

*I'm Trina Lambe*  
It's my mission

"To reach, teach and educate thousands of people  
on how to live a healthy life through activity."

Train by Trina

circuit2health

## Current Newsletter

**June 2008**

### In This Issue

[Sunshine & Shadow!](#)

[Do I Need a Sports Drink?](#)

[Featured Trainer: Matthew Adshead](#)

[Exercise of the Month: Bent Over Row](#)

### SUNSHINE & SHADOW!

Summer is here!!! It's time to pack away that snow suit and prepare for another hot and humid season. Remember that it's important to hydrate not only when you exercise, but throughout your entire day. Not sure when to switch to a sports drink? Check out the article below for more details.



### DO I NEED A SPORTS DRINK?

This month we are going to look at what type of exercise really requires more than just water! It is a complex world out there of electrolytes, carbohydrates, and sodium! What to choose and when?



Sports drinks were created in 1958, a salty-sweet beverage named *Bengal Punch* made its debut at Louisiana State University. It was the first edition of sports drinks (followed seven years later by *Gatorade*). Since then, a booming industry has sprung from this modest beginning. The drinks are everywhere, and there's no escape from their hyperactive advertising.

For people exercising for an hour or less in reasonable temperatures, the best fluid replacement is water. Nothing does a body better than good old H<sub>2</sub>O! Our diet provides enough sodium, potassium, chloride and magnesium to replace sweat losses in most cases.

However, for those exercising longer than an hour, or in high heat or humid conditions, or in higher altitude, sports drinks may offer benefits.

In addition to fluid replacement, sports drinks supply energy through various carbohydrate sources and contain electrolytes. There are a variety of sports drinks on the market: *Gatorade*, *POWERade*, *e load*, and much, much more. What is it in these drinks that give you that extra hydration?

Drinks that have a concentration of more than 8% carbohydrates (and some sports drinks fall into this category) are more likely to cause upset stomachs than those with lower concentrations. Among the chief benefits of sports drinks are the carbohydrates they provide to help the body replace the energy-producing glycogen an exerciser expends during exercise. In the days before sports drinks, some runners created their own kind of sports drink, carrying de-fizzed soda with them to get the same type of energy boost - a technique still practiced by many. The trouble with these makeshift energy drinks is simply that they often have too many carbohydrates.

These same carbohydrates, when in appropriate concentrations of 6-8%, also help the body absorb the sports drink up to 30% faster than water. This, of course, is great when you have been pushing hard and need to rehydrate in a hurry. Beware, though, that the concentration of carbohydrates is not too high. Some sports drinks, as well as some sodas and juices, have a sugar content that actually slows absorption.

Finally, sports drinks contain electrolytes, such as sodium and potassium that are lost with sweat. Sodium in particular is helpful in speeding absorption of the drink. While it is not at all clear that your body actually loses very many electrolytes during running, studies have shown that electrolyte-replacement drinks do cause the body to retain more fluid than plain water.

Sports drinks aren't all bad and taking the right one for you, at the right time does provide an energy boost and slightly faster

fluid absorption than water. They are most useful during or after long or unusually hard workouts. For activities under an hour however, it matters little whether you have a sports drink or plain, old-fashioned water (except that water has no calories)!

Here are some examples on how to make your own home brew that will keep you under the 8% carbohydrate content!

**Home Brew:** This is not fancy electrolyte engineering, but you can dilute these to taste and stomach comfort:

**Cool Lemon:**

- 1 cup water
- 1 tsp. fresh squeezed lemon juice
- 1/4 tsp. salt
- 4 tsp. sugar

**Cool Cran:**

- 3/4 cup water
- 1/4 cup 100% pure cranberry juice
- 1/4 tsp. salt

Keep hydrated!  
Trina

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## FEATURED TRAINER

### Matthew Adshead

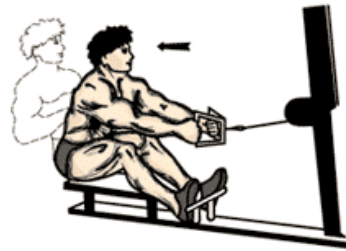
Matthew is a graduate of the School of Kinesiology and Health Science at York University and a Can-Fit-Pro certified trainer. Matthew describes fitness as a simple concept; beyond the fad diets and coolest activities, fitness is as simple as eating right and getting active. Helping someone to achieve this realization, and getting active in anyway that they enjoy, is his primary goal.



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## EXERCISE OF THE MONTH

Are you hunched over a desk all day? Need some help with your posture? Give this exercise a try!



**Bent Over Row:**

Level 1: 1-2 sets  
Level 2: 2-3 sets

**Target Area:** (Back/Shoulders/Arms)

- Latissimus Dorsi
- Biceps
- Rhomboids + Posterior Deltoids

Equipment at the Gym: Cable Machine with/without Stability Ball  
Equipment at Home: Bench & Free Weights

**Set-up (Gym):** Cable Machine/Stability Ball

- Sit facing the weight stack.
- Knees slightly bend and resting on the foot platform.
- Grasp the bar with a neutral grip.
- Keep chest lifted, shoulders back, and head up.



**Movement:**

- Contract your abdominals to stabilize your core.
- Retract the scapula (squeeze shoulder blades down).
- Pull the handles towards your rib cage. Pause.
- Return to starting position.
- Complete desired number of reps and sets.

**Tip:** If you want more of a challenge, try this exercise while sitting on a stability ball instead of the cable machine bench.

**Set-up (Home):** Bench & Free Weights

- Place one knee on the bench and the other leg planted on the ground.
- Lean forward (hand on top of bench) and keep back straight.

**Movement:** Pull weight back while squeezing your shoulder blades back/together.



**Tip:** Remember to keep your head up while performing this exercise.

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Look for these new products at a Shoppers Drugmart near you!



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*Train by Trina where the trainer comes to you!*

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