

Anything But Healthy part I

By Michael Hornbuckle

A client of mine went to the doctor for their annual physical. They are overweight, depressed, low energy, poor metabolism and they smoke. After the physical, they come back with: "My doctor says I've got a clean bill of health. No diabetes, cholesterol, hypertension, no cancer—just a little arthritis, but that's normal. Must be my good genes." I was flabbergasted to say the least.

Now, I just have a ton of questions.

- How are we defining health?
- Where's the disconnect?
- How is it this person perceives nothing is wrong with their health?

On the other hand, if we asked this same person:

- To hike a mile...
- Show us what's in their fridge...
- How well they sleep. . .
- The quality of their relationships...
- Daily levels of stress...

Would they perceive their health and quality of life any differently? Because this is my client, I can tell you the answer was YES. Health is defined through the lens in which we are analyzing it. If according to blood work, you may be shy a diagnosis, but symptomatically and systematically this person is a mess.

Honestly, what's the motivation to change when medically speaking, you're pretty OK? But when you ask one question deep: Is your current status your preferred status? I could barely finish my sentence before I was met with an absolutely not.

So, how then do we bridge the gap between their current and preferred status? Do they simply need a good dose of diet and exercise? Seems a bit linear and inconsiderate in my opinion. One must ask if this is an issue of the body, the mind or the spirit? Regardless of the answer in this specific case, my point is you have to care enough to ask and take things from there. We wonder why the cookie-cutter approach to fitness is failing us.



Fall Training Special

20% OFF 5-Session
Personal Training Packages

*30 min Session - \$26/Session

*55 min Session - \$44/Session



What's New?

By Hannah Petroelje

Coming in Mid November we will offer more classes for athletes! **AMPLify** is a bootcamp class and will improve general fitness that is sport specific. **Elevate** is a program that is known to build overall strength and make a significant increase in vertical. **Accelerate** is a speed and agility program that will help to improve quickness. **HardCORE** is a core class that will develop stronger abs, back, hips and glutes.

Parents we also have something for you! **Adult AMPLify** is a bootcamp that will build strength and get you in shape. For a detail of our new class schedule, which will be held at The Diggz of NWI, check our website - www.trademarkpc.com



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Why Does My Back Hurt?

By Brittany Mitacek

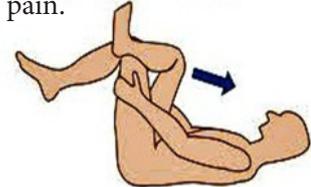
Lower back pain is one of most common complaints from athletes. Most of the time, simple stretching can relieve the pain.

Hamstring muscle tightness often causes low back pain. This is because the hamstring muscles attach to back of pelvis and tightness can cause tension to build up. Stretching your hamstring muscles regularly can help prevent this from happening.

Another good stretch for the lower back is hugging one knee to your chest. Repeat with both legs.



The piriformis stretch is also very beneficial for low back pain.



Finally stretching your hip flexors helps relieve any tightness in the front of the hips and pelvis.



If your back pain does not get better, it is always recommended to follow up with your primary care physician. Follow up with your primary care physician or one of our Athletic Trainers can be available for a FREE INJURY SCREEN.

Our Staff

Michael Hornbuckle - Athletic & Personal Trainer
Beth Braviere - Athletic & Personal Trainer
Brittany Mitacek - Athletic Trainer
Hannah Petroelje - Personal Trainer
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David Hardy - Personal Trainer
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Protein Bites

By Hannah Petroelje

These are a healthy, easy to make, on the go snack.

Ingredients:

- 1 cup oatmeal
- ½ cup dark chocolate chips
- ½ cup peanut butter
- ½ cup ground flax seed
- 1/3 cup honey
- 1 tsp vanilla



Mix ingredients together in a large bowl.
Roll into bite size balls. Refrigerate and enjoy!

Thanksgiving Morning

By Beth Braviere

According to research from the Calorie Control Council, the average American may consume more than 4,500 calories and a whopping 229 grams of fat during a typical holiday gathering from snacking and eating a traditional Thanksgiving dinner. If you aren't one to want to pass over on the turkey, stuffing and pumpkin pie; there are some other ways to detrail yourself from such high calorie and fat consumption.

Try starting your morning by running in a road race. There are several local races that will ensure not only a fun time running in the cool, brisk morning but will get your competitive spirit ready for your family football game later in the afternoon.

Here are a list of some races held Thanksgiving morning that may be in your area:

- *Lifetime Turkey Day* 5k/8k-Chicago, IL
- *Orland Park Turkey Trot* 5k-Orland Park, IL
- *Turkey Trot* 4 miles/5k-Portage, IN
- *Valparaiso Turkey Trot* 10k/5k-Valparaiso, IN
- *Pumpkin Plod* 10k-Highland, IN

Can't run in a race, try this morning workout. You can do all the exercises right in your kitchen while you wait for the turkey to cook!!

- 10 reps-counter top push ups ****Repeat 3 times****
- 10-burpees
- 10 reps-chair dips
- 30 secs-chair mountain climbers
- 10 reps-squat jumps
- 20-alternating lunges
- 25-jumping jacks

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