



Western Racquet Club Fitness Center

Hours of operation:

Monday through Saturday: 5am to 10pm

Sunday: 5am to 6pm

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Get Fit Newsletter October, 2018

Don't believe it

I've got to warn you, there are myths still going around about strength training. The truth is that strength training is one of the absolute best things you can do for your health and appearance. If you've fallen for these 5 myths then you're missing out on tremendous potential results.

It's a Myth...that Muscle Turns Into Fat Why would anyone want to build muscle if it could morph into fat after a span of disuse? Rest assured that this is a myth of the highest order. Muscle tissue is muscle tissue. Fat tissue is fat tissue. One will never become the other.

It's a Myth...that Strength Training Doesn't Burn Fat On the contrary, muscle mass is your number one ally against fat gains. A pound of muscle burns 10-20 calories each day, while you're just living and breathing. Regular strength training helps you increase your muscle mass as well as preserve existing muscle mass, turning you into a fat burning machine.

It's a Myth...that Lifting Weights Makes Women Bulk Up Yes, strength training increases the amount of muscle on your body; so many women take this to mean that their body will become body-builder-esque, which may not be quite the look you're going for. The truth is that the female body simply doesn't contain high enough levels of testosterone to produce that level of results without a very focused and dedicated effort. The tighter, toned figure of a recreational female weight lifter is every bit feminine.

It's a Myth...that Strength Training Is For Young People Only Ha, that's a used-up excuse that senior citizens across the globe have shattered. Assuming that your doctor has given you the OK, you have much to gain from a regular weight lifting routine. Improved balance and coordination, better strength and flexibility, and a decreased risk of osteoporosis are just the beginning.

It's a Myth...that Light Weights and High Reps Tone Best This myth, popularized in the 90's, that very high repetitions of very light weights would result in a toned physique, has become outdated. These high repetitions will increase your muscular endurance but will not add strength or tone. We now know that in order to truly challenge your muscles, heavier weights with lower repetitions are a must. Start with an 8-10 repetition range and push your muscles with each set. Including strength training as a part of your fitness routine is essential for achieving a fit and toned body. My custom-made fitness programs remove all of the guesswork for you. I know what works, and I make it my mission to see you reach your goals.

Call or email today and we'll get you started on the program that's best for you.

The Many Forms of Strength Training

Resistance training is no longer limited to dumbbells and barbells. Each of the following are ways to challenge your body with resistance:

- Kettle bells
- Medicine Balls
- Exercise Bands
- Weight Machines
- Body Weight Training
- Suspension Trainers

Chili-Roasted Salmon and Veggies



What's for dinner tonight? I have a delicious recipe for Chili-Roasted Salmon and Veggies to share with you that's quick, satisfying and might be just the new dinner recipe you've been waiting for. The best dinners to fuel your fitness results are a combination of fresh, fiber-rich vegetables and quality protein, like this salmon and veggie dish. Enjoy!

What you need

- ¼ cup fresh lime juice
- 1 teaspoon minced garlic
- 1 Tablespoon chili powder
- 1 Tablespoon ground cumin
- 1 Tablespoon olive oil, divided
- 4 (5-oz) salmon fillets
- 2 zucchini, sliced into half moons
- 1 yellow bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 poblano pepper, thinly sliced
- 1 small red onion, thinly sliced
- sea salt
- black pepper

For the Creamy Mustard Sauce

- 2 Tablespoons coconut cream
- 1 Tablespoon Dijon mustard
- 1 teaspoon fresh lemon juice
- 1 Tablespoon fresh chives, minced
- ⅛ teaspoon sea salt
- ⅛ teaspoon black pepper
- 1 teaspoon water

Instructions

1. Preheat the oven to 425 degrees F. Lightly grease 2 large rimmed baking pans with olive oil. Arrange the salmon fillets on one of the pans and generously season with salt and pepper.
2. In a small bowl combine the lime juice, garlic, chili powder, cumin and 1 teaspoon of the olive oil. Pour half of the spice mixture over the tops of the salmon fillets.
3. In a medium bowl toss the zucchini, bell peppers, poblano pepper and red onion with the remaining 2 teaspoons of olive oil and with the remaining spice mixture. Spread the veggies over the remaining pan and generously season with salt and pepper.
4. Place both pans in the preheated oven for 20-30 minutes, until the salmon is flaky and the veggies are tender. Mix the mustard sauce ingredients in a small bowl and serve over the salmon. Enjoy!

Nutrition Serves four. One serving equals 572 calories, 26g fat, 21g carbohydrate, 8g sugar, 30mg sodium, 8g fiber, and 61g protein

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