

## **Health & Fitness News**

### **Spring 2017**

*All you have to do is just keep showing up!*

What could this possibly mean? Well, for those of us who have already convinced ourselves that there's no substitute for maintaining an active lifestyle that calls for some predictable, scheduled exercise on a consistent basis, showing up every time, for every session can still be challenging. How is that possible, you might say? Well, a key factor in fighting this malaise which can affect us at random times is realizing that if you can tolerate or even like the exercise process, you will feel much better almost every time when you're done.

If you have been under stress from family or work issues right before it's time to go and focus on your fitness for the next thirty minutes to two hours or so, it can be very easy to start talking yourself out of going to the gym or driving to your personal trainer or going for that bike ride, walk or run. The key to overcoming this sensation is to stop what you were doing, change into your comfortable clothes and start walking or driving to your special exercise place. Magically, when you arrive at that setting, you'll soon realize that the hardest part is behind you...getting there!

The key to your success is finding the fitness activity that is right for you. The old exercise adage used to be, "No Pain, No Gain!", now it's "No Brain, No Gain!". This means you'll get more benefits from generally exercising "smarter", not "harder". This is particularly true as you accumulate more years under your belt. You'll be reducing the risk of injuring yourself while increasing the muscle-building, fat-reducing and endorphins-producing effect of your exercise exploits. What this really means is that you'll be consistently rewarded by just simply showing up and realizing that good things will happen to your body and mind!



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#### **Welcome, New Clients!**

We are proud to welcome the following new people to our fitness family this quarter:



Michelle Aragon

Debbie Barba

Michael Berman

Carol Daniels

Bess Minor

Chuck Simon

## ***Meet Jerry Minor, Our Client of the Quarter***

We met Jerry a couple of years ago at the Cancer Support Community in Pasadena where he was attending the Dynamic Strength Training program with his wife, Bess. Jerry is a well-traveled young man due to his worldwide adventures as a pilot. He flew military aircraft during Vietnam and afterwards he joined the airlines and flew for Boeing as well as the Saudi Royal family as an instructor and pilot over a 30 year career. Jerry says, "I was a great pilot! Fun, fast and always on time. I still have all of my flying licenses and feel like I can fly any plane at any time."

Jerry says that since he started with this fitness program, his "energy level and attitude have improved significantly". As he pauses to think about what has changed about his body since he started Dynamic Strength Training (DST) in Eagle Rock, he says, "My strength has improved by about 15% over the last year. It's much easier to start my day with a bounce and a smile because I'm leaner, my posture is much better and my back pain is gone!"

When asked why he keeps coming consistently, two days per week, Jerry replied, "I really enjoy the efficient, organized sessions and I'm impressed by the quality of the instruction. All I can say in the end is thanks for running such a good enterprise! I really enjoy, and need DST!"

The Dynamic Advantage is proud to have met Jerry Minor and had the opportunity to make such an impact on his life! We look forward to many more years of helping him stay fit enough to enter those airplane cockpits as he continues his travels around the globe.



## ***Client Anniversaries-March /April / May!***

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 Johnson (3-1-99)  
17 Years!

Nella Abelson (3-2-93) 24 Years!

Mary Frey (3-20-02) 15 Years!

Ruth Uga (3-20-02) 15 Years!

Michele Anderson (4-4-08)  
9 Years!

Wayne Anderson (4-4-08) 9 Years!

Patrick Dunavan (4-17-14) 3 Years!

Joann Myers (4-17-2012) 5 Years!

Sumi Chang (4-25-05) 12 Years!

Billie Spinat (4-25-16) 1 Year!

Marilyn Sell (5-3-04) 13 Years!

Victor Mordeno (5-7-15) 2 Years!

Vicki Laidig (5-10-03) 14 Years!

Chris Rogers (5-17-04) 13 Years!

John Gantus (5-2-13) 4 Years!

Christine Alderette (5-9-13) 4 Years!

## Why Maintaining Muscle Mass is So Important



We can't stop the clock from ticking. Chronological aging starts at birth. However, there's also biological aging, and evidence suggests that the aging of your cells can, in fact, be slowed and in some cases reversed. This is particularly true of muscle tissue, which can be redeveloped or regenerated in your 70s or 80s with the appropriate exercise and nutrition.

It may come as a surprise that muscle aging may start when you reach your 20s and 30s if you've neglected to take proactive steps to prevent it. Your muscles help keep your metabolic system intact. By maintaining this muscle mass you'll help protect yourself against obesity, diabetes and cardiovascular disease while keeping your metabolism and hormone levels functioning at higher profiles.

As recently noted by Dr. Murtaza Ahmed, a pulmonologist and sleep disorder specialist, we should be attempting to slow or reduce the tendency for sarcopenia, or age-related muscle loss to set in over time.

Dr Ahmed says, we only require thirty percent of our strength to carry out all the important tasks of everyday living such as getting up from a chair or climbing a flight of stairs so as our maximum strength decreases by about five percent every few years, we remain oblivious as long as we can carry out our activities of daily living with ease.

The trouble comes when our maximum strength starts to decline to around fifty percent of what it was in our youth and suddenly, everything that used to feel easy becomes hard. Simple tasks such as getting in and out of a car, carrying the laundry or maintaining your balance become more difficult.

According to the American College of Sports Medicine, the American Heart Association and the US Dept of Health and Human Services, we can avoid most of this age-related loss of muscle mass by taking part in muscle-strengthening exercises which focus on all of the major muscle groups at least two days per week.

### Special Offer to “Get On The Ball”

Are you looking for a simple solution for flattening your stomach, strengthening your muscles and bones plus improving your core strength without a lot of equipment? If so, try boosting your fitness with nothing more than a burst-resistant, air-filled stability ball and our 56 page, illustrated e-book, “Get On The Ball”.

You'll be able to challenge yourself with one of three routines. Try the “Quick Fix (four exercises), the “Power” (eight exercises) or the “Reach For The Summit” (thirteen exercises) workouts based on your available time, energy or goal.

You'll learn the following details about each exercise:

- \*\*\*The exact muscles emphasized
- \*\*\*The correct setup and starting position
- \*\*\*How to stabilize the rest of our body prior to beginning each motion
- \*\*\*The safest, most effective path of motion and range of motion

The stability ball and the instructional, fully illustrated e-book can be yours for **only \$49! (regularly \$69)**.



We'll even inflate your ball for you if you live locally and want to come by for a little hot air! (Please call us first at 323-257-8853 to be sure a member of our team is in the house.)

# *Fusilli Michaelangelo with Roasted Chicken*

## Ingredients

7 sun-dried tomatoes  
3 tablespoons water  
1 1/2 tablespoons balsamic vinegar  
1 1/2 teaspoons sugar  
1/2 pound whole-wheat fusilli  
4 cups sliced mushrooms  
2 tablespoons olive oil  
2 garlic cloves, minced  
1/2 cup fresh basil  
1 1/2 cups tomato sauce  
1/2 cup grated parmesan cheese  
1 rotisserie chicken  
4 cups arugula  
2 tablespoons toasted pine nuts  
1/3 cup grated parmesan cheese



## How to Make It

Place sun-dried tomatoes in a bowl. Bring 3 tablespoons water, balsamic vinegar, and sugar to a boil. Pour over tomatoes, let stand 10 minutes; drain and slice. Cook fusilli; reserve 1/2 cup cooking water. Cook mushrooms in olive oil in a nonstick skillet 1 minute without stirring. Sauté 5 minutes more or until brown. Add garlic; cook 1 minute. Add basil and sun-dried tomatoes; cook 1 minute. Add tomato sauce; bring to a simmer. Add pasta, 1/2 cup grated Parmesan, reserved water, meat from rotisserie chicken, and 3 cups arugula; toss. Transfer to serving bowl; add 1 cup arugula, toasted pine nuts, and 1/3 cup grated parmesan cheese.

## NUTRITION INFORMATION

calories 428  
fat 13 g  
saturated fat 3 g  
monounsaturated fat 6 g  
polyunsaturated fat 3 g  
protein 42 g  
carbohydrate 38 g  
fiber 5 g  
cholesterol 87 mg  
iron 4 mg  
sodium 586 mg  
calcium 175 mg

## Welcome Back Patty!

Our client, Patty Brundige just recently returned to her 2x/week Dynamic Strength Training group after taking a rehab break following knee replacement surgery. Patty has now had both knees replaced and she is back and better than ever! We met Patty at a speaking engagement for her Concierge Doctor, Lori Wynstock, MD of Pasadena, and about 50 of her patients in 2014. Patty will be celebrating three years of getting fit with us this summer.



# Dynamic Strength Training Turns 21 Years Old!

It was a sunny Monday, April 1, 1996 at 5:30pm when the very first Dynamic Strength Training session took place with five people experiencing cancer at the Cancer Support Community (formerly known as The Wellness Community-Foothills) in Pasadena. They ranged in age from the 30s to the 60s. Each of them were seeking some type of solution for easing their physical pain and discomfort along with their emotional stress which comes along with battling a life-threatening condition.

We're often asked how we got started with this type of exercise programming and what was the catalyst for helping others this way. It actually began with Brandon acquiring a client at LA Fitness-Pasadena who decided she wasn't a good fit with the first person she had hired to help her. As a breast cancer survivor herself and a professor at Loyola Marymount University, she felt she understood not only her body but also what she was looking for in an instructor.

After several weeks of training sessions, she approached Brandon about looking into meeting the program director at The Wellness

Community to see if there might be a way for him to introduce others to the methods of training with elastic resistance tubing. After several conversations in early 1996, it was decided that a small group of people would receive coaching together with the varied levels of resistance tubing in order to safely boost their strength and energy while going through chemotherapy or radiation. The participants who came regularly reported feeling more energized and in control of their lives.

The Dynamic Strength Training program was successful at attracting 5-10 people consistently each week and after about six months, Rick got involved with coaching the program as well. After that, he and Brandon began alternating the weekly sessions. Soon afterwards, Flowers and Caputo became formal business partners and The Dynamic Advantage: Your Professional Fitness Team was officially born. Since then, the business has grown to help many other people throughout the San Gabriel Valley and beyond through the unique use of elastic resistance tubing and cutting edge implementation of small group training with portable equipment.

Through the Cancer Support Community and former program director, Janet Kraemer, the Return To Wellness programs were started in 2000 at various medical centers around Los Angeles. Dynamic Strength Training became a core component of these 8-10 week sessions serving up to 15 women at a time. The San Gabriel Valley locations were led by Marlene Maroun-Flowers and those on the west side of Los Angeles were led by Craig Schoenbaum. A great deal of thanks goes out to the rest of The Dynamic Advantage's team members including Jazzy Alarcon, Greg Guinasso, Marlene and Craig. It wouldn't be possible to serve upwards of 150 people each week without their ability, expertise and commitment!

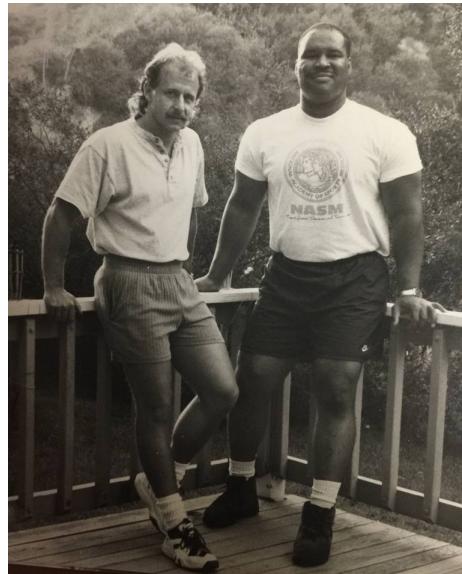
Much appreciation is also sent out to each extremely loyal client who comes to us every week at our Eagle Rock training studio, their individual homes and to our hallmark corporate fitness program at NASA's Jet Propulsion Laboratory in La Canada. Always remember that the road to fitness has no finish line. We must stay active and keep moving...for life! - Here's to the next twenty years!



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 More Fit for the Summer Here's a Special Discount Just for You*



Are you ready to begin your personal fitness program? Have you got trips to the beach or mountains planned for this summer that call for you to be more active?

If so, consider trying a taste of fitness our way with our 21 Day Jump Start Program for only \$99. - You'll receive a 90 minute consultation experience with one of the owners, Brandon Flowers or Rick Caputo to tour the training facility, discuss your specific needs and goals followed by a 30 minute personal training session.

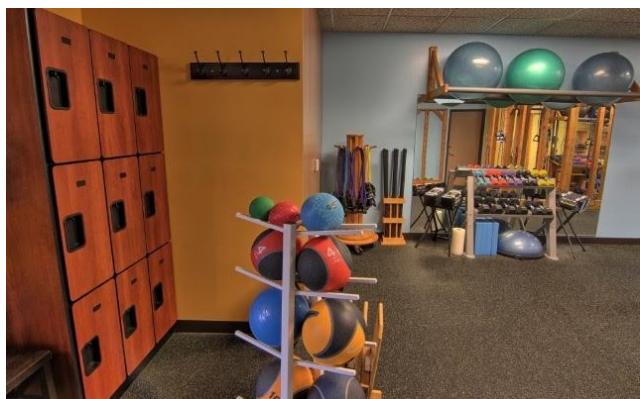
Afterwards, you'll schedule two 35-40 minute Dynamic Strength Training group sessions/ week for the next three weeks. You'll actually get up to 30 days to complete the trial program in case there's a conflicting work commitment, you get sick or you have some other vacation plans already scheduled.

If you enjoy your Jump Start Program, we invite you to take advantage of our gift card special applied to any ongoing Dynamic Strength Training program! -Save \$150 (\$15/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.

If you only want to "kick the tires" for the summer, you'll save \$30 (\$10/month) off a three month commitment. Each of these offers is available for a limited time. If you only want to "kick the tires" for the summer, you'll save \$30 (\$10/month) off a three month commitment. - Each of these offers is available 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**



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