

Issue 1!

November, 2008



HEALTH & FITNESS NEWSLETTER

# Forte Personal Training

## Welcome to Our First Monthly Health & Fitness Newsletter!!

Hello Everyone!

I wanted to start this newsletter to help keep everyone up-to-date on the latest fitness news! I really appreciate all of my clients and wanted to share a little bit more information with you then we are able to talk about during our sessions!

In this issue, you will find all sorts of health and fitness articles, healthy recipes, and events that are going on around Orlando.

Next month, I would love to include a question and answer segment, so please email me with any questions you may have!

In addition, I will also be having a special client section- so if there is anything exciting happening in your life, I would love to hear

about it! (Races, trips, or adventures you are planning or have done.)

I would like to say a big thank you to all of my clients who have referred a friend to me this past month! I truly appreciate working with all of you, and look forward to helping you to reach your goals!

Stay happy and healthy and enjoy this beautiful weather!!

Thank You!

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Have  
a  
Wonderful  
&  
Happy  
THANKSGIVING!



### Fit for Thanksgiving...

It is always challenging over the holidays to eat well and keep up with your regular exercise. Something fun I am doing this year with my family is a Thanksgiving Day Turkey Trot! Although I will be in Tampa for mine, you may

want to consider the 5K (3.1 mile) run/walk on Thanksgiving morning at Lake Eola! It is a great way to get the whole family outside and active, and also burn a few of the extra calories from the pumpkin pie! Speaking of pumpkin

pie, go ahead and eat some! Holidays are a time of celebration, not deprivation. Just make sure you are eating in moderation and not over-doing it, and you will be fine! I hope you all have a wonderful and healthy Thanksgiving!

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#### November Events:

- 11/9 Founder's Day 5K & 10K, Celebration FL, [www.trackshack.com](http://www.trackshack.com)
- 11/27 Seniors 1st Turkey Trot Lake Eola, FL [www.trackshack.com](http://www.trackshack.com)
- 11/27 3rd Annual Turkey Trot Lake Norman, FL [www.Buttar.com](http://www.Buttar.com)

**HAPPY THANKSGIVING!**

# How Many Calories Do You Really Need??

If weight loss is one of your goals, then monitoring your caloric intake is extremely important. First, you need to determine the amount of calories your body needs on an average day. So get out your pen and paper and I will help you to figure out what yours is! There is a mathematical formula that is used to make this estimate. This number is an estimate because although this calculation can be very helpful, it does not factor in genetics, age, or muscular makeup (which all play a role in calorie burn rate.)

I will run through the numbers with a hypothetical 150 lb woman so that you can see how the formula works:

1. Take your weight and multiply by ten. This is the number of calories your body

needs just to keep breathing, digesting, and perform all other maintenance work.

It's called your Basal Metabolic Rate (BMR).  $150\text{lb} \times 10 = 1,500$  calories (BMR)

2. Determine your activity level. An average activity level is .30 (desk job, no exercise); more active is .40; very active is .50 and extremely active is .60 (engages in vigorous planned sports 5 to 7 times a week).

3. Multiply your BMR by your activity level. Here we will assume a .30 activity level.  $1,500 \times .30 = 450$  (activity factor)

4. Add your BMR and your activity factor to get your maintenance calories. You need about this many calories to make it through an average day. If you eat this

amount of calories you will *maintain* your current weight.  $1,500 + 450 = 1,950$ .

There you have it! In order to lose 1 lb of fat you need to accrue 3,500 weight loss calories. This means if you subtract 500 calories from your daily intake per day for 7 days, you will have lost 1 lb by the end of the week! ( $500 \times 7=3,500$ ). As an important note, never go below 1,200 calories per day. Your metabolism will slow and you will be more likely to binge due to starvation.

Remember, if you increase your maintenance calories by upping your activity level you'll also speed up weight loss.

As always, if you need any help to figure out your caloric expenditure out, feel free to contact me at any time! Good Luck!

## Exercising with Joint Pain...

### Top tips for exercising when you have joint problems:

- Dive in! Exercising in the water has virtually no impact! This will take weight off painful joints and encourage a larger range of motion. If you have shoulder problems, you may want to avoid the overhead motions of some swim strokes.
- For knee and hip pain try a stationary bike to reduce impact on sore joints.

- Elliptical machines also provide minimal impact on joints while providing a good cardiovascular workout.
- Try yoga for stretching and to improve flexibility, range of motion, balance, and coordination.
- Apply heat before exercise to relax muscles and joints. After exercise, ice your joints to reduce swelling.

- If you feel sharp pain in a joint or anywhere else while you are exercising, stop.
- Talk with your health care professional before starting exercise in order to choose the right activity for your specific condition.

*"Health is the thing that makes you feel that now is the best time of the year."*

**Franklin P. Adams**

## Client Corner:

Congratulations to Courtney! Over the past few weeks, Courtney has been running and training diligently— and on October 11th, she finished her very first triathlon!! She is also in training for the Disney Marathon 2010! Yay!

Monica and her mother are preparing for their very first race— the Reindeer Run on December 13th! Great job guys!

Kristy also began training for the Reindeer Run this year! This will be her first race as well!

Very exciting news for Kari and Pat—they are in the process of adopting 4 beautiful children! They are going to make such amazing parents! YAY Kari and Pat!

Please share any exciting news! I would love to be able to post it here!



**HEALTH & FITNESS  
NEWSLETTER**

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**BOOTCAMP COMING SOON!**



**Get ready for an exciting, challenging, and rewarding workout!**

**First Camp Starts in January!**

**Check the Website for updated information on dates and times!**

## Healthy Recipe of the Month!

### Roasted Red Pepper Stuffed Chicken Breasts

**Serves:** 4

**Preparation time:** 10 minutes

**Cooking time:** 15 minutes

**Ingredients:**

4 large slices of roasted red bell pepper, from a jar

1 shallot, diced

4 boneless, skinless chicken breasts, about 4 to 6 ounces each

1 1/2 tablespoons olive oil

1/4 cup white balsamic vinegar

3/4 cup chicken stock

**Cooking Instructions:**

1. Cut a deep horizontal pocket in the side of each chicken breast. Make the pocket as large as you can without piercing the top or bottom of the

breast. Place 1 slice of red pepper and 1 teaspoon of diced shallot in the pocket of each chicken breast. Secure the pocket with toothpicks threading along the side to close.

2. Heat the oil in a heavy oven-proof skillet until it begins to smoke. Cook each side of the chicken until golden brown.

3. Add the vinegar and chicken stock and bring to a boil. Lower the heat and gently simmer the chicken for 2 or 3 minutes per side until cooked through.

4. Remove the chicken breasts from the skillet and keep warm. Continue to cook the sauce until it is reduced to a thick syrup.

5. Taste the sauce and season with salt and pepper. Spoon the sauce over each chicken breast to serve.

### Nutrition Facts

**Serving Size** 1 chicken breast

**Calories** 241

**Protein** 34 g

**Total Carbohydrate** 5 g

**Dietary Fiber** 0 g

**Soluble Fiber** 0 g

**Insoluble Fiber** 0 g

**Sugar** 4 g

**Total Fat** 8 g

**Saturated Fat** 2 g

**Monounsaturated Fat** 5 g