



# 'BIGGEST' WINNER' 2008

*"I can do all things through Christ who strengthens me." - Philippians 4:13*

## Strength Training Strategies

by David Herron

I work with weights and machines at the Green YMCA five days per week. The YMCA has a big selection of free weights and machines. I regularly work the shoulders, chest, biceps, triceps, back, abdominals, and legs using free weights, machines, and calisthenics. There are many, many kinds of exercises and variations. Here's generally what I do...

- Abdominals – Lots of crunches, including crunches on an inclined bench, captain's chair leg raises, hanging leg raises, leg extensions, and oblique crunches.
- Shoulders – machine shoulder press, machine lateral raise, standing dumbbell press, barbell front raise, dumbbell lateral raise, dumbbell alternating shoulder press, pull-ups, push-ups with feet elevated.
- Chest – dumbbell and barbell bench press, machine chest press, machine chest flye, pull-ups, push-ups with feet elevated.
- Back – machine lateral pull-down, cable seated row, dumbbell one arm row, pull-ups, push-ups with feet elevated.
- Biceps – dumbbell curl, preacher bench curl, EZ bar curl, hammer curl, standing cable curl, push-ups with feet elevated.
- Triceps – dumbbell triceps overhead extension, machine triceps extension, cable triceps pull down, triceps kickback, French curl, dips, push-ups with feet elevated.
- Legs – machine leg extension, machine leg press, machine leg curl.

## Good Intentions

by Pat Burk

We've all felt the adrenaline rush of starting something new -- of saying, "Yes! I'm going to do it! No matter what it takes, I'm in for the long haul." Good intentions are fine, but, as you know, they only take us so far.

Have you come to the point yet of asking yourself just how serious you are, *really*, about losing weight? How serious are you about changing the course your health and, to some degree, your life has taken? Have you come to the realization that the decisions you make about what you eat also affect your family? Your children? They learn from us, you know. What are you teaching them, as they watch you?

Are you taking it one day at a time -- making choices, making decisions about the foods you will and will not eat? Or has it just become too difficult and troublesome, now that the newness of the whole thing has died away?

How many excuses have *you* come up with? Maybe now really isn't a good time to do this after all.

If not now, when?

I can ask you these things because I've had to ask myself similar questions, and more. We all come to moments in our lives when we have decisions to make. Occasionally they are defining moments.

God has blessed us with amazing bodies. He crafted each one of us Himself. But here's the thing -- we only get one body, and we have the responsibility of choosing how we care for it. Or, for that matter, don't care for it.

Ultimately, we are the ones who have to live with each decision we make -- food related and otherwise. Consider this. We pray about so many of the little decisions we face each day -- isn't caring for the body God has given us prayer-worthy?

I propose that we make prayer a more integral part of each area of our lives, including this one. I propose praying for wisdom, self-restraint and endurance. Maybe even for joy on the journey to good health. How's *that* for starters?

## Advice from Alene

Here are some tips one of our school nurses, Alene Rayl, came across and is finding helpful:

1. Eat when you are hungry (not when you want something to eat -- when you're hungry).
2. Eat what you want to eat (but not to excess, please).
3. Eat consciously (how often have you just eaten something, and then wondered why you did it?):
  - a. Put silverware down between bites.
  - b. Chew food well.
  - c. Do not eat in front of the TV (you're not thinking about what or how much you're eating).
  - d. Write down what you eat.
  - e. Stop when full.

Items in parenthesis added by Pat Burk ☺

*One Day at a Time!*