

# Westin Workout

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### Hours of Operation Weekdays:

5:30 am ~ 10:00 pm

### Weekends:

7:00 am ~ 9:00 pm

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## Luck Needs to be Worked

What if, one day, tomorrow perhaps, you won the big lottery? What would you do? Imagining the good life is easy or imagining all the good you can do with that kind of money immediately comes to mind. What if it was already said to you that you are the luckiest individual on the planet? Would you believe it? If you come to the

Westin WORKOUT every day, every other day or a couple times a week, consider yourself lucky. In fact, think of it as preserving the luck in health that you already have. It enables you to come workout. And it enables your luck, too! So imagine what you can do with a strong vitality and good health!

### 2011 Race to Anyplace Results— benefiting Leukemia and Lymphoma

Congratulations to all of the members and staff that participated in the recent Race to Anyplace at the USX Towers. The Westin Workout hit the **Trifecta!** All 3 teams won their respective events! The Open Men's Team and Overall Winner, the Open Women's and Overall Women's Team, and the Fitness Center Division Team. We had a total of 28 individuals from our club that participated out of the approximately 630 participants. Why don't you be part of the competition next year?? Here are the names of participants:

#### Westin Master Women 6 pack:

Audrey Burgoon  
Julie Wahl  
Peggy Gibson

#### Westin Men's:

Brian O'Brien  
Nico Glorieux  
Chris Gibson

#### Schneider Downs:

Mark DiPietrantonio  
Ted Petko  
Tom Harvey

#### Other Westin Workout competitors:

Joe Patrick (Men's 6 pack)  
Matt Mauclair (Men's 6 pack)  
Nancy Belz (Women's team)  
Ed Koontz (Federated team)  
Jack Doyle (CBRE)

#### Federated Investors Men and Women:

Tom Mitchell  
Wayne Shipley  
John Gentry  
Bob Ostrowski

David Cook

Nate Kehm

Helen Tsvetkoff

#### Westin Workout Luxury Collection:

Damian McIntyre  
Don Ellenberger  
Mohammad Naderi  
Frank Rondinelli  
Michaela Morgan  
Younes Mekkaoui  
Carson Shipley  
Miles and Mason Gibson

### Other Westin Workout Items

We are saying goodbye to our long-time employee of 5 years, Dan Murillo. Dan has taken a job with Direct Energy, which is in our building. We wish him good luck. Stay tuned for a new face that will be taking his place.

We are going to be getting ready to begin an outdoor running class once the weather breaks. If you are interested in taking your running to the next level you may want to come out and run with fellow members. Stay tuned for more info.

We are still doing the airdyne and rowing classes, but will mix it up a bit. If you have any interest in getting better with either or you would like some company to mix up your workouts, try them out! See Chris for more info.



**“Take a good look at your diet. Just because you exercise, it is not a panacea for poor eating behavior.”**

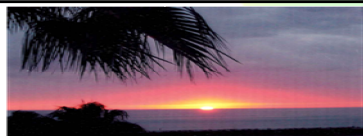
## Basic Nutrition Concepts for working out— by Chris Gibson

Being a person who works out, you must make sure that you are feeding yourself properly. You can easily sabotage your success by either not eating or by eating the wrong things. There is so much information out there that will make recommendations about what you should do before, during and after your workouts. I want to give you some very basic advice. Many of you do cardio vascular activity and some weight training. I believe that many of you are trying to balance the goal of reducing your health risk factors and are either trying to reduce your body fat and/or trying to maintain a good ratio of fat to total weight (% bodyfat). The first thing you need to understand is how many calories you are taking in and how many calories you are expending on a daily basis. Many of you lead a sedentary type of work life, meaning you probably sit behind the desk for most of your work day. You are not expending many calories, so your time working out will help to extend these numbers. When you do a continuous activity like running, elliptical, stairclimbing, biking, rowing, etc. you will expend calories that are related to the intensity of the workout. The more fit that you are the more calories that you will expend. Many of you though, do not understand the amount of calories that you will actually expend during a workout. For simplistic reasons, I will give you an example of caloric expenditure with running/walking. For a normal size individual, you will expend about 100-110 calories per mile. So the first point is that the better shape you are in the more calories you can burn in the same amount of time exercising. If you walk a 15:00 mile and you do 30 minutes, this is 2 miles or 200-220

calories. If you are of average fitness, you do 3 miles (10:00/mile) you expend 300-330 calories. A more experienced runner will complete 4 miles or 400-440 calories. So what does this mean? If you are trying to lose one pound of body weight— you must provide a deficit of 3500 calories from the required calories you are taking in to maintain weight. This is approximately 32-35 miles of running. So if you run 4 miles, 3 times per week, it will take around 3 weeks to lose one pound. You may ask, “wow, that much work for such little results?” But consistency of this would provide 17-18 pounds of fat over a course of one year. With this activity level, which is good, you probably don’t need to increase your calories in, and you really don’t need to do anything to fuel these workouts. You should take in some carbohydrates 30:00 prior to your workout. Keep them simple, like low-fat yogurt or fruit. This will help you to feel comfortable during the exercise. Once you decide to extend your workouts beyond an hour, you should be taking in nutrition during your exercise. This would be a sports drink or sports gel that will also help to replace some of your electrolytes that you may be losing during the session. Once you complete this extended workout, a protein/carbohydrate food will help to provide the energy you will need for future workouts. Keep the food simple! Take a good look at your diet. Just because you exercise, it is not a panacea for poor eating behavior. Objectively observe what you are eating and decide what needs to be eliminated. Simplify! Ask us! We will be more than happy to help you.

## Announcements

During the month of March, we would like to offer a \$25 gift certificate to members for a new member referral of friends and co-workers. All they need to commit to is \$149 for the first month or \$119 for first month for pool only. Includes initiation fee.



**Wow, what a sight!** This is the sunset from Mike’s condo in Marco Island, Florida. Mike is offering a special weekly rate for Westin Workout members. See Chris for more information.

**St. Patty’s Day Celebration** - come on over to the Westin Workout on Thursday night 3/17 from 4pm until 8pm to help celebrate St. Patty’s day with our special Irish member, Mike Eddy. He will be there to tell stories from the old country. We will have food and refreshments.

**Member Massages** are a great way to relieve the holiday stresses. Did you know that a 50-minute massage of any variety we offer costs only \$65? Twenty-five minute massage any variety are \$45. Treat yourself and make an appointment today!

## Super Set Your Way to Strength

One of the best way to increase strength and stamina is by performing something called a "Super Set." A Super Set is two random exercises performed back-to-back without any rest (other than moving from one exercise to the other) and setting a specific amount of repetitions for each exercise. There are many different kinds of Super Sets but the two popular ones are Same Muscle Group (SMG) Super Sets and Antagonistic Muscle Group (AMG) Super Sets.

The first, SMG Super Sets are two exercises that target one major muscle group such as Chest, Upper Back, Quadriceps or Shoulders. Each exercise, however, targets the muscle group at different "angles." A popular example would be:

- Flat Barbell Bench Press
- Incline Dumbbell Press

A AMG Super Set involves muscles that work against each other. A popular example would be:

- Bicep Curl
- Triceps Extension

For endurance, the repetition amount of 15 for each exercise is sufficient. For

strength, the repetition range would be between 8 and 12. For sheer power, 6 or less would do the job.

The weight one would use is the weight they can comfortably complete all repetitions but still remain a challenge. For novices and beginners just before they reach an intermediate ability level can simply use a scale of 1 to 10 on how the repetition "feels": 1 meaning too easy and 10 meaning "can't do another rep." Consider a "feel" range of 8 –9 while performing the last repetition as being the appropriate weight for the novice/beginner lifter.

For more advanced lifters, a more accurate weight gauging is required. A one-rep max is needed by testing to which weight can be successfully lifted only once. An experienced trainer can help with this test. Then all the basic weight lifting movements (Chest, Back, Legs Shoulders and Arms) are measured, A percentage of this one-rep max can be used in an array of ways. Again, an experienced trainer can show you how.

Lifting weights builds calorie burning muscle and strengthens bones.

—Jack Holczer

There are many different kinds of Super Sets but the two popular ones are SMG and AMG.

### Recipe

### Mustard and Brown Sugar Rubbed Salmon

Work time -10minutes/total time -20 minutes/ servings -4

2-tbspn dark brown sugar

1 ½ tsp salt substitute or sea salt

½ tsp ground black pepper

½ tsp ground cumin

¼ tsp mustard powder

4 salmon fillets (6ozs each skin removed)

1 tsp olive oil

Stir together sugar, salt, pepper, cumin, and mustard in a small bowl.

Unwrap fish and leave it on paper you bought it in, place the skin side down. Press sugar mixture evenly onto fish.

Heat oil in a large non-stick or cast-iron skillet over medium heat. When hot, place fish rub side down in pan. Cook

until rub dissolves and darkens slightly. Be careful not to burn, about 4 minutes. Flip fish and cook to medium doneness about one minute.

Approximate nutritional information per serving:

351 cal, 34g protein, 7g carbs, 0 fiber, 20 g fat.

—Michaela Morgan

## Manager's Corner

I was watching an interesting movie the other day, Crazy Heart, a movie about an old country singer 'Bad' Blake (Jeff Bridges) who is an alcoholic. He lived basically going from one small gig to another, seemingly enough to get by to continue his habit. He still had a passion for the music, but he just couldn't find himself in the creative mode to write songs. So he just accepted his destiny and got by with little interruptions and problems. But, then he meets a young lady (Jean), who is interviewing him, and he has become smitten. So now he begins to question his position, does he get out of his comfort zone and makes some hard choices or does he remain in it and see if he can have his cake without the guilt. Jean, who has a 4-year old son (Buddy) allows Bad to develop a closer relationship to them. A situation occurs and now has caused a serious division between them. But, the situation has a terminal impact on this relationship with Jean and Buddy. This now has caused 'Bad' to reflect, and he seems to have found his ability to relate his life's lessons in songs. He writes a song that becomes a hit and he is on his way back. His opportunity to develop a new and lasting relationship with Jean and Buddy, is . . . Sorry! I don't want to spoil the final scene if you haven't seen the movie! But it really allowed me to compare and analyze the reality of some events that may occur that may give you a second chance and some events that occur that may cause permanent consequences. You may end up having no learning curve, results that may impact your destiny forever and also may only provide a potential learning curve for future behavior.

How does this relate to you? What is your destiny? Creating an environment that may direct an imbalance of your intra personal health with your interpersonal life. Career-orientated lifestyles minimize the time you need to take care of yourself versus the time you need to develop the skills and relationships required to become successful. An unhealthy lifestyle will cause an array of insidious potential issues

**"Remember: sometimes life doesn't give you do-overs.**

that may have lasting impact on you. But will you be lucky enough to be given a second chance to change your ways? I know of several who have been given second chances after the advent of a heart attack, lucky for them. They were able to get a wakeup call, change their behavior and begin to do the things that will help to prevent future pitfalls.

I just read in the paper about an ex- Pitt football student who was trying to change his ways and get back on the football team. Well he goes out drinking and has a run-in with the police, gets tased and arrested. He will get a second chance from the judicial system, but he won't get one from Pitt, as the new football coach indicated that his team has no positions available for player/student with that type of behavior. I am sure that this will be an incredible learning opportunity for him and that he will change his ways and re-invent himself.

What about you? Do you actually need to have a learning experience with such dire potential consequences before you actually change your lifestyle? The gift of common sense allows us to intelligently determine the outcome out of a situation without actually positioning oneself in that situation. This way, the individual will have the tools and sense to re-direct a correct response to future endeavors and also to extrapolate out and make safe and correct decisions of unrelated events.

So, how is your fitness and health? Are you steam-rolling into an event that may have lasting consequences? Have you learned a lesson already, but you are becoming complacent with the lesson that you know you should do? To me, a permanent consequence to a mistake is one of the worst feelings in the world. We always feel that a second chance should come our way. Come on, we are human, we make mistakes! I promise that I won't repeat the same mistake again. But remember: sometimes life doesn't give you do-overs. Make sure you make the right decision, and make it now!