



## Potentially Anti-Inflammatory Foods to Eat

- ✓ Fresh vegetables (eg. Steamed broccoli, carrots, cauliflower)
- ✓ Fresh colorful fruits (eg. Berries, pomegranate, apples, pears)
- ✓ Sprouts (eg. Watercress, alfalfa)
- ✓ Whole grains (eg. Kamut, spelt, whole grain cereals)
- ✓ Adequate protein (eg. Wild salmon, eggs, tofu)
- ✓ Legumes (eg. Romano beans, red lentils, chick peas)
- ✓ Nuts (eg. Walnuts, almonds, pistachios)
- ✓ Seeds (eg. Pumpkin, sunflower, flax)
- ✓ Water and herbal teas
- ✓ Fish oil (eg. Sardines, mackerel, fish oil capsules)
- ✓ Olive oil
- ✓ Flax seed oil
- ✓ Coconut oil or extra virgin olive oil for cooking
- ✓ Ginger/Fresh ginger Tea
- ✓ Turmeric (the spice)



## Potentially Inflammatory Foods to Avoid/Limit

- ✗ Wheat, corn, and white flour (eg. Cake, cookies, white bread, pasta, white rice)
- ✗ Dairy (eg. Ice cream)
- ✗ Too much red meat (eg. Hamburger, steak)
- ✗ Pork
- ✗ Refined sugars (eg. Chocolate bar, pop, doughnut)
- ✗ Peanuts
- ✗ Nightshade foods (eg. Tomatoes, eggplants, bell peppers, and potatoes)
- ✗ Processed foods (eg. Cold cuts, sausages)
- ✗ Partially hydrogenated oils (eg. Read label on margarine containers)
- ✗ Trans fats (ie. Fries & fried chicken)
- ✗ Alcohol
- ✗ Coffee
- ✗ Foods with artificial colouring (eg. Read the label)
- ✗ Drinks with Aspartame (eg. Diet pops)
- ✗ Foods containing MSG (eg. Some Chinese food)



Some individual have reported having a significant improvement in their pain and symptoms when they focus on an anti-inflammatory diet) and do their best to minimize eating potentially inflammatory foods. It is important to appreciate that everyone is unique; for example many have no problems with having a glass of red wine, while some suffer from headaches and joint pain after drinking just one glass.

\*Always consult a physician or registered dietician for questions or concerns about changing your diet.

Information obtained from Advanced Physical Therapy Education Institute.

**“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise saves it and preserves it.” - Plato**



# July 08 Newsletter

## Strength Training Plateaus ~ How to get unstuck

By Elizabeth Quinn

Strength training programs require constant adjustment throughout the year or you risk hitting plateaus. If you are new to strength training, such a plateau usually arrives after about six months of training. During the first months of training you will likely make some dramatic strength gains. Soon, however, these gains begin to level off. To continue making gains, you will need to vary your training techniques and understand basic conditioning principles. You can use the following techniques to break out of your plateau.

### Increase Training Intensity

One of the easiest ways to break out of your plateau is by making your muscles work harder, rather than longer. At this point in your training you should try "high weight - low reps" rather than "low weight - high reps". If you had been lifting 3 sets of 10-12 reps, drop down to 1 set of 6-8 reps. Always warm up for 5 - 10 minutes before lifting and lift in a slow and controlled motion to get the most out of each lift. Bouncing the weight and using momentum in your back and legs does little to build strength in the target muscle.

### Vary Your Exercises

Varying your equipment or exercise (cross train) will work your muscles in a new way and help you develop new skills. If you always use machines, try free weights or a medicine ball for a change. If you use the bench press for chest, start doing pushups instead. This new form of training forces you to use the muscles in a slightly different way and allow stale muscles a chance to rest. It keeps your program interesting and stimulates a different pattern of motor unit recruitment.

### Change the Order

Another way to break out of a plateau is to change the sequence of exercises you normally do. When muscles get fatigued in a different order they will adapt in a different way, allowing a variation in muscle strength gains.

### Remove Some Exercises and Add Others

There may be some exercises in your routine that you have outgrown. Look at your routine critically for unnecessary or redundant exercises. You might consider scheduling a session or two with a personal trainer who can provide you with recommendations for adding or removing exercises you have in your routine.

### Get Adequate Rest

If you train too hard for too long, you will undoubtedly hit a plateau. It is also likely that you will develop an injury.

Adequate rest and recovery is an essential element in continuing to make progress in your training program. Most world class athletes train in a 'rest - recover' fashion. There may even be times during the year that you should reduce your strength training altogether.

### Eat Wisely

Proper nutrition will help your muscles rebuild as well as fuel your workouts. Don't be taken in by the high protein hype. Protein intake of greater than 2 gr/kg of body weight per day does nothing to increase muscle growth. Carbohydrates are the primary fuel for intense muscular effort, and should not be reduced or avoided in the name of performance.

## The Most Effective Strength Training Exercises

1. Lunges
2. Squats
3. Plank
4. Push ups
5. Lat Pull-down

\* Ask our fitness consultants and/or personal trainers to demonstrate exercise if you need help

## Group Ex & Special Programs

New aerobics schedule starts September 1<sup>st</sup> 2008.  
Schedule will be available in mid August.

### New Group Ex class for September:

- 10 week Dryland Sport Conditioning taught by Becky Millson (Time & Day TBA later in summer)

### Special Programs Starting in September Include:

- 8 week Learn to Run  
(additional cost, open to members and non-members)

### • 8 week Group Weight Loss Fitness Training

Look for more information on special programs in our August Newsletter  
(24 sessions for \$250, open to members and non-members, women's only, men's only, & mixed groups available)

