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THE METTLER

RELEASE

JULY/AUGUST 2007

SUMMER GRILLING TIPS

by Kristen DiFilippo MS, RD, LDN, Nutrition Specialist

The joy of summertime grilling touches many people. From barbeques with friends to a weeknight meal on the grill, nothing announces summer like the smell of food cooking outside. Use these tips to perfect your grilling techniques and impress your friends at your next summer barbeque.

Get it hot Preheating your grill for 15 to 25 minutes before cooking ensures that no bacteria remain and that food is cooked to proper temperatures.

Brush it off After preheating your grill, scrape it off with a long-handled wire grill brush to remove charred debris from previous meals. Be sure to scrape again after using.

Oil it up Lean foods will often stick if placed directly on a grill rack. Solve this problem by soaking a paper towel in canola oil and using tongs to rub the paper towel on the grill rack. Never use cooking spray on a grill.

Safety first Remember food safety while grilling. The USDA recommends avoiding cross-contamination by using separate cutting boards, utensils, and platters for raw and cooked foods; refrigerate meat while marinating; and never baste with marinade that has come in contact with raw meat. Instead, use fresh marinade or boil used marinade to 165° F before using it to baste.

Marinate Marinating does more than just add flavor; it prevents carcinogenic substances from forming while grilling meat. According to the American Institute for Cancer Research, marinating can reduce heterocyclic amines, a carcinogen that forms when grilling muscle meats, by 92 to 99 percent.

A grill basket Grill baskets come in handy for delicate foods that fall through a grill rack such as fish and vegetables. Baskets also make turning food easier.

Use a thermometer Leave the guesswork out of grilling. Use an instant-read thermometer to check for doneness. Use the following temperatures as a guide: chicken 170°, ground meat 165°, pork 145°, and steak 140°.

Hand test To determine the temperature of your grill, place your hand about 5 inches above the rack. If you move your hand in 2 seconds, you have a high grill, 5 seconds indicates medium, and 10 seconds signals low heat.

Tame the flames Choose lean cuts of meat and cut away excess fat before grilling. Fewer flare-ups reduces the formation of cancer causing substances. Keep a squirt bottle of water nearby to subdue flare-ups.

Give it a rest After transferring to a clean platter, cover with foil and allow meat to rest for about 10 minutes. This allows juices to redistribute before cutting the meat.

Filet Mignon with Vegetable Kebabs (serves 4)

Ingredients

1	lemon, zested and juiced	16	cherry tomatoes
2 tbsp	extra-virgin olive oil	10 oz	white mushrooms, stemmed
1 tbsp	dried oregano	1 medium	zucchini, halved lengthwise and sliced into 1-inch pieces
½ tsp	salt	1 small	red onion, cut into wedges
¼ tsp	freshly ground pepper	1 pound	filet mignon steak, 1 ½ to 2 inches thick, cut into 4 pieces

Directions

Preheat grill to high. Combine lemon zest, lemon juice, oil, oregano, salt, and pepper in a large bowl. Reserve 2 tablespoons of the marinade in a small bowl. Add tomatoes, mushrooms, zucchini, and onion to the remaining marinade; toss well to coat. Thread the vegetables onto eight 10-inch skewers. Drizzle the vegetables and steak with the reserved marinade. Grill the steak 4 to 6 minutes per side for medium. Grill the vegetable kebabs, turning frequently, until tender and lightly charred, 8 to 12 minutes total. Remove the vegetables from the skewers and serve with the steak.

Per serving: 291 calories; 17 g fat (4 g sat, 9 g mono); 70 mg cholesterol; 10 g carbohydrate; 27 g protein; 3 g fiber; 363 mg sodium; 529 mg potassium.



DIGGING UP TIPS FOR PAIN-FREE GARDENING

by J.T. Park, Physical Therapist

As summer rolls around and the weather continues to get warmer, many of us will be outside our house gardening. This can mean different things to different people. For some it is a pastime they enjoy; for others it challenges them physically. In fact, gardening can be a good form of exercise. It increases levels of physical activity and maintains mobility and flexibility. It also encourages use of all motor skills—walking, reaching, and bending—through activities such as planting seeds and taking cuttings. As with most exercise, gardening can improve endurance and strength as well as reduce stress and promote relaxation.

But it can also be a difficult task on your body, especially if you have an injury or a particular dysfunction. Ergonomics and the use of proper tools for gardening are sometimes the focus. As important as they are, let's not forget that our bodies are the most important "gardening tools." If you are using poor body mechanics, you're setting yourself up for pain. Aches and pains do not have to be a natural part of gardening.

Use these body mechanic suggestions to help you minimize your risk of injury:

Elbows bent Keep your elbows partially bent, especially when doing resistive activities.

Loosen grip Hold objects with a light grasp or pinch, avoiding a tight, sustained grip.

Arm position When possible, work with the forearms in a neutral position (thumbs up).

Posture check Watch your posture. Don't slouch or rest your weight on one arm or leg while you work.

Mechanical advantage Use wheelbarrows and carts to transport heavy objects or tools to save your back.

Along with body mechanics, your preparation for gardening can make a difference in how you feel. Just as any other physical activity, our bodies need to be prepared to perform this task. Regardless of your age, it's important to consider a few things. You can start by

stretching your arms, wrists, neck, and lower back to help minimize muscle soreness and the risk of tendonitis.

Plan for frequent rests, and vary your intensity. Changing from an intense activity to a light one every 20-30 minutes and switching to a garden activity which uses a different muscle group will assist you in continuing for a longer period. As with any exercise, be sure to stop if you are experiencing pain.

Lastly, be sure to monitor your fluid intake. Drink plenty of water to avoid dehydration. This is especially important when temperatures are extremely high.

Mettler Center occupational and physical therapists know the importance of enjoying your hobbies. Whether you're experiencing low back/neck pain, loss of arm/wrist function, or any other disabling dysfunction, we have professionals that are able to facilitate a speedy recovery as well as educate you to keep you from further injuries.

For more information about Mettler Therapy Services or to schedule a free therapy consultation, call us today at 356-6543 or visit mettlercenter.com.



A Bicycle Built for You!
Motivating classes such as indoor Cycling will keep you cool and fit this summer.

BEAT THE HEAT AND BURN CALORIES TOO

by Joy Sheehan, Group Fitness Instructor

With summer here and hot conditions outside, now is the *perfect* time to try group fitness classes. At the Mettler Center, we offer a variety of classes, from cardio to mind-body. We feel confident you can find one or more classes to fit your fitness lifestyle.

Want to burn fat while strengthening your cardiovascular system? Try group Cycling. How about a low-impact workout that will challenge your heart and give you that lean muscle look? Then go for a Kickboxing class. Need to add some fun to your routine? Then try exercising to the beat of music, while getting an incredible cardio workout with one of our Step classes.

Or why not try one of our Strength classes? Participants use various equipment to improve strength, agility, and balance: a must for everyone to try! Perhaps your fitness level is ready for the ultimate challenge...our Fusion class. This challenging class combines

strength and cardio moves and promises to help you advance to your next fitness level. As a complement to these or as stand-alone classes, we also offer water aerobics, Pilates, and many different yoga classes.

Our knowledgeable instructors are a dedicated group of individuals looking to make your group fitness class a fun and beneficial experience. We offer modifications in all classes so the beginner and the advanced participants feel comfortable.

Push yourself and find a class that's right for you.

For a complete listing of classes visit our websites at mettlercenter.com and mettlerathletic.com. Most fitness classes are free to members at both locations.

3 MUST-TRY CLASSES!

	M/W/F	TU/TH	SAT
Cycling	9:00a, 4:30p	5:45a, 5:30p	8:15a
Strength	7:30a, 8:10a, 5:30p	—	9:05a
Flow Yoga	4:30p	9:15a	—

TURNING THE PAIGE AT METTLER

by Carol Bobber, Sports Performance Coach

When Paige Johnson began performance training at Mettler, she had one goal in mind—“to become a better softball player.” How that ambition would play out on the field would be determined by Paige’s dedication to the conditioning she would receive in Mettler’s performance enhancement programs.

Training for Paige expanded from the fields when she signed up for the Mettler Center’s PEP program in June 2005 and has continued through her transfer to Mettler Athletic in April 2007. Since that time, Paige has participated in numerous Athleticism sessions in which speed, agility, coordination, strength, power, flexibility, and energy system development are the modules of focus. Through consistency of training and hard work, Paige’s goal is becoming a reality. “I don’t feel slow any more. I can run the bases faster, and I can beat out a ball [that is thrown to first base].”

Added speed is a major benefit experienced by Paige, but the soon-to-be Centennial freshman has also gotten much stronger. “My increased strength has helped me drive the softball farther and avoid conditioning-related injuries,” Paige stated.

Paige isn’t the only one noticing a difference. Her father, Pat, has seen many improvements in Paige’s performance including speed, on-base percentage, batting average, playing time, and position in the batting order (now clean-up!). “Paige’s speed has increased 16%. In addition, she has improved running mechanics and faster acceleration,” her dad commented. “Paige’s strength has also increased which has improved her offensive and defensive abilities on the softball field.”



Ready, Set, Perform!

Paige prepares for a 20 yard acceleration drill in a recent Athleticism session.

Previously, Paige played as the relief catcher for about 1 out of 4 games as well as first base. Just recently, Paige caught 5 out of 6 games on the same day.

The improvements Paige has accomplished go beyond just numbers. As a catcher, Paige’s form has improved considerably as she has built quadricep strength so that she no longer sits on her calves as she waits for a pitch. With better form she has allowed fewer balls to pass by, and her reaction time to throwing out runners stealing has also decreased.

Pat chose Mettler Athletic for his daughter to train because, “At Mettler Athletic, we found the right combination of a friendly, knowledgeable training staff, an incredible facility, and classes to fit Paige’s schedule. The

METTLER SUCCESS STORY

PAIGE JOHNSON



TRAINING SINCE: 6/05

Paige began movement and strength conditioning at Mettler with hopes of improving performance as a fast pitch softball catcher. Her training has given her the ability to run the bases faster, drive the ball further, throw out more runners trying to steal, and explosively chase down wild pitches—all of which have contributed to a higher level of confidence on the softball diamond.

coaching staff at Mettler Athletic has provided the training and encouragement to help Paige achieve her goals for increased speed and strength while improving her conditioning to reduce the likelihood of injury during her softball games.” Paige enjoys training as the staff “keeps [you] focused yet [you] have fun at the same time.”

Paige’s advice to anyone considering training is to simply try it themselves. “Mettler Athletic’s free trial class can help you decide if [Athleticism] is right for you.”

The Athleticism program is for athletes ages 8 and up. Classes are scheduled Monday through Saturday. Visit mettlerathletic.com for more information.

SPECIAL OFFER

Offer expires: 9/31/07

10% off

Save 10% off Mettler Athletic’s Athleticism or Pre-Season programs.



BOXING-OUT COMPETITION

by Joe Rodgers, MS, Sports Performance Director

Mettler Athletic is taking a new approach to your pre-season training. Preparing for competitive sports involves more than running a few miles every day. We want you to be ready when the season starts. Our coaches assess the demands basketball makes on the athlete's body and target those areas. We have developed a progressive Pre-Season program that includes the strength, power, and conditioning that basketball athletes require to be successful. Pre-Season sessions (ages 14–18) begin August 27 for girls and September 5 for boys and run eight weeks.

For hoopsters under 14 we recommend our Athleticism programming to teach younger athletes the proper mechanics of jumping, landing, and changing direction.

WEIGHT NO LONGER

by Kristen DiFilippo MS, RD, LDN, Nutrition Specialist

Mettler's Weight Management Support Group got off to a great start in June! Participants enjoyed a healthy dinner (Zucchini Lasagna), learned about maintaining weight loss, and shared the struggles experienced in the journey to losing weight. Most important was the praise given to each other for the progress already made, whether that meant losing 20 pounds or deciding to begin the weight loss process. Some attendees even discussed forming a group to train to walk a half marathon! Whether you have lost weight or feel you need to reach a healthier weight, come to this new group to receive encouragement, learn new information about weight management, and try healthy food.

The Weight Management Support Group meets on the first Monday of each month from 6–7pm. Fees are \$5 for Members (\$7 Nonmember) and include a meal.

RUN WITH METTLER

by Andy Derks, Performance Training Coach

Attention runners! Running is a great way to take your fitness to another level, and Run with Mettler makes it easier than ever to take your next stride! Mettler Athletic is offering running programs for runners of all ages and abilities. Our goal is to promote running as a healthy activity and offer runners new options to simply jogging on a treadmill. Run with Mettler offerings include: Running Club, Running Coach, and eCoach for Runners. Mettler Athletic is also conducting a Distance Running Camp for younger athletes. Our experienced staff will help students prepare for the upcoming cross country season. Camps meet 7–9 am, July 16–20 (grades 5–8) and July 23–27 (grades 9–12).

Interested in Running with Mettler? For more details, visit mettlerathletic.com or contact Coach Andy Derks at andy.derks@mettlerathletic.com.

CULINARY KIDS CAMP

Kids Can Cook is a cooking and fitness camp just for kids! In this hands-on experience, your child will learn healthy cooking techniques from Mettler's Registered Dietitians and apply this nutrition knowledge in the kitchen through preparation of nutritious, kid-friendly lunches with our cooking staff. Because a healthy lifestyle includes exercise, your child will participate in age-appropriate physical activities led by a personal trainer. Campers receive their very own apron, cooking utensils, and recipe book. Space is limited. Register your child today! **Camp Dates: July 16–20** (entering 1–3 grades)



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2906 Crossing Court
Champaign, IL 61822

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