downstairs studio

**Monday and Thursday nights
6 to 6:45pm**

**Class conducted by our NEW
Instructor Sarah Garcia!**



(Getting in Shape, continued from pg. 1)

body-fat as a result of increased cortisol levels (also known as the stress hormone). So despite you working your butt off in the gym your efforts could potentially be for nothing simply because you are not getting as much sleep as you need.

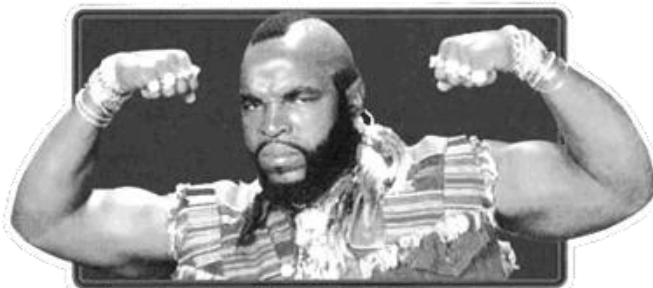
Considering that nearly every training session I conduct each day has at least one moment where nutrition is discussed it stands to reason that everyone recognizes the important role it plays. Yet despite this understanding most people "Live to eat" instead of "Eating to live".

Don't get me wrong, no one enjoys their Scotch, wine, steak and ice cream more than me. However there is a time and a place for everything and **every day** is not necessarily it. I always say that the biggest benefit that anyone can receive as a result of exercise is greater **quality of living**. However some people have gotten *quality of living* and *overindulgence on life's pleasures* confused with one another.

Living life does not mean you need to eat your life away. Living life means you are fit enough to do and experience all the things life has to offer without pain, discomfort or risk of injury or death.

No one says you need to diet to the extreme that some of us in the gym do for competition or other aesthetic reasons...unless of course that's what you *want* to do. However do not throw away the chance to be fit by not taking steps to improve your nutrition or giving up early because you're not seeing the scale move as much as you would like.

I know it sounds cliché but in order to be fit you need to make fitness part of your lifestyle. It must become a part of you, a part of how you identify yourself. Being active, eating right, getting rest, training consistently and being active should simply be *the things you do*, not just things you think about doing. ■



**I PITY THE FOOL THAT DON'T RECOMMEND
PURE PHYSIQUE TO AT LEAST 2 PEOPLE THIS
MONTH. IF ONE JOINS YOU GETZ 2 FREE
SESSIONS. IF BOTH JOIN YOU GETZ 5 FREE
SESSIONS. DON'T BE A FOOL!**

Profiles in SUCCESS

John Meeker

John, 47 yrs old was recently one of the two people who tied for 3rd place in our Fitness Challenge with a loss of 8 lbs of body-fat and a 1 lb increase in muscle mass. John is the owner of Fire Glow Distributors, which sells wood, gas, and pellet, stoves, inserts, and fireplaces. Fire Glow is located in Jefferson Valley on Rt. 6. He is also a Volunteer Fireman and just finished his term as Chief and has been married for almost 20 years to his wife Gail, and has three kids Nicole (17), Alec (15) and Madelyn (13).



In his own words

I have been training with Pure Physique for a little over a year and found them through the Yorktown Chamber of Commerce.

I started training because I had gotten sick with Ulcerative Colitis and had gotten very weak and worn down. I need to rebuild my strength and endurance. I needed more than just a gym and wanted a personal trainer.

Through the training I have gotten back to my normal self but now I am now working on fine tuning my diet further so that I can continue to reduce my body weight which is a struggle due to the medications I have been on. However I have gone from being tired after the least bit of work to being able to walk several miles without any issues. I am as strong as I have ever been and probably more evenly balanced as far as muscle and strength goes.

Moving forward I know I will need to continue to deal with the Ulcerative Colitis but hope to help manage it with exercise and diet and stress reduction rather than medications. I also intend on getting down to a healthier weight and be able to maintain it. Along with that comes a smaller gut and a size 34 waist! ■

GOT WATER?



I know you hear it all the time, how you should be drinking lots of water, and at this time of the year as the sun is beating down on you it bears repeating...YOU SHOULD BE DRINKING LOTS OF WATER.

Considering that in total the human body is about 50-60% water; with our brain being approximately 80%, our muscles 70-75%, our blood about 90%, fat 15%, skin 70% and bone 30%, it should come as no surprise that water is vital to the body's function and performance. It is unquestionably *the* most important nutrient. Water is required for just about every single biological process occurring within the body.

Even mild dehydration will slow down the body's function at a very fast rate with those organs or systems of the body that are comprised of the most water being effected the greatest. This is why we experience muscular fatigue and weakness, general tiredness/lethargy, and decreased alertness and mental acuity as a result of being dehydrated by as little as 3%. Dehydration lasting several days will result in a complete "shut-down" of physiological function and certain death.

Besides water being an essential nutrient for physiological function, taken in very liberal amounts water can help to enhance your physical appearance and encourage optimal muscular function when working to attain peak conditioning. (FIND OUT MORE IN PURE PHYSIQUE: How to Maximize Fat-loss & Muscular Development) ■

Healthy Bar-B-Q

Chipotle & Orange Grilled Chicken (from EatingWell.com)



Ingredients

- 2 tablespoons orange-juice concentrate, thawed
- 1 tablespoon finely chopped chipotle peppers in adobo sauce, (see Note)
- 1 tablespoon balsamic vinegar
- 2 teaspoons unsulfured molasses
- 1 teaspoon Dijon mustard
- 1 pound boneless, skinless chicken breasts, trimmed
- Salt to taste

Preparation

1. Preheat grill or broiler.
2. Whisk together orange-juice concentrate, chipotle pepper, vinegar, molasses and mustard in a small bowl.
3. Lightly oil the grill or broiler rack (see Tip). Season chicken with salt and grill or broil for 2 minutes. Turn, brush with the glaze and cook for 4 minutes, brushing occasionally with glaze. Turn again, brush with the glaze, and cook until the center is no longer pink, 1 to 2 minutes longer.

Nutrition

Per serving: 149 calories; 3 g fat (1 g sat , 1 g mono); 63 mg cholesterol; 7 g carbohydrates; 2 g added sugars; 23 g protein; 0 g fiber; 154 mg sodium; 300 mg potassium.



Yum! Can't wait to try this one!

Do You Measure Up?

They say, you don't know where you're going if you don't know where you've been. And "they" couldn't be any more right when talking about your fitness or physical development. The only way for us to know where we're starting, where we're going and where we've been is through measurement.

There are several factors we can and should be measuring on a regular basis so we can track our progress, and thus make informed decisions as to the direction we should be moving with our exercise and nutrition. Among some of the many things we can easily measure or track are:

- Body-fat
- Body weight
- Waist size (tape measure)
- Hips & Thighs size (tape measure)
- Upper torso and arms size (tape measure)
- Caloric/food intake
- Intake of carbohydrates
- Intake of proteins
- Intake of fats
- Rest (hours/days)
- Activity
- Blood pressure
- Resting pulse rate

Part of the reason so few achieve the level of fitness or development they desire is because they allow themselves to be spectators and don't getting actively involved in the game. Keeping tabs on *just one (1) or two (2)* of the factors listed above will get you involved in the process and increase your likelihood of achieving your goal. Tracking three or more almost guarantees it.

A commonality shared by all people who are successful at losing weight, building muscle, getting stronger, lowering cholesterol, lowering blood pressure, improving endurance or their overall wellbeing, is that they routinely measure their progress. They don't guess or make assumptions. They know the hard facts about where they are and what they are doing and let that dictate their next move.

If your current results are not "measuring up" to your expectations then it may be time to start measuring the things you can control and watch results take fold. ■

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