

Sena says...

Q. If 30 minutes is all someone can spare to work out during the work week, can this time frame be effective and what kinds of exercise would you recommend doing?

A. Most individuals have a pre-existing notion that you need hours and hours each day for exercise to be effective, otherwise it's not worth doing! But contrary to that belief are studies old and new that support that even just minutes of exercise a day can improve one's health to some degree. I concur! However, if we are trying to determine what time period for exercise would work for us as individuals then we must be realistic and establish a bench mark for results.

First, we must accept that if our goals are to measurably improve our health and/or manage our weight, we have to do the "minimum" amount that doctors, scientists and health professionals all agree on, 30 minutes. Add to that, the belief that at least 3 days of frequent activity can and will make positive change. So, if you think your schedule is so tight that you can't fit a workout in, think again and try a 30 minute express type of workout like a "circuit interval" routine at least 3 times over the course of a full week.

I personally always recommend strength training as part of a healthy lifestyle activity. But if you like other forms such as yoga, pilates, group classes or even just walking, great – just do it!

The key to a "30 minute routine" is the intensity and the total body experience. Within 30 minutes you can choose to do a combination of cardiovascular and strength training exercises in concert; moving from one machine to the other mixing up exercises and targeting the whole body. By turning up the intensity, you will force your metabolism to stay revved up and elevated for a sustained period allowing your body to experience a plethora of benefits. You will burn more overall calories in doing a circuit interval routine as your heart rate stays in both the fat burning and cardiovascular improvement zones all of the time when you are exercising approximately between 60% - 90% of your maximum heart rate for a constant 30 minutes. This equates to maximum benefits and calories burned.

An interval circuit routine will also provide improved muscle and cardiovascular endurance as well as overall fitness condition. Your heart will be stronger as you improve both the pump and stroke volume of blood moving through your arteries and veins. A 30 minute circuit routine with improved balance, function and muscularity working all at the same time, is a perfect fit for any busy week day or weekend schedule!

Circuit Interval Routine Example

Cardio Warm Up

• 5 minutes of cardiovascular activity (Increase your normal intensity by 20%-30%).



Strength Training Circuit

- Begin with a set for your Legs: squats, leg press or walking lunges.
- Follow with a set for your Chest: push-ups, chest press or flys.
- A set for your Back: lat pull downs, one arm rows or back extensions.
- A set for your Triceps: tricep push downs, dips or kick backs.
- A set for your Biceps: one are dumb-bell curls, hammer curls or bar curls.
- Perform 2 minutes cardio, using a jump rope, agility ladder or some other device.
- Continue with 2 sets of Core Exercises: crunches & back extensions.
- Then a set for Shoulders: shoulder presses, lateral raises or front raises.
- Ending with one set off Calves: standing or seated, and remember to stretch.

(Increase all of the above exercise weights and or repetitions by 20%-30%).

It should take you approximately 13-17 minutes with 30 second rest intervals in between each exercise. If it takes you longer, no problem, continue to try to cut your time. When you have completed the circuit interval routine, one full go through, observe your time and try to repeat the circuit again in the remaining time. If not, go through as many of the strength training exercises as you can.

Cardio Finish

- Complete your 30 minute routine with 5 minutes of intense cardio so that you can continue to burn calories long after you leave the gym.

Always seek the advice of your doctor before performing this or any other exercise program.

Author of "Lean Mom, Fit Family", (Rodale Press), Michael Sena was named "One of America's Top 100 Trainers" by Men's Journal Magazine for the second year in a row. His "Traveling Trainer" exercise kit is sold through major retailers and he is an endorsee for SPRI exercise products. In addition to writing for CWM, Sena also writes for the Sun Times Elite Magazine section. Direct all fitness questions and inquiries to Michael's website: www.michaelsena.com or by email at: michael@michaelsena.com.



When was the last time you went to Long Grove?

By Diane Hardy

It's a dilemma from weekend to weekend; thinking up fun things to do and places to go for the day with your family. If spending an arm and a leg just to walk through the gates of an amusement park is getting to you or you need a break from navigating huge crowds and long lines, consider going to Long Grove.

If you're not familiar with the town of Long Grove (or you forgot what it looks like), it is a country haven nestled away in the northwest suburbs just 30 minutes from Chicago. The town looks like something out of Brigadoon, a place where time stands still with vintage street lights, cobblestone walkways and beautiful landscaping.

Famous for their picturesque covered bridge, there is also a nostalgic fountain (a great place for coining wishes), an 1800's schoolhouse and numerous other historic sites to investigate. (We actually saved money on professional portraits this year by taking digitals of the kids posed affront the town's wealth of flowering and historical backdrops.)

Long Grove is also known for its festivals. The Strawberry Festival is in its 24th year and the Apple Festival, which takes place Sept. 29-30-Oct. 1, has been around since 1992. In recent years, festivals honoring chocolate, and Greek and Irish cultures have also been added. Add to this the more than 80 unique retailers, art galleries and

eateries housed in Victorian and New England styled homes and spending a day in Long Grove delivers a complete package of fun, food and fresh air.

With so many things to see and do, it's hard to decide where to go first – food is always a good choice. The famous Apple Haus features "Uncle Johnny's Apple Pies", which are baked in brown paper bags to lock in freshness. Then there's the Long Grove Confectionery, a popcorn shop, a gourmet coffee shop, and the Peppermint Stick Ice Cream Parlor. Lunch and dinner at the Long Grove Café, Tuscan Table, Long Grove Tavern (famous for fish fries) or at Enzo & Lucia's is always an excellent experience.

Of course, after you've had your fill of food, strolling through Long Grove's quaint shops is a must. Clothing, antiques, artwork, specialty foods and wines, fashion, home décor and furnishings and more fill merchant windows. You can even paint pottery at Artwerks, pick up an outfit for your pet at the pet boutique and of course, visit the Christmas store, regardless of the season.

The next time you're looking for something different and enjoyable to do this season, visit Long Grove. The charming and relaxing country atmosphere is a great retreat from the hustle and bustle of the city.

For more information about Long Grove, call the Visitor's Center at (847) 634-0888 or check online at: www.longgroveonline.com. Diane Hardy is a writer, wife and mother of three.



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