



Health & Fitness News Spring-Summer 2016



Is your life well-balanced?

We all probably know someone who has suffered a debilitating fall. It could have been caused by your dog getting excited and pulling you into or over an unforeseen object. You might have been walking down a flight of stairs or stepping off a curb and you “missed” the last step because you thought you were already on the bottom level. You may have even slipped on a wet spot on the floor and your hands were full so you couldn't brace yourself to keep from injuring anything. We typically think these types of accidents only happen to an “old” person. This isn't the case. We're all susceptible to falling if our bodies are not conditioned enough to greatly reduce the chances of a catastrophe happening.



In over two decades of helping our clients, we have heard each of these stories and more. The beautiful thing is that we can take control of our sense of balance and improve our stability, sharpen our reflexes, reduce our reaction time in a crisis situation and become more agile when the unforeseen situation suddenly arises.

If we want to continue to enjoy the independence and peace of mind that sound balance gives us, we must continue to boost our hip, back, ankle and abdominal strength while progressively challenging our balance in the controlled environment of an exercise setting.

This month, read about our dynamic power couple, Michele and Wayne Anderson. They have been Dynamic Strength Training for over eight years and have discovered the importance of staying agile, well-balanced and fit for a lifetime of travel and fun activities.

Inside this issue:	
Meet Our Clients of The Month -Wayne & Michele Anderson	2
Summer & Spring Client Anniversaries	2
5 Strength Training Myths Revealed	3
Checkout our Recipe of the Month!	4
Dynamic Strength Training Turns 20!	5

Welcome, New Clients!

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



- Larry Benson
- Gus Salgado
- Elizabeth Lopez
- Harry Scolinos
- Jerry Minor
- Billie Spinat
- Rich Benson

Meet Power Couple and Clients of the Month Wayne & Michele Anderson

It's not often when a married couple exercises together for an extended period of time. We have been fortunate to have our clients of the month, Michele and Wayne Anderson, doing just that for eight years! They are two of the strongest members of our fitness family. The Andersons were referred to us by current client and long time friend, Marilyn Sell.

Michele said, "Some of our friends had already been going to DST (Dynamic Strength Training) and when we all decided to start golfing, Wayne and I thought we would join the program to be better prepared to play. That was one of the best decisions we have made."



Michele used to play many sports with her boys when they were young but realized it was important to get back into shape when they got older and grew out of this stage of life. She also realized the significant benefit of her program anytime she suffered a sprain or strain. "Rick and Brandon have always adjusted the exercises to accommodate an injury until it healed. I thank them and the other trainers for making me a more fit person".

Wayne has been athletic his entire life. He has participated in swimming, soccer, horseback riding, skiing and golf through the years. In fact, he was a member of the USC swim team and represented the United States in the 1964 Summer Olympic Games in Tokyo, Japan.

Wayne says, "When I retired, I wanted to keep being fit while enjoying all of my existing activities. When I was introduced to DST by my friends, I felt that this system would be beneficial and fill a void in my exercise routine. I'm very glad I've continued for eight years. I'm very

appreciative of Brandon, Rick, Marlene, Craig and Greg for their proven skills as teachers and coaches".

The Dynamic Advantage is proud of the success and accomplishments the Andersons have achieved throughout the years. Here's to many more years of athletic feats, continued strength and endurance!



Client Anniversaries-March /April / May & June!

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! | Patrick Dunavan (4-17-14) 2 Years! | Christine Alderette (5-9-13) 3 Years! |
| Nella Abelson (3-2-93) 23 Years! | Joann Myers (4-17-2012) 4 Years! | Debby Prohias (6-5-06) 10 Years! |
| Carolyn Ellner (3-19-14) 2 Years! | Sumi Chang (4-25-05) 11 Years! | Carmen Stanuikynas (6-26-13) 3 Years! |
| Mary Frey (3-20-02) 14 Years! | Marilyn Sell (5-3-04) 12 Years! | Julie Clayton (6-27-12) 4 Years! |
| Michele Anderson (4-4-08) 8 Years! | Vicki Laidig (5-10-03) 13 Years! | Renate Kerris (6-28-04) 12 Years! |
| Wayne Anderson (4-4-08) 8 Years! | Chris Rogers (5-17-04) 12 Years! | Lynne Thomas (6-28-14) 2 Years! |
| | John Gantus (5-2-13) 3 Years! | |

5 myths about strength training, the mistakes they cause and the truth you need to know to avoid them.



MYTH #1 – If I strength train I will get bulky and less flexible.

Proper range of motion and positioning of the body along with using the appropriate load allows for the muscle to work through a full, functional range. Do it right and prevent the need for an additional, formal stretching regimen. BAD technique can cause a muscle to actually lose range of motion. A well-balanced program that equally works all your muscles helps to maintain your flexibility and prevent muscles from becoming bulky. Genetic factors also play a role in how your muscles look so it is good to work with a professional to fine tune your needs and goals.

MYTH #2 – I have to lift heavy weights and use machines to really get the benefits of strength training.

Your muscle doesn't know what's in your hand. - Is it a dumbbell? A machine? A gallon of water? Elastic resistance? Your muscle knows it needs to produce force in order to overcome a specific stress of strain against it. The type of equipment used to challenge a muscle can vary but the results will be similar. For maximum practicality, elastic resistance tubing is a great choice because you can work all your muscle groups without having to achieve difficult or higher risk body positions. This equipment also is fully portable and can be used anywhere in the world.

MYTH #3 – It requires hours of heavy, hard work to really get strong.

We have seen significant improvements in strength with individuals training for only 30 - 40 minutes one time per week. Proper, progressive challenges will stimulate muscle tissues to become stronger. This does not happen overnight but in ten to twelve weeks you will be noticeably stronger.

We recommend more than once per week. A program that has two or three strength training sessions per week produces the optimum results desired. At each session, 9-11 sets of exercises performed for approximately 30-50 seconds each will boost muscular strength and endurance. Exercises in each session should include all the major muscle groups and provide challenges to improve balance and posture. If you're consistently stimulating your muscles every week with safe, efficient techniques, your body will respond!

MYTH #4 - It's too late for me to benefit. I'm too old.

Our muscles don't know "age". The research is clear. If you don't use them, you'll lose them. Without strength training it's a certainty that your muscles will atrophy and lose mass. This age-related process is known as sarcopenia. If we don't do anything stop it, you can expect to lose up to five percent of your muscle mass each and every decade between your 30s and your 80s! At The Dynamic Advantage, our average client is 66 years young with the current range being 16-91. Some of the older clients have been with us for 10-15 years and their muscular strength has continued to increase and remain stable.

No one wants to lose their ability to function independently. It's critical that you keep challenging your muscles so you not only feel stronger and healthier, but you also retain the ability to carry your own groceries, pick up your grandchildren or pets, play golf or move the full laundry basket and maintain your balance in case you trip and stumble. Since aging is inevitable, we must be prepared to fight back and take control. - Your functional age doesn't have to match your physiological age!

MYTH # 5 - (For women only) I'm afraid my muscles will become big and bulky if I weight train.

Women naturally have less muscle-building testosterone than men. Whether you want to increase strength, enhance muscle tone or develop firm, well-defined muscles, strength training will help you burn fat and enhance your natural musculature. One pound of fat is about the size of a softball whereas one pound of muscle is more compact, like a baseball. When exercising for strength, you can slim down even when you're not losing weight.

Give your body time, perhaps a couple of months, to recalibrate itself as it adapts to your new exercise routine. Try measuring yourself with a tape to monitor your progress. While strength training, inches and appearance, and not pounds, may serve as the best measure of your progress.

Garlic-Infused Sautéed Broccoli with Penne Pasta

Ingredients:

1/4 cup extra-virgin olive oil

2 cloves garlic, smashed

1/4 teaspoon red pepper flakes

1/4 head broccoli (washed and dried),
sliced into very thin florets, stalk peeled and cut into small strips

1/4 teaspoon Kosher salt and freshly ground black pepper (to taste)

2 tablespoons red wine vinegar

Few tablespoons water or pasta cooking water

2 cups penne pasta, cooked al dente

Parmesan cheese, for garnish



Directions:

In a large saute pan, heat the olive oil, garlic, and pepper flakes over medium heat until it's fragrant. Once the garlic has turned golden in color, remove it from the pan. You are left with garlic-infused oil in the pan. Add the broccoli to the pan.

Cook's Note: Be sure the broccoli is completely dry before tossing it into the pan.

Toss the broccoli to coat with the oil. Season with salt and pepper and sauté over medium heat until the broccoli barely loses some of its crunch, about 5 minutes. Turn the heat up to high and deglaze the pan with the red wine vinegar. Add a few tablespoons of water, if needed, to increase the sauce's consistency.

Add in the pasta and toss to coat with the oil. Top with Parmesan cheese for serving. - Makes two servings.

Eat as a main dish or add some sliced, roasted chicken breast for an additional protein boost.



Thank You for Your Referral, Nancy!

It's always a great moment when we have an opportunity to expand our sphere of influence and grow.

In January, our client, Nancy Benson, was able to convince her husband, Larry to come to the studio for a consultation. He realized he might benefit from a Dynamic Strength Training program so he said "yes" to starting a 21 Day Jump Start Program. He enjoyed it and made a commitment to one session/week for the rest of 2016.

We appreciate Nancy for referring him to us and hope she enjoys spending her \$100 Referral Rewards check!

Dynamic Strength Training Turns Twenty!

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!

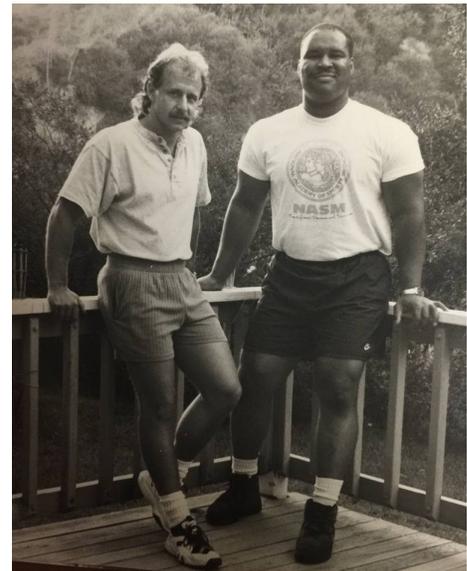
Much appreciation is also sent out to each extremely loyal client who comes to us every week at our Eagle Rock training studio, their individual homes and to our hallmark corporate fitness program at NASA's Jet Propulsion Laboratory in La Canada. Always remember that the road to fitness has no finish 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 Ready for the Summer - Here's Our Gifts to You



Are you ready to start your own fitness program. Have you got plans for the summer that call for you to be more active? Are you going to the mountains or the beach or possibly seeing long lost family or friends?

The Dynamic Advantage is offering you two special discounts!

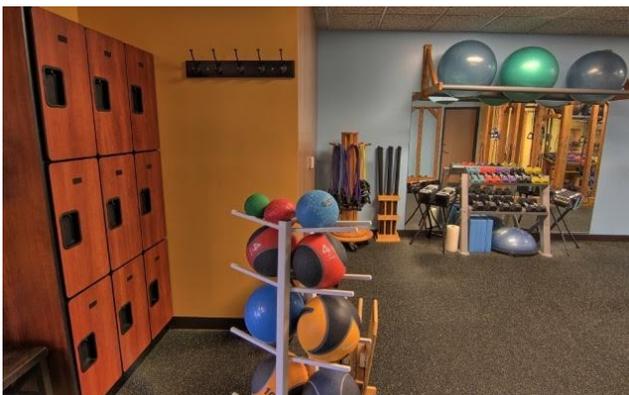
Our 21 Day Jump Start Program (Reg \$99) is now just \$79. - You'll receive a 90 minute consultation with Brandon Flowers or Rick Caputo to tour the training facility, discuss your specific needs or goals followed by a 30 minute personal training session. Afterwards, you'll schedule two 35-40 minute 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
for more information.**

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



***The Dynamic Advantage
Your Professional Fitness Team
2118 Colorado Blvd.
Eagle Rock, CA 90041***