

# LIVINGSTON FITNESS CENTER *Newsletter*



*Total Body Aerobics Group Class February 6*

## *Supplement Basics*

So you're new to the gym, and you keep hearing and seeing others purchasing supplements. One of the most common questions people ask, is "what will make me lose weight?" Well, there is no "magic" potion to make the pounds fall off, but here are the basics you need to know. Whey protein, a foundation for muscle gains, quality protein supplementation is without equal. And the best absorbed form -

often used specifically post-workout, and with meals to round out one's protein balance - is whey protein. Whey protein has a high biological value and is extremely convenient to take. Branch Chain Amino Acids, also known as BCAA's. BCAA's replenishes electrolytes, supports muscle recovery and burns fat. BCAA's are designed for intra-workout consumption, or can be taken between meals on rest days.

Pre-workouts have a variety of different ingredients and dosages in them, so finding a quality pre-workout can take some knowledge and research. But the goal of most pre-workouts is to increase focus and energy. Make sure to slowly work up to stronger pre-workouts, especially if you are sensitive to stimulants like caffeine, although you can find pre-workouts without any caffeine.

## MEMBER APPRECIATION DAY

We had a great turn out at our first Member Appreciation Day! We hope you enjoyed the samples, give-a-ways and free classes! We are already looking forward to doing this event again! We have the BEST members in town!



## MEET AN LFC TRAINER: COBY PIPER

Coby Piper has been a trainer at LFC since we opened in September of 2015. She is certified through AFAA, NASM, ISSA and ACE.



**Favorite type of Exercise:**

Well...I actually have two favorite exercises...I must admit that my "all time" favorite exercise would have to be cardio!!! Running!!!! I was raised up running and always found that it was not only beneficial to me from a fitness aspect, but also a "happy place" to relax and channel my daily stress. I competed heavily in numerous sports as a kid and I realized that I had the gift of serious speed & I was extremely agile! The second favorite exercise for me is anything that works my Abdominal area- Abs! I absolutely love our Ab Solo station at LFC.

It has given me great strength in my core & that in turn helps my running /agility /daily cardio.

**Favorite motivational Quote:**

"Look in the mirror, that's your competition. Its ME vs ME

**Hobbies/Interests:**

My Hobbies are whatever sports my kids are involved in and exercising to better my health. We are a sports minded family that believes strongly in our health and well being -so, thats what we do year round. I can be frequently spotted at any track and field meet, power lifting meet, volleyball, football basketball or softball game. Heck, maybe even a golf tournament or two. My interests are spending time with my family as much as possible, continuously educating myself and others about exercise/healthy lifestyle, sports, traveling as much as possible & I do love to hunt!

### MEMBER OF THE MONTH

Cesar Rodriguez

Hello my name is Cesar Rodriguez, I have lived in Livingston going on 36 yrs, I joined LFC 7 and a half months ago with a 3 month trial gift from my wife, Elena Rodriguez. I did it to loose some weight. At first I felt kind of uncomfortable, because I didn't know the gym



protocol or ways around the gym, but as the days went by with the help of remarkable people like the LFC staff (Stacey), Owners and other members it became very easy to come in and workout for 2 hours. I started training for a Duathlon with the aspiratation of just finishing it, well I came 6th in my category! Big thanks to the friendly people here at LFC, the staff (Stacey) for always answering questions and helping with a smile, personal trainers were very attentive to the people there training and friendly LFC members. It's been a great 7 1/2 month experience, all though kind of hard, but very well worth it!!

**Personal Training Philopsohy:**

I want to inspire people. I want someone to look at me and say, "because of you, I didn't give up!

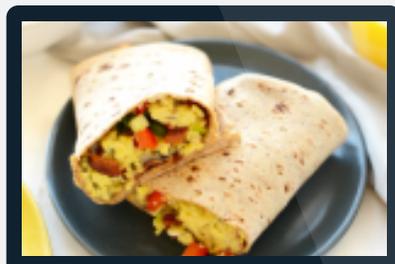
For more information on Personal Training, contact the office at [members@livingstonfitnesscenter.net](mailto:members@livingstonfitnesscenter.net) or call 936-327-2348

### Nutrition Corner

#### Breakfast Burrito

**Ingredients:**

- 8 eggs, large
- splash of milk
- 1 tablespoon EVOO
- 1 tablespoon minced garlic
- 1 red pepper, finely mincer'
- 1/2 red onion, finely minced
- 4 piece of thick-cut bacon, cooked until crispy
- salt and pepper, to taste
- 4 Flatout Flatbreads (Multi-Grain with Flax)



**Directions:**

1. Place EVOO and minced garlic in a medium sauce-pan. Turn to medium-high heat and cook until oil is heated. In a large bowl, whisk 8 eggs and a splash of milk. Set Aside.
2. Add in red pepper and onion to the pan and sauté for a few minutes or until onions begin to turn translucent. Then, add in eggs and sauté for 3-5 minutes or until cooked.
3. Place 1/4 of the egg mixture and a piece of cooked bacon on top of a Flatout Flatbread. Then, sprinkle with cheese. Wrap tightly. EAT.

**Nutrition:**

Calories: 352 Protein: 25 g Carbs: 22 g Fat: 20 g Fiber: 8 g

For security reasons we would like to remind all members to please fob in when visiting LFC, this includes when multiple people are coming through the door at the same time.

## FIND ME FIRST!

We want you to enjoy the time you spend here at LFC, so we have created this "where's waldo" inspired game. Hidden in the gym is a Waldo, first member to find waldo a posts a picture WITH waldo to our facebook page will win a free Bang.



## UPCOMING EVENTS

- March 8 - Member Appreciation Day @ LFC
- March 17 - St. Patrick's Day
- March 28 - Escapees Care Fair
- March 30 - Good Friday

# Healthy Eating

by: Jim Brewster

If you want to see the best results from your training program, proper nutrition is critical. This means the proper intake of calories, the proper ratio of macro nutrients - protein, carbs and fats - and the proper timing of these macro nutrients. The nutrients in food are broken down into the three types of macro-nutrients mentioned above. Macro-nutrients mean nutrients we need in large amounts. Micro-nutrients are vitamins and minerals - micro meaning we need these in small amounts. Each type of nutrient performs specific functions in the body, but interacts with other nutrients to carry out those functions. PROTEIN consists of amino acids, usually referred to as the "Building blocks of protein." There are approximately 20

amino acids, nine of which are considered essential because the body cannot make them, they must be supplied by the diet. Protein is essential for growth and the building of new tissue as well as the repair of broken down tissue-like what happens when you work out. When you hear the term "positive nitrogen balance," it refers to being in a state of having enough protein available for the needs of the body and the needs of building muscle. What does nitrogen have to do with protein? Nitrogen is one of the most important elements in all protein (Taber's Cyclopedic Medical Dictionary, P. N-31.). It is essential to animal life for tissue building. This statement alone defines the key need for protein when lifting weights. For the most part, we are told to eat sufficient protein (every 3-4 hours) to maintain a positive nitrogen balance because your body is actually in an anabolic, or building up phase in this state, where a negative nitrogen balance, from

lack of adequate protein, indicates a catabolic, or tearing down state. This is one reason why protein (and eating enough throughout the day) is important: lack of adequate protein, and your body begins to break down tissue (read: muscle) to meet its daily protein needs. Our bodies constantly assemble, break down and use proteins (in the form of amino acids, which are the building blocks of protein), there are thousands of different protein combinations used by the body, each one has a specific function determined by its amino acid sequence. Virtually all modern authorities agree that one to 1 1/2 grams of protein per lb. of body weight is best for muscle growth. Besides taking in high quality protein from food (lean beef, chicken, turkey, fish, eggs), the best way to keep your protein intake at the proper levels are through the use of protein shakes.

## 1000LB CLUB CONTEST



Congratulations to our newest 1000lb club members!

- Kevin Nettles
- Johnny Burke
- Javier Davalos
- Jeremy Seagroves



*Pictured: Grady Reily, Brandon Miles, Jeremy Seagroves, Javier Davalos, Demetrus Ewing, B.J. Mottu, Johnny Burke, Koury Snider, Jacque Delahoussaye, Kevin Nettles, Freddie Evans and Keyon White*