



Fitness Training & Sports Conditioning

# The Body Club News

FALL 2015

## New Trainer, Jessica Johnson

The Body Club is proud to announce the newest addition to the staff, trainer Jessica Johnson. Jessica graduated from the University of Illinois at Chicago with a Bachelor's degree in Kinesiology specializing in exercise fitness and health promotion. Her experience includes working with the International Association for Worksite and Health Promotion for the Midwest Business Group on Health in Atlanta GA and strength and conditioning coaching with the US national women's rugby team. She earned a Certificate of Recognition for Undergraduate Research. Jessica has worked as a personal trainer, fitness assessment technician, fit for life educator, a group fitness instructor, and helped teach exercise psychology at Eastern Illinois University. She is experienced with power lifting, Olympic style lifting, aqua aerobics, resistance training, foam rolling and muscle relaxation techniques. Jessica is now taking on clients for one-on-one personal training. To schedule a free consultation please email her at



[Jess.Backous@gmail.com](mailto:Jess.Backous@gmail.com)

or call The Body Club at **815-600-3129**

618 Jackson Ave

Charleston, IL

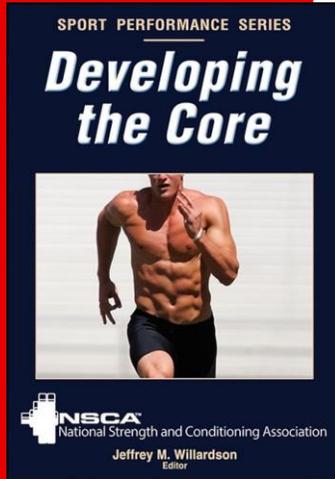
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# Core Muscle Imbalances



The following excerpt is from chapter 5 of the book, "Developing the Core", written by Body Club trainer, James Di Naso.

A training program for the core musculature should also address any muscle imbalances that might exist. Imbalances can lead to less than optimal movement patterns and possible injury (Cook and Gray 2003). For example, an imbalance between the trunk extensor and flexor muscles can lead to serious injuries such as herniation of the abdominal wall or slippage of the intervertebral discs depending on which muscle group is dominant (Zatsiorsky 1995). It is very important to recognize that imbalances can develop because of the dynamic repetitive movement patterns of a particular sport or even the static functional activities of a person's occupation.

For example, a tennis player who constantly practices to improve the overhand serve may develop a disparity in strength between the anterior and posterior core muscles. The anterior core muscles are greatly recruited during this motion and can increase in strength disproportionately when compared to the posterior core muscles. The same imbalance can occur with prolonged static activities. For example, an office worker who sits in front of a computer for extended periods of time can suffer from adaptive shorten-

ing in the hip flexor muscles. This can cause weakening of the abdominal wall and tightness in the posterior core muscles, leading to lordosis of the lower back. Strength and conditioning professionals can identify core muscle imbalances and design appropriate training programs in several ways, including the following:

- Identifying the dynamic movement patterns and static positions commonly performed by people and athletes and the imbalances associated with them
- Observing incorrect posture and structural imbalances, such as lordosis and kyphosis, which can reveal deficiencies in the conditioning of specific core muscles
- Performing muscle testing to reveal weakness among core muscle groups
- Noting inefficient movement patterns associated with imbalances in the core musculature

Imbalances can also develop from incorrect exercise programming. Neglecting to train any of the four basic trunk movement patterns or emphasizing one muscle group over another, such as

training the anterior core muscles and neglecting the posterior core muscles, could result in an imbalance. To prevent muscle imbalances, a minimum of a one-to-one ratio should be performed between all four of the four basic trunk movement patterns

For example, three sets of a trunk flexion exercise should be balanced with three sets of a trunk extension exercise. This can be achieved within the same workout, during which each movement pattern is performed. The important factor is that the volume be evenly distributed among the trunk movement patterns. An exception to this is if there is an obvious weakness or imbalance identified through testing, in which case, it would be appropriate to include more sets of exercises to strengthen the weaker muscle group, perhaps using a three-to-one exercise ratio in favor of the weaker core muscle groups. For example, three sets of hyperextensions for every one set of crunches could be a strategy to strengthen weak trunk extensors yet still train the trunk flexors.

## Featured athletes

Caleb Oakley and Ricky Decker are our featured athletes. Caleb has been training at the Body Club since August of 2014 and Ricky began in February of 2015. Both athletes have made great gains in strength, movement skill and body composition.



Caleb's favorite sport and focus is basketball. In his spare time Caleb enjoys playing video games, especially those that involve sports. He trains consistently three times a week in the Group Athlete Training Program and enjoys doing the Olympic lifts especially power snatches. Caleb looks forward to using the physical skills he has gained at The Body Club to one day play in the NBA. Caleb's passion for sports drives him to work hard every workout. Caleb is also very well behaved and respectful. Body Club coaches think Caleb can improve his game even more by eating more green vegetables.

Ricky's favorite sport is basketball but his focus is to improve his fitness. In his spare time he enjoys playing video games as well as staying on top of his studies. He is also one of the most consistent athletes at the Body Club who attends the Group Athlete Training Program. Ricky trains three days a week and has completely changed his body composition losing over 20 pounds and improving his movement skills tremendously. Ricky's favorite exercise is power cleans. He has shown the greatest level of improvement of all the athletes in the past six months.



## Fight Like a Girl III

The Body Club will once again host "Fight Like a Girl" female self defense class.

This class empowers women to fight back when assaulted.

There is no cost to participate. If you are a female Body Club client you can bring your moms, daughters, sisters, nieces, and granddaughters.

Come prepared to beat up James as he will be playing the role as the assailant. Participants will be wearing full protective gear provided by Red Man.

**Date:** January 2016 TBA

**Time:** TBA

**Location:** The Body Club 618 Jackson Avenue Charleston IL

**Attire:** Shorts, T-shirts and sweats  
(come prepared to participate)





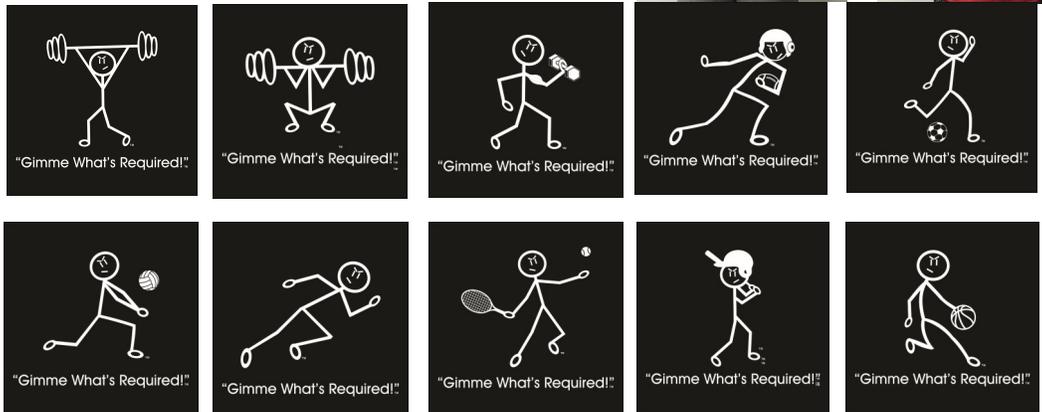
## The Body Club Mascot "Reps"

# The Body Club Launches New Clothing Line

Wait no longer! The Body Club's highly anticipated fashion line, "Gimme What's Required" has debuted. The collection features our new Body Club mascot "Reps", a charming stick figure whose logo appears on soft, comfortable t-shirts and sweatshirts

The figure is performing a number of sports and fitness movements featured below. The t-shirts come in a wide array of colors and sizes (XS, S, M, L, XL, XXL). T-shirts are \$19.95 or \$15 for Body Club Clients each, sweatshirts are \$25 each, and beanies are

\$10. Orders can be placed by visiting our facility or sending a check or money order to: The Body Club, 618 Jackson Ave, Charleston, IL.



## Featured Fitness Client



Lauri Willems is our featured fitness client.

She has been training at the Body Club since June of 2015. She is married with two children and was raised in Charleston, IL. She is an instructor in the Department of Health Studies at Eastern Illinois University.

Her mother, Marilyn DeRuiter, was the owner of the first commercial fitness center in Charleston, called Figure 8 Fitness. Figure 8 Fitness was an all women's fitness center and was later renamed the Fitness Club and moved above the old Wilb Walker's supermarket. Her mother's involvement in the fitness industry is how Lauri became interested in the field.

Lauri came to The Body Club looking for a Personal Trainer to help give her the extra motivation and expertise to improve her fitness. "James keeps me in line" Lauri says. Her back and knee suffered pain from driving and sitting so much. Since June she has noticed much improvement in both areas. She was able to drive to Chicago and walk around downtown and return home with no pain. Her clothes are fitting better, she is sleeping better and her back feels so much better. Her favorite exercise is the Dynamic Stretching routine.

# CHS Basketball Strength and Conditioning

Over the summer, the Charleston High School Basketball team reached out to The Body Club for their strength and conditioning expertise. Body Club trainer James Di Naso, along with summer interns, Julis Charles and Grant Speer, put together a summer training program to help

CHS basketball players improve their strength and fitness for the fall. The team trained three times a week in the new CHS weight room. CHS varsity basketball coach Jim Wood plans to continue the program with his coaches through the fall season. Make sure to come out and

support the basketball team this upcoming season. Go Trojans!



*The Body Club*

## Sport Performance Training

Monday, Wednesday, Friday 4:00– 5:30

Move from 2nd or 3rd string to that starting position!

Athletes will develop the fundamentals including...

- |                                      |  |
|--------------------------------------|--|
| <input type="checkbox"/> Flexibility | <input type="checkbox"/> Agility         |
| <input type="checkbox"/> Speed       | <input type="checkbox"/> Strength        |
| <input type="checkbox"/> Power       | <input type="checkbox"/> Movement skills |

Improve your kid's athletic performance!

Call 815-600-3129 for a free trial!

## Nutrition tip/ Healthy Holiday Eating Strategy

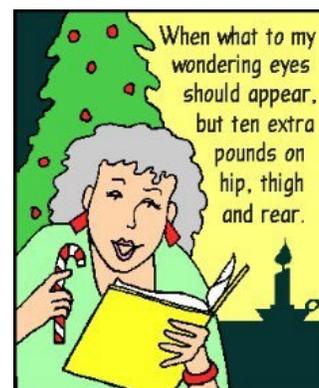
With the warm summer air leaving, comes the extra pounds of comfort food, wine nights with the girls and lattes before work. Here are a few tips to fend off the winter-15.

1. "Just say no" to the edible extras: You don't need a breakfast sandwich every time you get a coffee from Starbucks.
2. Swap booze for something warmer: try some hot green tea or cinnamon tea.
3. Stay thirsty: keep hydrated. Just because you are not outside sweating all day, does not mean there isn't a need for H<sub>2</sub>O.
4. Put your carbs to work for you: trade out your white flour pasta for some whole wheat noodles.
5. Pick up a gym membership
6. Don't hide in comfy, oversized clothing! When your

clothes tend to bag, you do not realize how much weight you are putting on.

7. Schedule your own milestones: set some simple weekly goals. Run five miles this week, stay away from booze the next week.

Source: EliteDaily.com Article: 7 ways You Can Avoid Putting On The Pounds During The Fall Months.



Source: Miss Cellania website

# Chocolate Protein Overnight Oats

## INGREDIENTS

- 1/4 cup of old fashioned oats
- 1/4 Cup of unsweetened milk of your choice (coconut, almond, or skim)
- 1 Tbsp. Unsweetened cocoa powder
- 1/2 Cup of plain Greek yogurt
- 1/8 tsp salt
- 1/2 tsp vanilla extract (optional)
- 1/4 tsp almond extract (optional)
- 1/4 tsp coconut extract (optional)
- 1 1/2 TBS of chopped almonds(optional)
- 2 TBS chocolate protein powder
- stevia to taste
- 1 tsp chia seeds (optional)

**Toss all of this in a mason jar, or Tupperware with a top, cover with the lid, mix it up and set it in the fridge overnight and you're done!**

**It can be eaten cold, or heated up. This is good for about 2 days.**

**The ingredients can be slightly altered to change the flavor.**



Source: "Jumpstart Theme by Bodypress"

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**The Body Club is committed to bring it's customers the highest quality in sports performance and fitness programs. Whether you are just beginning a fitness program or are a competitive athlete, we can help you achieve your goals!**

**The Body Club**

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