



HAPPY NEW YEAR!!!



CMS Fitness Center Newsletter

January 2019

View our weekly group exercise schedule and more on our website:

<http://www.eaafitness.com>

Like us on Facebook!!!

<https://www.facebook.com/cmsfitnesscenter>

We're on Instagram, too!

@cmsfitnesscenter

Fitness Center Limited Hours

Friday January 18

7:00am - 3:00pm

Did you know we offer a Membership Referral Incentive?

*Refer 5 members in 3 months and get a year free!!! See a staff member for details!

Yoga



- @ Tuesday and Thursday classes now available
- @ Offsite classes available
- @ Call the center for details @ 410-786-7873
- @ Non-members are welcome to participate

“SURPRISE”

Discount Membership Rates through the end of **January!!!!**



Stop by the Fitness center to pick your own special deal!

Articles of the Month

5 Steps to Achieving Your New Year Fitness Goals

If you're looking to finally nail your goals in this coming New Year, we've got five tips that'll help.

1. Assess your lifestyle

Before writing your resolutions, the first thing you need to do is assess your mandatory

lifestyle. Everyone's lifestyle is different. This isn't an excuse for you to use if you're not in the shape you want, as everyone can get results. Instead, what it will allow you to do is create your training and nutrition goals to fit around your life. Trying to do the reverse will only lead to frustration, boredom and the dreaded rebound (once the January motivation wears off!).

2. Have a SMART goal and prioritize

The next step is set a goal following the SMART (Specific, Measurable, Achievable, Relevant, Time) principle. Just saying you want to 'lose some body fat' is a recipe for a wayward diet and zero progress.

A better goal would be: 'I want to lose 20 pounds (specific) of body fat in 15 weeks (measurable, achievable, time), so I can look great on the beach this summer and fit into my clothes again! (relevant).' Once you've set this goal, write it down, stick it on your fridge and make it a top priority in your life. That's really the key to this all. If you can prioritize your health and fitness goals consistently, sticking to your New Year's resolutions will be no problem.

3. Create the right habits

To make new fitness goals fit with your lifestyle, you need to create good habits. Follow these habits:

- Eat every 2 to 4 hours.
- Every meal must contain protein
- Eat veggies at each meal
- Eat a mix healthy fats daily
- Keep your carbs low glycemic and timed after training and/or before bed
- Drink 3+ liters of water

The great thing about these habits is that they're extremely flexible to different lifestyles, and can be tailored to what works best for you.

4. Hold yourself accountable

Once you've determined your lifestyle, set your goals and started to follow some good habits, you now need to be held accountable to it. Accountability is rarely spoken about, but without it, even the most perfect diet won't always be sustainable. Hiring a trainer is one way, but the easiest and often the best method is to tell all your family and friends what you're trying to achieve. It will make you accountable and more likely to stick to your goals. Another great tip is to find a great training partner. This will create a whole new level of accountability. For example, if you're not feeling up to training, but your partner is, you're not going to want to let him/her down by not showing up.

5. Set performance goals in the gym

To keep yourself coming back to the gym, training needs to be fun. It also needs to have a focus. Setting yourself performance goals can provide the impetus to stay consistent through periods where you may want to flag. Instead of just setting a body composition goal of losing 20 lbs in 15 weeks, add something like, 'I want to be able to perform 10 bodyweight chin-ups with perfect form in 15 weeks'. Now break it down further into smaller chunks, so you give yourself small wins often - three chin-ups by week 3, seven chin-ups by week 8 etc.

The New Year can provide great motivation for many people who want to get into shape again. It's important however to set proper goals, create the right habits and hold yourself accountable to these resolutions. Something written in a hung over state on New Year's Day can be all too easily forgotten come February 1st, so make sure you write it with a clear mind and revisit it often to see if you're on track.

Getting into shape isn't easy, but no goal worth doing is. If you follow the steps we've outlined today, it'll become a lot easier.

-UP Fitness

8 Scientifically Backed Ways to Beat the Winter Blues

By Brigitt Earley

When your mood is falling as fast as the thermometer, these small lifestyle changes may help boost your spirits. If you're starting to feel like nothing but a very full, very strong pot of coffee will get you out of bed, join the club. Holiday bills are high, temperatures are low, and the days are way too short. Here, scientifically proven ways to lift your spirits and ease the mid-winter doldrums.

1. Make your environment

When your body is craving more daylight, sitting next to an artificial light—also called a light box—for 30 minutes per day can be as effective as antidepressant medication. Opening blinds and curtains, trimming back tree branches, and sitting closer to windows can also help provide an extra dose of sunshine.

2. Eat smarter.

Certain foods, like chocolate, can help to enhance your mood and relieve anxiety. Other foods, like candy and carbohydrates provide temporary feelings of euphoria, but could ultimately increase feelings of anxiety and depression.

3. Simulate dawn.

People with Seasonal Affective Disorder (SAD), a form of depression that usually begins in late fall or early winter and fades as the weather improves, may feel depressed, irritable, lethargic, and have trouble waking up in the morning— especially when it's still dark out. Studies show that a dawn simulator, a device that causes the lights in your bedroom to gradually brighten over a set period of time, can serve as an antidepressant and make it easier to get out of bed.

4. Exercise.

A 2005 study from Harvard University suggests walking fast for about 35 minutes a day five times a week or 60 minutes a day three times a week improved symptoms of mild to moderate depression. Exercising under bright lights may be even better for seasonal depression: A preliminary study found that exercise under bright light improved general mental health, social functioning, depressive symptoms, and vitality, while exercise in ordinary light improved vitality only.

5. Turn on the tunes.

In a 2013 study, researchers showed that listening to upbeat or cheery music significantly improved participant's mood in both the short and long term.

6. Plan a vacation.

Longing for sunnier days at the beach? Research shows that the simple act of planning a vacation causes a significant increase in overall happiness.

7. Help others.

Ladling out soup at the local shelter or volunteering your time can improve mental health and life satisfaction.

8. Get outside.

Talking yourself into taking a walk when the temperatures plummet isn't easy, but the benefits are big: Spending time outside (even when it's chilly!) can improve focus, reduce symptoms of SAD, and lower stress levels.

Workout of the Month:

"AT HOME BODY BURN"

Winter chill have you not wanting to leave the house to work out? No problem. Here is a workout I made that you can do right in your living room that combines cardio and strength training to get a fully rounded totally body burn. All you need is a light to medium pair of dumbbells (heavy if you choose), a mat, and a stopwatch.

Total time: approximately 35-40 min.

Muscles worked: All

- * warm-up: arm circles (1 min), jog in place (1 min), fake jump rope (1 min) x 2
 - * jog in place (medium to fast pace) 2 min
 - * 75 body weight squats (for more of a challenge, hold dumbbells)
(if you can't do 75 in a row, rest when you need, and continue until you hit 75)
 - * fake jump rope 2 min
 - * 50 pushups (if you can't do 50, do as many as you can and rest until you hit 50)
 - * jumping jacks 2 min
 - * 50 dumbbell rows (if your weights are very light for you, do 100)
 - * broad jump forward, back pedal 2 min
(to modify, just jog forward 4 steps, then back pedal 4 steps)
 - * forearm plank 1 min (if 1 min is too easy, do 2)
 - * run and hop back and forth 2 min
 - * lean fwd, curl, into triceps kickback 45 seconds each arm
 - * glute lifts on hands and knees 45 seconds each leg
 - * burpees 40 seconds
 - * Russian twists 1 min.
- Repeat workout 1x

See Damon for questions!

RECIPE OF THE MONTH



ROASTED WINTER VEGGIE POWER BOWL -Eat the Gains

An easy Roasted Winter Veggie Power Bowl loaded with seasonal produce, healthy fats, carbs, and fiber & topped with a simple tahini dressing. This bowl is gluten free, vegan, paleo, and also customizable to your liking!

Prep Time 10 minutes

Cook Time 40 minutes

Total Time 50 minutes

Servings 3 -4

INGREDIENTS

POWER BOWL

- 2 large parsnips, peeled and cubed (1 1/4 cups)
- 2 1/2 cups cubed butternut squash
- 1 tablespoon avocado oil or coconut oil
- 1 teaspoon garlic powder
- 1 large beet, peeled and cubed (2 cups)
- 1 teaspoon avocado oil or coconut oil
- 1/2 teaspoon cumin
- salt and pepper, to taste
- 4 cups packed kale, roughly chopped
- 1 teaspoon avocado oil or olive oil
- pinch of salt
- 1/3 cup walnuts

- 1/3 cup dried cranberries
- 1 small avocado, sliced

DRESSING

- 1 tablespoon tahini
- 1 tablespoon coconut aminos
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar
- 1/4 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 1/2 teaspoon red pepper flakes
- salt and pepper, to taste
- water, for thinning optional

ADDITIONAL ADD ONS: QUINOA, CHICKPEAS, ROASTED CHICKEN, and GOAT CHEESE...

INSTRUCTIONS

1. Preheat oven to 375 degrees Fahrenheit. Line 1-2 large baking sheets with parchment paper.
2. Roast the veggies. In a medium bowl mix together parsnips, butternut squash, 1 tablespoon avocado oil, garlic powder, and salt and pepper. Place on baking sheet making sure veggies are spread out evenly. In the same bowl add beets, 1 teaspoon avocado oil, cumin, and salt and pepper and mix to combine. Place on same baking sheet or another one if more room is needed. Roast for 35-40 minutes until soft.
3. While the vegetables roast, place kale in a bowl and massage with 1 teaspoon avocado oil and a pinch of salt until leaves become tender and soft.
4. Make the dressing. Mix all ingredients into a bowl and whisk to combine. Add a little water if you want a thinner consistency.
5. When veggies are done assemble the bowls. Divide kale, veggies, walnuts, cranberries, and avocado between 3-4 bowls. Top with dressing and enjoy!