

Here's your May FIT TIP...

## Are vibration exercise machines safe and do they work?

There have been more than 300 research articles from accredited and credible universities on the positive effects of vibration exercise. The technology is being used in hospitals, rehabilitation centers, sports performance facilities, fitness facilities, and in peoples' homes.

Research shows many positive benefits of vibration training. However, most people don't realize that you must do various forms of exercise to get any benefit. In addition, it works best if you are educated on the right positions, and right difficulty levels for the condition you are trying to target. Are you looking at losing weight? Recover from an intense workout? Improve flexibility? Improve bone density? The program will differ from one program to another.

Like any other form of exercise, if the exercise is not done right, safely, while using proper exercise positions and physiological principles, injuries can happen. Injuries can happen when you use a treadmill the wrong way, or when you begin jogging with the wrong shoes and continue to over train. In conclusion, proper use of **vibration exercise machines** is crucial not only to your success with your program, but also to the safety of your programs. That's why we have personal trainers to ensure you are doing your program the right way, and safely.

Compiled by Ariella Tsafatinos: Adapted from <http://www.vibrationexercise.com/top-10-questions-people-ask-about-vibration-exercise-machines-part-1>

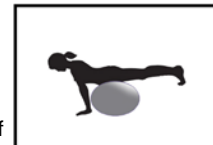
### Donkey Kick Circle

- As before, get down on your hand and knees.
  - Just like the basic donkey kick, lift your right leg, knees bend, thighs parallel to the floor.
  - Place a dumbbell (check the weight with your instructor) behind your right knee.
  - Rotate your leg to the right in circular motion, using your hips. Do this 5-6 times.
  - Rotate the same leg to the left in circular motions, again 5-6 times.
- Change legs and repeat the whole process with the left leg.



### Stability Ball Donkey Kick

- Stand about a foot away from a stability ball. You can determine the distance according to your comfort level.
- Stand with your feet together.
- Bring down your upper body so that you can place your hands on the ball for support.
- Lift up your right leg, bending at the knees at 90 degrees.
- Now kick back as high as you can.
- Repeat 15-20 times before moving on to the left leg.



**5 Donkey Kick Exercises for a Firmer Butt**  
 Also known as quadruped hip extensions and bent-leg kickbacks, this is the latest fitness mantra that people are swearing by. This is a great exercise to work for your glutes. Firm and Healthy glutes allow you to walk, run, jump and twist. Don't you think these hard-working muscles need some special attention??

### Basic Donkey Kick



- Get down on all fours, hands and knees on a mat.
- Position your hands below your shoulders. Ensure that your knees and hips are aligned. Keep your torso, including your head, straight.
- Lift up your left leg while keeping the knees bend, so that the thigh is parallel to the floor. Make sure the foot is pointing towards the ceiling.
- Try and stretch the foot as much as possible without moving your upper body and keeping the abs tight.
- Come back to the original position and repeat the same process with the other leg.
- Switch legs and repeat at least 8 times.

### Wall Donkey Kick



- Stand with your back to a wall.
- Get down on your knees and hands, keeping the hands shoulder length apart and the knees tucked under the hips.
- Put all the weight on your toes and hands.
- Kick out so that your feet touch the wall behind you. Do not move your upper torso. Your body and hands should remain in the same position all throughout the routine.
- Jump back to the original position.
- Repeat at least 10 times to get maximum benefits.

### Straight Leg Donkey Kick



- The original posture remains the same in almost all donkey kick variants. Down on all fours.
- Keep the knees together and lower your upper body further by bending your elbows and keeping the forearm straight on the floor.
- Straighten your right leg and lift it as much as you can. Do not bend the knees or move the hips.
- Bring down the leg and repeat with the other leg.
- Repeat 15 times minimum for each leg.



It is thought that Christopher Columbus brought back the bell pepper plant with him from the Americas to Europe, and because of the slightly pungent taste of the fruit, it was called a pepper! Botanically speaking, bell peppers are fruit, although they are referred to as vegetables in the culinary context.

### Why do Peppers come in so many colors?

Essentially, **Red** and **Yellow** peppers are **Green** Peppers that have been allowed to ripen.

Red Peppers are fully ripened Green Peppers and are therefore sweeter and fruitier, and because they take longer to mature, they have a higher sticker price. Yellow Peppers are somewhere in the middle of the “ripeness” index, and are therefore sweeter than their green counterparts, but milder than the red.

Peppers are **HEALTHY**, and **LOW in CALORIES (about 43 calories in a large red pepper)**...

While Green peppers aren't exactly unhealthy, their older red and yellow cousins are allowed more growth, and therefore have twice the amount of vitamin C and almost 9 times as much beta-carotenes.

All Bell Peppers are a significant source of iron, vitamin B6 and protein, as well as dietary fiber. They are rich in lycopene, which is an anti-oxidant believed to lower the risk of certain cancers such as prostate, cervical, bladder and pancreatic.

### Try this healthy...Roasted Red Pepper Dip

**Ingredients** 4 red peppers, 1 large onion or 3 shallots, peeled and cut in chunks, 2 cloves garlic (peeled), 2 Tablespoons olive oil (reduce as necessary for your diet), 1½ teaspoons red wine vinegar, 1½ teaspoons kosher salt, ¼ teaspoon black pepper.

**Instructions:** 1. Preheat the oven to 425. Line a baking tray with parchment paper and set aside. 2. Cut the peppers into quarters and remove the seeds. Place on the tray with the onion and garlic. Toss with remaining ingredients. 3. Bake at 425 for 45-50 minutes, tossing halfway through, until the tops of the peppers are starting to brown. 4. Remove from oven and set aside to cool. 5. Place all ingredients – including the oil from the pan – into a food processor. Blend for a couple of minutes until totally smooth.

Plan Ahead: Store this in the fridge for a few days, up to a week. Beyond that, you can freeze it. <http://overtimecook.com/2014/01/20/roasted-red-pepper-dip/>



**HOT! HOT! HOT!**



Change from soup **this** month. This recipe is not for the faint of heart but you can cut down on the **harissa** paste and use a mild paprika.

**Yogurt sauce:** 1 c. plain yogurt, 2 tsp chopped cilantro

**Tomato salad:** 2 c. cherry tomatoes, halved, 1 shallot thinly sliced, 1 tsp olive oil, ¼ tsp ground cumin, salt and pepper

**Meatballs:** 1½ lean ground beef, ¼ c. breadcrumbs, 1 egg, 1 green onion, finely chopped, 1 tsp harissa paste, 1 tsp paprika, ½ tsp ground coriander, ½ tsp ground cumin, ½ tsp salt, 2 tsp olive oil.

**Bread:** 6 naan or pita

**For yogurt sauce,** in a small bowl, combine all ingredients. Refrigerate until ready to serve.

**For tomato salad,** combine all ingredients, season with salt and pepper. Set aside.

**For meatballs,** with the rack in middle position, preheat oven to 350 degrees. In a bowl, combine all ingredients except for the oil.

With a 2 tbsp ice cream scoop (or just a good guess as to size) shape meatballs and flatten slightly. In a large non-stick skillet over medium heat brown the meatballs for about 5 minutes on each side until meat is fully cooked. Keep warm.

**Assembly :** On a baking sheet, warm the naan three to five minutes. Top each naan with the yogurt sauce, meatballs, tomato salad and cilantro leaves to taste.

Makes 6 servings.

You'll have to figure out the nutritional value – covers most of the food groups!

.....Judy



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Fitness Works For Women!

**This month at the gym ...**

**Become a canfitpro Personal Training Specialist**

**Course conducted by canfitpro Pro-Trainer Ariella Tsafatinos**

**Friday, May 25<sup>th</sup> : 3pm to 11 pm,**

**Saturday, May 26<sup>th</sup> : 1pm to 10 pm**

**Sunday, May 27<sup>th</sup> : 1 pm to 10 pm**

Ask for details at the front desk, or call us at 416-691-BFIT(2348) or email us at [fitnessworksforwomen@rogers.com](mailto:fitnessworksforwomen@rogers.com)