



KETTLEBELL NEWS



Kettlebell Session Start Dates



Kettlebell Hell

Saturday November 29th
@ 7:00 am

Intro to Kettlebell

Thursday December 11th
@ 5:15 pm

Sunrise Kettlebell (T & Th)

Thursday December 18th
@ 6:00 am

Congratulations to all the members of the Monday Night Nutrition class for making a positive step toward a healthier lifestyle.

Announcements



Featured Article A Look at Useless Supplements and Worthless Training Equipment

By : Nick Nilsson

Infomercials, stupid ads, terrible products and useless supplements are here to stay. However, just because they're there doesn't mean we have to buy them.

1. Cortisol-Reducing Fat Loss Supplements

Ads for cortisol-reducing pills are all over the place these days. Cortislim, Relacore, CortAid, Cortisyn, Cortless in Seattle, I Can't Believe I'm Not Cortisolless, etc.

I have nothing but "respect" for a company that shamelessly shames people into buying their product by telling them they're a "member of the unhappiest club on Earth - the overweight club." I think it's wonderful how the cure to stress-related fat gain can be found in a glorified Vitamin C pill. The people peddling this stuff like that need to be knocked on the head WITH an overweight club.

Relacore's strategy? Herbal relaxants make you less reactive to stress so you don't secrete as much cortisol and therefore lose weight. Great theory! At least unlike other substances that make you "herbally relaxed," it doesn't give you the munchies.

I don't know about you, but I'm just plain sick and tired of products that say "Let's treat the symptoms and not the root cause! That way, people will have to stay on this stuff forever or all the weight will come back on because NOTHING ELSE HAS CHANGED IN THEIR LIFE." What a genius of a marketing technique. It's like putting a band-aid over your nose when you have a head cold. Sure, it stops your nose from running, but when the band-aid comes off, you're going to be up to your elbows in it.

2. The Ab Lounge

This is a "fabulous" ab exerciser that's making the infomercial rounds. It claims to allow you to develop six-pack abs while lying in a reclined position. Just fold yourself up like a human omelette - it's just that easy! It's basically a Craftmatic adjustable bed without the mattress or the motor.

Unfortunately, the function of the rectus abdominus (the six-pack area of the abs) is spinal flexion (curling the spine forward) not hip flexion (bending at the waist like this machine forces you to do). Sit-ups work the abs isometrically (without movement) through hip flexion like this as well.

Don't waste your money on this unless you want to have somebody you don't like sit in it and be folded in half as a practical joke. They should have designed this thing with a clothes hanger built in to save everybody the time.

3. Carbohydrate or Fat Blocking Pills

Here's a newsflash - if you have to block your body from digesting something, maybe you shouldn't have put it down your gullet in the first place. And besides, what do you think happens to undigested, unused stuff like that as it makes its way through your digestive system? Bingo. Your body puts it out the back door in a "green apple quickstep" hurry.

If the focus of your diet is on getting away with as much as possible, you're simply not going to succeed in the long run. But on the bright side, at least you'll be able to catch up on some reading by spending half your day in the bathroom.

4. Electric Ab Belts

If you don't already know how useless these things are, let me be the first to tell you how useless these things are. They won't even keep your pants UP (at least a regular belt will do that much) much less help you make them looser.

You can't see your abs unless you burn fat. You don't burn fat by making muscles twitch for a few minutes. If you really want to lose weight using this thing, hook up the electrodes to a metal knife and fork and try and eat with them.

5. Fat-Loss Creams

A topical fat-loss cream that actually worked would be a dream come true for so many people. Too bad they stink and I'm not just talking about the smell.

What would it take to convince me that one of these worked? Have a test subject use it on only HALF of their body. If they look like a stitched-together "before and after" picture, I'd believe something was happening there (heck, that's a good enough idea that I might just try it on myself someday!).

You want a fat-loss cream that works? Smear some fresh Wasabe (Japanese hot sauce - kind of like biting down a hot chili pepper) on EVERYTHING you eat. I can guarantee you'll lose fat because soon you'll hardly be able to eat anything!

6. Ready-To-Drink Protein Shakes

I want to shake the hand of whoever it was that first came to the realization that people will gladly pay FOUR TIMES AS MUCH for the exact same protein powder if you just add the water for them. He or she is a marketing genius.

7. The Majority of Infomercially-Sold Exercise Equipment

Normally, I don't like to make blanket statements about entire classes of exercise equipment but then again, sometimes I do. Bottom line, much of the stuff sold on TV and infomercials is just simply plastic-and-elastic junk peddled to desperate people looking for a quick fix.

I'm sure this does not really come as a terribly mind-blowing, earth-shattering shock to you.

Until I watched these commercials a few times, I really never realized how much of an awful hardship it was to lie down on the floor and do a regular crunch. What a fool I was. Wouldn't our hunting and gathering ancestors be proud.

And judging by the demonstrators on TV, some people can't apparently even do a crunch without wrenching on their neck like they're trying to pull their head out of something (or someplace - I'll let you figure out where that might be).

Conclusion:

The world will never be without terrible supplements or lousy exercise equipment. As long as there's a buck to be made off of people's laziness and insecurity, those things will exist. Your best defense is knowledge, a willingness to do what's necessary, and a good sense of humor when these things get just too stupid to believe!

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Quote:

"Sometimes, it is not good enough to do your best; you have to do what is required."
~ Winston Churchill

ChrisFit Minute

Interesting Fitness Facts Did You Know:

Regular exercise decreases the risk of developing cancer.

Light stretching produces molecules that help heal already inflamed tendons.

Almost 70% of Americans struggle to lose weight or just maintain body weight.

One third of all new type two diabetic cases occur in children under the age of 16.

Regular physical activity helps increase bone mass and density!

Exercise improves the quality of your sleep.

Less than 13% of U.S. adults exercise regularly at a high enough intensity and duration to attain a minimum fitness level.

Quick Tip

After vigorous aerobic exercise it is important to take 10 minutes or so to cool down gradually. Do not stop abruptly. For example, after a long run or jog, walk around and keep moving, rather than just stopping.

Cooling down properly (moving around) redistributes the blood that may have pooled in the extremities when you end your workout, and it prevents muscle stiffness because it allows the metabolic wastes to be worked out of your muscles.

Client Recognition

This month ChrisFit would like to recognize a client who has shown hard work, determination and perseverance OUTSIDE of the gym.

So.....

Congratulations to Diane Vitello for winning the recent election for Niagara Falls City Court Judge!!!

Please Email Ideas, Comments or Questions To Submit To jalind654@gmail.com

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