



**August 2006**



Dear **Train By Trina** Readers,

I hope my letter finds you well, and energetic. If not, you really need to read on. We are going to look at what cross-training is and its benefits. Cross-training is a topic that I speak about a lot to running groups who have a specific goal in mind of making themselves well rounded athletes. We also have some special offers for you Train by Trina readers to take advantage of.

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## **Cross Training**

Fact: you can lose as much as 16% of your aerobic capacity by not exercising for 6 weeks. Now, after you have worked so hard to build it up you have to keep it up. If you are getting bored with your current exercise routine then you need to mix it up. That is exactly what Cross Training is.

Cross Training refers to a training routine that involves several different forms of exercise. Cross training is a beneficial training method for maintaining a high level of overall fitness.

The reason cross training is so beneficial is that it reduces boredom and repetitive strain injuries while strengthening other areas of your body that would not normally get activity during your regular routine. For example, say you are a runner and all you do is run. This will build great cardio capacity in your heart and lungs along with strong legs, but, what about your arms and core strength? By adding in weight training or a body pump class you are getting resistance training that builds strong muscles and assists with posture and the integrity of your joints to prevent injuries.

Think about what you are currently doing and what you may need to add to make you a well-rounded fit machine!! Write out what you do on a weekly basis and see if any aspect of whole body fitness is missing. When was the last time you stretched or worked on your core? These are the two that everyone forgets. Here are some options for you to add into your current fitness plan:

- Calisthenics (push ups and crunches and pull ups)
- Free Weights and/or weight machines
- Tubing and Bands
- Flexibility (stretching, yoga)

- Speed, agility, and balance drills
- Circuit training, sprinting, plyometrics and other forms of skill conditioning
- Core Strength (Pilates)

## Roasted Kale "A Healthy Snack"

This recipe was given to me by my Chiropractor, Dr. Elaine Dembe

A Bunch of Kale  
Oil and Salt  
Garlic

- \* Strip stems off Kale
- \* Wash, dry in salad spinner
- \* Tear into pieces
- \* Toss in oil, salt and garlic (finely chopped or powder)
- \* Spread Kale out on baking sheet
- \* Roast in the oven at 375°F for 4-6mins
- \* Take it out and toss on the sheet to move it around
- \* Roast again for 4-6mins



Enjoy as an alternative to chips, and know that you are doing your body good by taking in many anti-oxidants.

## Exercise of the Month

### Side Bridge

**Set up:** Lie on one side with your body stretched out in a straight line and with the other hip, shoulder and leg stacked on top of the bottom one, square to the ceiling. Bend your legs to create a right angle at your knee. Place your top arm on your hip, place your elbow of your bottom arm under your shoulders with your hand propping up your head.

**Movement:** Engage your abdominals and lift your hip up off the matt. Your knees and bottom elbow should be on the ground supporting you. Hold for 10-15 seconds. If you are finding holding for 15 seconds easy, increase the time gradually. Repeat on the other side.

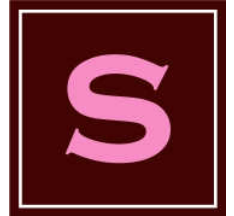
**Tip:** Maintain a natural spine and keep your head looking forward. The tendency here is for your hips to twist and you don't want that.



# Train by Trina Promotions

## TBT Promotion

Stretch Fitness, located at 194 Bloor St West, has offered Train by Trina readers a special offer of 5 classes for \$25.00. This is a super deal. [Click here](#) for schedule and location information.



## Scotiabank Waterfront Marathon

Takes place on Sept 24th. If you have not already entered, contact Dana at Equip KIDS International (link below) for a discount on entry and a fundraising opportunity to have everyone win!!

## Quick Links...

[Stretch Fitness](#)

[Equip Kids International](#)

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*I invite you to share the knowledge that this newsletter provides. Please forward this email on to friends or associates that you think would enjoy and would benefit from Train by Trina services and information. Thanks for reading and get out and enjoy this great summer weather!!*

Cheers,  
Trina



Photo by Walter Segers at Verity