



Health & Fitness News Fall 2017

Everyone Can Benefit From a Little Coaching

It doesn't matter what activity you're participating in, if you want to continually improve, attain a higher level of success or remain at the top of your "game", it's highly beneficial to seek a coach or coaching staff that can continually evaluate your progress. Think about sports stars such as tennis greats like Roger Federer, Serena and Venus Williams plus soccer players like Lionel Messi and NFL quarterbacks like Tom Brady. They have all been to the mountaintop in their selected sports and they all have and continue to be guided by coaches who monitor, refine and suggest corrections that can bring out the best in their abilities.

Your personal fitness success is no different. If you find the right person or people to help you exercise in the way you feel the most comfortable, you will have other sets of analytical eyes watching everything you do. This will help ensure that you're safe, efficient, error-free and able to accomplish greater results that if you worked out in solitude.



With a fitness coach at The Dynamic Advantage (TDA), you'll receive leading edge, personalized exercise instruction that's guaranteed to increase your strength and significantly improve your lifestyle. Your staff of instructors will continually highlight the things you're doing well while giving you the most efficient coaching cues to help you refine your motions while performing every exercise. Current clients range from 17-93 years of age and have been part of the fitness family for up to 24 years. If being "coached up" could improve your life, The TDA Team would love to meet you. Remember that the road to fitness has no finish line. We must stay on it, for life.

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Welcome, New Clients!

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



- Yuki DeSoto
- Martha Feller
- Olivia Gaines
- Marcia Green
- Daniel Klotzman
- Walter O'Brien
- Sara Thompson

Meet Mercedes Ibarra, Our Client of the Quarter

Mercedes joined The Dynamic Advantage over two and a half years ago in January 2015, after learning about the gym in 2013 when she attended the breast cancer awareness conference, "Silver Saturday," at the Pasadena Cancer Support Community. Mercedes said, "Rick Caputo gave a presentation on the benefits of Dynamic Strength Training for cancer survivors and I went by their display during a break. I joined the mailing list at that point with the intention of joining when I felt ready. I survived breast cancer - stage two nearly five years ago and experienced many side effects from chemotherapy and radiation treatment that left me unmotivated and dissatisfied with my body."

She continued to say, "Trying to balance my career as a school administrator with family left me with very little time or energy to exercise. Gradually, I started walking and joined another small gym, but felt that the staff was not knowledgeable enough with cancer survivors or my situation. When

I eventually joined The Dynamic Advantage I not only felt welcomed from the start, but I sensed the extra attention and insight from personnel who are experienced with cancer survivors."

Since joining The Dynamic Advantage, Mercedes has grown stronger and more energetic. She notices she "Has more stamina and walks a little faster and a little farther when walking hills, and hiking with my family. Working out at The Dynamic Advantage has also given me the confidence to try other fitness classes like yoga and Zumba. I haven't weighed myself, but I think I look leaner by the way my clothes fit."

The Dynamic Advantage is extremely proud of the success Mercedes has achieved so far. She is a testament to the fitness results that can be achieved through remaining committed to consistency with a program like Dynamic Strength Training.



Client Anniversaries - Thanks for the Opportunity to Serve You!

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



Paula Hanson (9-4-13) 4 Years!

Constance Katz (11-5-13) 4 Years!

Patty Brundige (9-16-14) 3 Years!

Amy Shorr (11-11-15) 2 Years!

Sandra Rulec (9-22-10) 7 Years!

Barbara Sockolich (11-13-02) 15 Years!

JoAnn Gantus (10-4-07) 10 Years!

Linda Garberson (11-20-14) 3 Years!

Greg Longenecker (10-5-11) 6 Years!

Sharon Bassett (11-30-07) 10 Years!

Gina Coates (10-21-12) 5 Years!

Pat Giermann (11-30-07) 10 Years!

Strengthen Your Hips and Improve Your Balance with a Front Thigh Kick

By increasing your hip and thigh strength you'll dramatically improve your balance and coordination. Here's a move that will safely challenge and emphasize the hip flexor muscles (located at the top of the thigh) along with the quadriceps muscles (located along the thigh bone on the top of the leg). The abdominal muscles will also get a good workout as you tighten them to remain stable as you're working. You may need to hold a broom handle or a stability bar in the opposite hand, with one end touching the ground as a balancing assistant, while you're developing your balancing ability. Try doing one to three sets of 10-20 repetitions twice or three days per week with a day off in between. Follow these steps for developing efficient technique and the best results!

Set Up and Starting Position

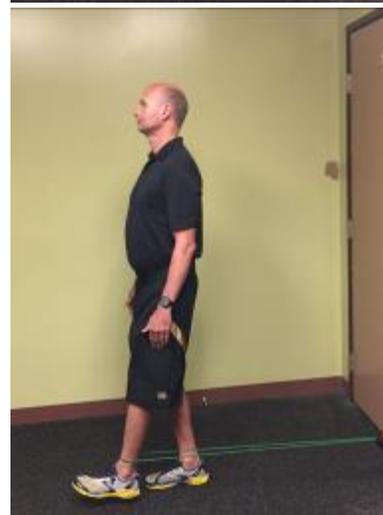
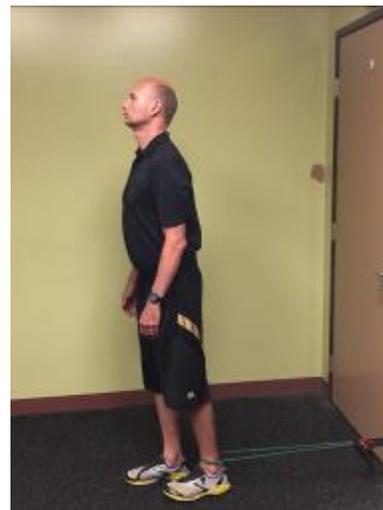
- (1) Place the tubing around the ankle of the leg you want to work.
- (2) Walk forward. Stop when you feel tension in the tubing.
- (3) With your feet parallel to each other, stagger them so the resisted leg is in back.

Stability

- (1) Maintain good, upright posture.
- (2) Shift your body weight over the standing leg.
- (3) Keep the knee of the resisted leg straight.
- (4) Keep the standing hip and leg still with the knee straight but not locked.

Motion and Range of Motion

- (1) Move the resisted leg forward from the hip joint as if you are kicking something.
- (2) Continue as far as possible without losing stability or changing your posture.
- (3) Return, with control, toward the finish position.



A Double Referral Reward for Our Client, Kathleen!

A great big thanks goes out to long time client, Kathleen Corkum (center) for referring two of her friends, Marcia Green (left) and Martha Feller (right). They came to the Popcorn Open House event on July 22, 2017 at The Dynamic Advantage fitness club's world headquarters to discover more about personalized fitness. Now, they are officially formal members of the fitness family and are coming in multiple times per week in the Unlimited Dynamic Strength Training program. It's a pleasure having the opportunity to be their coaches! Referrals are a life line for small businesses. If you know someone who is trying to get more active, boost their strength & energy or trying to regain their fitness following some physical rehabilitation, The Dynamic Advantage wants to meet them!

Try Our Tasty Cajun Spiced Broccoli

Here is a flavorful, highly-seasoned vegetable dish idea for your next meal.

INGREDIENTS

1 bunch fresh broccoli, cut into florets

1-2 tablespoons canola oil

2 large garlic cloves, minced

3/4 teaspoon Creole seasoning

-Your favorite pre-mixed product or the following spice blend:

1/4 teaspoon each salt, garlic powder and paprika; and a pinch each of dried thyme, ground cumin and cayenne pepper.

DIRECTIONS

In a large nonstick skillet coated with cooking spray, saute broccoli in oil until crisp-tender, adding the garlic and Creole seasoning during the last 2 minutes of cooking. Yield: 4 servings.



Serving the Jet Propulsion Lab Community for 14 Years

On July 22, 2003, the Dynamic Strength Training program at NASA's Jet Propulsion Laboratory in La Canada was born. This summer The Dynamic Advantage proudly marked a great run of fourteen 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, 10-16 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 over 300 people since the beginning thanks to a referral meeting courtesy of 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 25-70 years young.

Special thanks go out to liaison and human resources coordinator Nancy Kapell as well as recognize two of our charter members, Pat Esposito and Mike Kleine, for their continuous participation in the program since the first day. They are part of a core group that rarely misses a session.

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, The Dynamic Advantage is always excited about the prospects of creating another similar program. Please have them call Rick Caputo or Brandon Flowers at 626-585-2290 or email them at info@dynamicstrength.com.

Will You Help Us by Yelping for Us?



The Dynamic Advantage needs your assistance. If you have had a positive experience with any members of the staff for your fitness programming through the years, your online feedback is a valuable component in helping us grow and reach out to others who can benefit from what we offer.

Since yelp.com or the Yelp app are among the most popular social networking sites for posting reviews and rating your experiences, we would welcome your words about how your fitness program has made a difference in your life. If you'd prefer to do this review on google.com, our Facebook page (The Dynamic Advantage) or via an email to us at info@dynamicstrength.com, that would be fantastic as well.—Thank you!

Staff Trainer, Craig Schoenbaum Competes in June Lake Triathlon



The annual June Lake Triathlon was held on July 8. It was an Olympic distance event and just the challenge The Dynamic Advantage's own, Craig Schoenbaum, was looking for as a little summer competition. June Lake is about twenty miles north of Mammoth Lakes in the eastern Sierra Mountains, just south of Yosemite National Park. Craig started off the event with a 1500 meter swim (almost one mile), followed by a 40 kilometer (24.9 mile) bike ride and finishing with a 10 kilometer (6.2 mile) run.

When asked about the challenge he said, "I thought the event was both one of the most grueling and most beautiful events I've ever done. The high altitude and steepness of the hills really made me work, while the beautiful scenery of the Sierras was spectacular." Craig was introduced to the mountain range as a youngster on vacations with his parents.

His next endurance race is scheduled to be the Pasadena Trail Half Marathon on October 22 near the Jet Propulsion Laboratory. - Good luck, Craig!



Dynamic Strength Training Helps Breast Cancer Survivors Recover

Through the twenty-one year partnership with the Cancer Support Community (CSC) of Pasadena, The Dynamic Advantage has established a presence with the Return To Wellness (RTW) programs. These eight week support groups meet periodically throughout the year at CSC to help empower participants through offering exercise (Dynamic Strength Training and yoga), educational workshops and emotional support to help them regain some control over their lives and their health. This fall, the program will run from September 19 through November 9. Our senior staff trainer, Marlene Maroun-Flowers will coach the group members through the Dynamic Strength Training portion of the program every Tuesday evening. For more information on CSC and RTW, please visit CSCPasadena.org or call 626-796-1083.



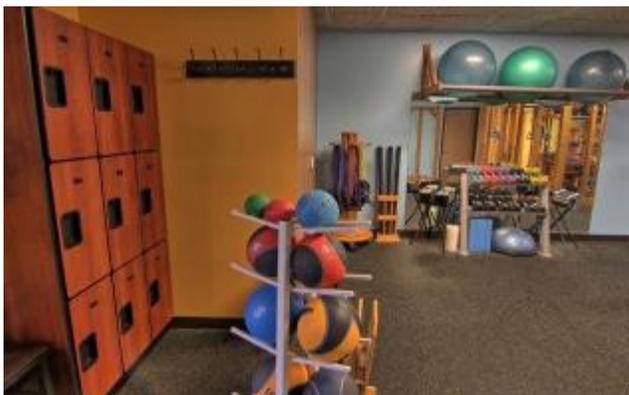
Established in 1996, The Dynamic Advantage: Your Professional Fitness Team is co-owned and operated by Resistance Training Specialists Brandon Flowers, BA, CPT and Rick Caputo, CPT. Along with their knowledgeable coaching staff, they have taken personal fitness training to the masses through their trademarked portable, personalized exercise program, Dynamic Strength Training®.

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

Many others are benefiting from their instructional exercise manuals and DVDs, empowering them to get strong and active while training anywhere in the world!

**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.**



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