



# Health & Fitness News Fall 2016

## What does it mean to be “strong”?

The word, “strong” has many meanings. It can mean anything from secure and well-built to powerful and tough to indestructible or solid. When we think of being “strong” in the context of exercise and fitness, we often think of others we know who may stand tall, have great posture, a firm handshake or can lift or move heavy things without much of a problem. In the context of an exercise setting, a strong person can also overcome higher forces such as the pull of gravity from a dumbbell, the tension in a piece of elastic tubing or the body weight pull from a chin-up or a prone or supine plank exercise.



It is very important to remember that the research shows that muscles can get stronger at any age. However, if you don't move, lift or work those muscles, you will lose roughly 1% of your muscle mass every year starting at age 40. At 50, this deterioration picks up additional speed!

The secret to reversing this process comes in the form of resistance training. We have the unique ability to increase our strength at any age. The key is to learn how to control your body’s movements and learn how to stabilize the areas you don't want to move. Some of the strongest clients at The Dynamic Advantage are in their 60s, 70s and 80s! You’re probably wondering, “how’s that possible?” It’s due to having consistent exercise habits (2-3 days per week) combined with the principle of “micro-progression”. This means moving up to heavier challenges in smaller (1-2lb) increments instead of 3-5lb increments which are much more common in the health club or traditional home-based exercise world.

This is especially important when you are training with loads up to about 10-15lbs where a single pound added to a 5lb dumbbell, for example, represents a 20% increase. Whereas a three pound increase equals a 60% change! This is typically too much for most people to progress at once, therefore, they stay at the same place...forever!

At The Dynamic Advantage, we will share with you the secrets of how to boost your strength at any age. You’ll be able to do all of the things you have to do and more of the things you want to do as you accumulate more years on your body clock!

## Breaking News - NEW Session Forming - 10:30am Fridays!



Several of our members have recently requested another weekly morning session. So, to satisfy your training needs, we're adding a new session time on Fridays at 10:30am. - As you know space is limited with only eight openings available in the group. If this is a time slot you're potentially interested in adding, please let us know so we can reserve your spot.

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## *Clients of the Month - Sharon Bassett and Pat Giermann*

It was back on November 30, 2007 when Sharon Bassett and Pat Giermann took the advice of another client and decided that The Dynamic Advantage was the place for them to get in shape as they moved down the age timeline. Since then, they have trained with their coaches in every setting, including solo, Dynamic Strength Training small groups and now, as a dynamic duo!

The ladies have made a commitment to train three days per week in order to keep their lives on track. Pat says, "I'm more flexible, stronger and less afraid to try something physical. I feel closer to how I moved and felt 10 to 15 years ago thanks to Rick and Brandon's ability to adjust the program as my body changes. I'm significantly stronger and I've lost 20 pounds since I started. I can move and pick up heavy things, play with my dog, Sadie and overall, rely on my body more than ever before."

Sharon has also made remarkable progress over the years. She has rebounded from major shoulder surgery as well as a broken thigh bone resulting from a fall last year. While these orthopedic issues have been temporary set backs, she has been able to recover from them each time with a high level of persistence and determination to return to her previous level of conditioning. Sharon states, "I have also lost 50 pounds since I began my training program. Additionally, I really appreciate the breadth of knowledge and the way the trainers translate their knowledge into clear, practical, doable applications."

Pat and Sharon say that they can't bear the thought of being dependent, immobilized and unable to accomplish their activities of daily life. Both ladies say they really enjoy the team environment in the studio. "We classmates know each other, have light, easy social interactions that make us feel part of the whole team. This is very important to us as we age and DST (Dynamic Strength Training) provides this quite naturally," says the dynamic duo.

Here's wishing Sharon and Pat many more years of strength, independence and confidence as they continue their journey down the road to fitness!



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## *Client Anniversaries-August/September/October*

The Dynamic Advantage is proud to announce and recognize the following clients for their years of commitment to the Dynamic Strength Training program!

Anne Marie Jones (8-2-2003) 13 Years!	Pat Staten (8-16-2011) 5 Years!	Jean Lipman-Blumen (8-27-1998) 18 Years!
Kathleen Corkum (8-3-2013) 3 Years!	Janice Corsino (8-18-2004) 12 Years!	Jo Westervelt (8-28-1998) 18 Years!
Ruth Slater (8-3-2010) 6 Years!	Griffin Burks-Hori (8-19-2010) 6 Years!	Sandra Rulec (9-22-2010) 6 Years!
Shirley Donovan (8-7-1995) 21 Years!	Sheila Murphy (8-19-2013) 3 Years!	Paula Hanson (9-4-2013) 3 Years!
Karen Warren (8-7-2013) 3 Years!	Beverly Marksbury (8-21-2015) 1 Year!	Jo Ann Gantus (10-4-2007) 9 Years!
Vicki Schiller (8-10-2011) 5 Years!	Hal Fanselau (8-23-2013) 3 Years!	Greg Longenecker (10-5-2011) 5 Years!
	Pat Karasek (8-21-2015) 1 Year!	Gina Coates (10-21-2012) 4 Years!

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## *Should You Eat Breakfast or Not?*

Does eating breakfast speed up your metabolism and help you lose weight as some people claim? British researchers randomly assigned 33 average weight people, as defined by the body mass index chart, to either eat a big breakfast (at least 700 calories) before 11am or to consume no calories until noon.

After six weeks, the breakfast eaters had no higher (or lower) resting metabolic rate than the breakfast skippers. While the eaters engaged in more light physical activity and burned more calories throughout the day, they didn't weigh less or have less body fat than the skippers, probably because they ate more calories (especially from sugar and other carbs) in the morning.



One notable difference: the breakfast skippers had more episodes of high or low blood sugar during the afternoon and evening than the breakfast eaters. That could lead to a higher risk of diabetes over time.

In a second study, U. S. researchers randomly assigned 283 overweight or obese people to get one of three pamphlets: the “breakfast” group was advised to eat breakfast every day before 10am, the “no breakfast” group was told to eat nothing until 11am, and the “control” group got healthy eating advice with no mention of breakfast. After sixteen weeks, all three groups had lost about the same amount of weight.

In summary, if you don't like eating breakfast, don't force yourself to eat it to lose weight or boost your metabolism. However, a light breakfast (or mid-morning snack) may keep your blood sugar more stable throughout the entire day.

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## *Flowers and Caputo Receive Honors for Serving Cancer Survivors*



On August 20, 2016, the Cancer Support Community of Pasadena, CA recognized The Dynamic Advantage's owners, Brandon Flowers and Rick Caputo for their twenty years of onsite, volunteer service. It was April 1, 1996 when Flowers accepted an invitation from client, Marcia Albert to go to the Community (formerly known as The Wellness Community) and explore their needs for a personalized small group exercise program to help the survivors stave off some of the more debilitating side effects of chemotherapy, radiation and surgery. The program was called Dynamic Strength Training and became an immediate hit. After six months of weekly sessions serving up to ten people, Rick Caputo got involved. He and Flowers began alternating the coaching each week from that point forward.

The Cancer Support Community has been in Pasadena since the summer of 1990 and was celebrating its 26th anniversary at the Mardi Gras-themed event. Rick Caputo said, “This was a great night. It has been a joy and a blessing to help so many people improve the quality of their lives for such a long time.”

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## *Baked Lemon Chicken Breasts*

### **Ingredients:**

1/4 cup olive oil  
3 tablespoons minced garlic (6-9 cloves)  
1 tablespoon grated lemon zest (2 lemons)  
2 tablespoons freshly squeezed lemon juice  
1 1/2 teaspoons dried oregano  
1 teaspoon minced dried thyme leaves  
Kosher salt and freshly ground black pepper  
4 boneless chicken breasts, skin on or skinless (6 to 8 ounces each)  
1 lemon

### **Directions:**

\*Preheat the oven to 400 degrees F.

\*Warm the olive oil in a small saucepan over medium-low heat, add the garlic, and cook for just 1 minute but don't allow the garlic to turn brown.

\*Off the heat, add the lemon zest, lemon juice, oregano, thyme, and 1/2 teaspoon salt and pour into a 9 by 12-inch baking dish.

\*Pat the chicken breasts dry and place them skin side up over the sauce.

\*Brush the chicken breasts with olive oil and sprinkle them lightly with salt and pepper to taste. Cut the lemon in 8 wedges and tuck it among the pieces of chicken.

\*Bake for 30 to 40 minutes, depending on the size of the chicken breasts, until the chicken is done (it is no longer pink and the juices should be clear) and the skin is lightly browned. If the chicken isn't browned enough, put it under the broiler for 2-3 minutes.

\*Cover the pan tightly with aluminum foil and allow to rest for 10 minutes before serving.

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## *Celebrating Thirteen Years of Service at JPL*



On July 22, 2003, the Dynamic Strength Training program at NASA's Jet Propulsion Laboratory in La Canada was born. This summer we proudly marked a great run of thirteen consecutive years of helping their employees boost their strength and energy with two-45 minute Dynamic Strength Training sessions on Tuesdays and Thursdays in The Wellness Place at their facility.

Typically, 10-20 employees take a break from their meetings, projects and workstations to come join Brandon Flowers or Rick Caputo for a challenging personalized fitness program using only of elastic tubing and stability balls. The sessions have served 200-300 people since we started there thanks to a referral meeting courtesy of our long time client, Vicki Laidig. A unique aspect of this corporate Dynamic Strength Training program is it's ability to successfully serve and challenge staff ranging from 25-65 years young.

We would like to pay special thanks to our liaison and human resources coordinator Nancy Kapell as well as recognize two of our charter members, Mike Kleine and Pat Esposito for their continuous participation in the program since day one.

If you know of another business or organization that could benefit from having healthier, happier, less-stressed employees or staff plus less absenteeism amongst the ranks, we're always excited about the prospects of creating another similar program. Please have them call us at 626-585-2290 or email us at [info@dynamicstrength.com](mailto:info@dynamicstrength.com).

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## Shape Up Your Upper Arms With the Triceps Press Down

If you want your upper arms to have more lean muscle and less fat then this exercise is just right for you. The triceps muscles primary function is to straighten the elbow. However, they need to be challenged frequently in order to look their best when you're wearing sleeveless or short-sleeved clothing. Try doing two to three sets of 12-20 repetitions twice or three days per week with a day off in between. Follow these steps to maximize your technique and results!

**Muscles Emphasized:** Triceps (back of the upper arm)

### **Set-Up & Starting Position**

- (1) Walk back from the wall approximately one to three feet. The tubing should be anchored above your head and angled away from the wall.
- (2) Stand with your feet hip-width apart and staggered. The knees should be slightly bent.
- (3) Bring the upper arms back by your ribs. Stop when your upper arms are parallel to the tubing. You will have to bend forward from your hips to reach this position.

### **Stability**

- (1) Maintain a neutral postural position by keeping your chest lifted up.
- (2) Keep your hips, knees, ankles, shoulders and wrists as still as possible throughout the set.

### **Motion & Range of Motion**

- (1) Press your forearms down and back toward your thighs. Your elbows should be straightening as far as possible.
- (2) Return toward the finish position in a steady, controlled manner.
- (3) Emphasize lifting your chest as the resistance becomes more challenging throughout the set.

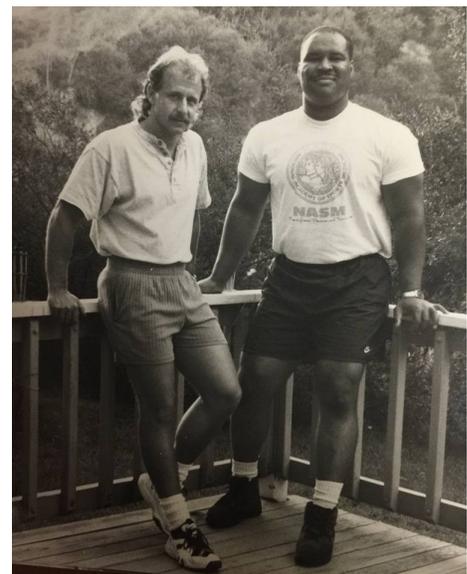
This will help you keep your posture intact.



Established in 1996, our business is co-owned and operated by Resistance Training Specialists Brandon Flowers, BA, CPT and Rick Caputo, CPT. Along with our knowledgeable staff, we have taken personal fitness training to the masses with our trademarked portable exercise program, Dynamic Strength Training® .

Through the use of elastic resistance tubing and air-filled stability balls, balancing gear and dumbbells, our unique programming helps serve the fitness needs of busy professionals, cancer survivors, seniors, parents with small children and others seeking healthier, more fit physiques.

Many others are benefiting from our instructional manuals and DVD's, enabling them to get strong and stay fit while anywhere in the world!



Rick and Brandon 1996

## *Get Ready for the Holidays - Here's Our Gifts to You*



Are you ready to start your own fitness program? Do you have plans for the season that call for you to be more active? Are you going to the mountains or the beach or possibly reuniting with long lost family or friends?

The Dynamic Advantage is offering you two special discounts!

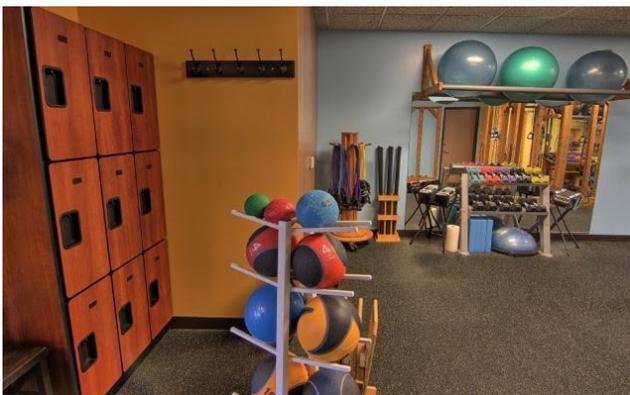
Our 21 Day Jump Start Program (Reg \$99) is now just \$79. - You'll receive a 90 minute consultation with Brandon Flowers or Rick Caputo to tour the training facility, discuss your specific needs or goals followed by a 30 minute personal training session. Afterwards, you'll schedule two 35-40 minute Dynamic Strength Training group sessions/week for the next three weeks. You will actually get up to 30 days to complete the trial program in case there's a conflicting work commitment, you get sick or have some vacation time already scheduled.

If you enjoy your Jump Start Program, take advantage of our double discount gift card special applied to any ongoing Dynamic Strength Training Program! - Save \$200 (\$20/month) off a ten (10) month commitment for a 1x/week (reg. \$109/month), 2x/week (reg. \$199/month) or 3x/week (reg. \$289/month) program.

These offers are available to you for a limited time.

**Interested in a free consultation?  
Give us a call at (323) 257-8853 or visit  
our website at [dynamicstrength.com](http://dynamicstrength.com)  
for more information.**

**A member of our staff will gladly  
answer any questions you may have  
and schedule your free consultation.**



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