

New Year, New You?

By Beth Braviere

Its 2017! A new year...a new beginning. What does that mean exactly? Does that mean that you have to make resolutions that you may or may not keep? Does it mean you have to vow to lose weight, save more money, quit bad habits, or make new good habits? Not necessarily. Change doesn't happen when others want you to change, or society tells you it's time. Change needs to begin with your desire to make it happen and your desire to commit to the change.

Commitment is a strong word, and often leads people to failure because they believe it has to be "all or none". You can commit to a healthier lifestyle without losing a certain amount of weight just as easily as you can commit to saving money in only small amounts. As Muhammit Ghandi said, "Be the change you want to see in the world." I say, "Be the change you want to see in yourself." Decide what that change may be. Whether it is big or small, it starts with you.

Some tips to keep you on track:

- Write down your change. Write it down everywhere! On your calendar, on post-it notes, on your bathroom mirror.
- Find your WHY, your motivation. Motivation is like bathing, we need it daily.
- Don't be discouraged by "failure" So you ate too many pieces of cake or splurged on a new pair of shoes. It's called balance. It's called being human. Pick yourself up and get right back on track.



2017.... I believe it's a chance to reevaluate what makes your heart beat a little stronger, love a little more and make yourself happier.

TradeMark Spotlight...

Meet Joe Manahan- Personal Trainer



Favorite Exercise:
Anything with ABS

Favorite Quote:
You have to expect things of yourself before you can do them. -Michael Jordan

Favorite Book:
Favre: For the Record by Brett Favre and Bonita Favre (2004)

Hometown:
Hammond, Indiana



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Membership Classes

HardCORE

core class that will develop stronger abs, back, hips and glutes

Elevate

program that is known to build overall strength and make a significant increase in vertical

Accelerate

speed and agility program that will help improve quickness

AMPLify

bootcamp class that will improve general fitness that is sport specific

AMPLify Adult

bootcamp that will improve overall fitness for adults

Membership Prices

\$99 Athlete membership per month
\$15 Adult membership per month

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Patellar Tendinitis

By Michael Hornbuckle

Patellar tendinitis affects the tendon that connects your kneecap, also known as your patella, to your shinbone. This tendon plays a key role in the way your leg muscles work. It helps with your ability to kick, run, and jump. Patellar tendinitis is common in, but not limited to, athletes whose sports require a lot of jumping. For this reason, patellar tendinitis is commonly known as jumper's knee.

The first sign of patellar tendinitis is pain, which is usually located on the tendon between your kneecap and the shinbone. The pain starts gradually and worsens with continued use.

Patellar tendinitis occurs when repeated stress is placed on your patellar tendon. The stress causes tiny tears in the tendon. While the body is trying to repair these tears, it often becomes inflamed and irritated, leading to pain. These tiny tears can also weaken the structure of the tendon.



A combination of factors may contribute to the onset of patellar tendinitis. One of the most common is intensity and frequency of physical activity. Sudden increases in intensity or frequency of physical activity increases the stress put on the tendon and can lead to inflammation. Tight muscles or muscular imbalance can also irritate the patellar tendon. Reduced flexibility of the quadriceps and hamstrings may increase strain on the patellar tendon.

At TradeMark Performance, our providers conduct a thorough injury assessment to identify the underlying cause of the pain. If you've been suffering from knee pain, contact TradeMark Performance today.

Our Staff

Michael Hornbuckle - Athletic & Personal Trainer
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David Hardy - Personal Trainer
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Greek Zoodle Salad

By Brittany Mitacek

Ingredients:

2 Zucchini
¼ English cucumber chopped
10 cherry tomatoes, halved
10 pitted Kalamata olives, halved
¼ cup thinly sliced red onion
2 ounces crumbed reduced fat feta cheese
2 tablespoons extra virgin olive oil
2 tablespoons fresh
lemon juice
1 teaspoon dried
oregano
Salt and pepper
to taste



1. Cut zucchini into noodle-shaped strands using a spiralizing tool. Place "zoodles" in a large bowl and top with cucumber, tomatoes, olives, red onion, and feta cheese.
2. Whisk olive oil, lemon juice, oregano, salt, and pepper together in a bowl until dressing is smooth; pour over "zoodle" mixture and toss to coat. Marinate salad in refrigerator for 10 to 15 minutes.

Why Do We Exercise?

By David Hardy

Why do you exercise? Everybody knows that "exercising is good for you," but what specifically makes YOU exercise? You should never do something just to do it, always think about the WHYS, and from there you can start to better learn the HOWs.

So typically, when a person starts to work out, they do so for one of three reasons: They want to look better, they want to feel better or they want to perform better, and in some cases, it's a combination of the three. Once you know what it is that's really driving you to make the decision, it'll be so much easier to find the proper motivation.



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