



To Your Health

News, updates and health tips from East Highlands Fitness

Third Quarter 2016

Issue #14

2016 Member Survey Results!

First, a BIG thank you to all our members who took the time to complete our Member Survey during June. It always helps to get member feedback when we're trying to decide how best to improve your experience here at EHF. Here is how it all tallied out....



Punching bag was a no for most of you at 62%. Also, 68% of you have not tried the infrared sauna. So disappointing! It is such a wonderful health tool. Take a few minutes and do some research on the benefits – you will be pleasantly surprised!

We were amazed to find that half of our membership does not use Facebook. We thought that was such a wonderful way to keep in touch. Given that, please make sure we have your email address to keep you informed of closures and other goings on at your gym.

77% of our members were very positive about EHF becoming a 24/7 facility! We're in the process of comparing those types of security systems as I write this. Stay tuned... Our aim is to have the new system installed before the end of the year!

Also, thank you for your vote of confidence. 100% of our members that answered the survey said they would recommend us to their friends. That's so reassuring to us, that we are doing a good job of making EHF a place you are proud of.

Farmed vs Wild Caught Fish



We often hear that eating fish a few times per week is good for our health. However, you need to know that there are differences in the fish you buy from

the supermarket, most importantly between **farm raised** and **wild caught** fish, that greatly affect the nutritional impact to our bodies.

Farming fish consists of raising fish commercially in tanks, enclosures and controlled pens. Due to their compact living situations and feed, they tend to have more diseases, toxins, artificial dyes, antibiotics and contain more fat when compared to their wild caught versions.

(Continued on back...)

New Spin Instructor

Those of you in the spin circle know that Renata is going in for back surgery soon and will be stepping down as our spin instructor. We really wish her a speedy recovery! AND... we are very excited to announce that Robin Luthi will be taking over our spin classes beginning September 15th!

Robin is a certified Personal Trainer as well as a certified Spin Instructor. She has taught spin classes for the last 5 years in the Seattle and San Francisco Bay areas. (Continued on back...)

Farmed Fish (cont.)

Farmed salmon contains slightly more Omega-3s, much more Omega-6 fatty acids and 3 times the amount of saturated fat. It also contains 46% more calories, mostly from fat. Omega-3 and Omega-6 fatty acids play important roles in the human body; we need both in our diet, but they need to be in balance. Most people today are eating too much Omega-6, and the delicate balance between these two types of fatty acids is heavily shifted towards Omega-6 in farmed fish. Many scientists have speculated that this can drive increased inflammation and may play a role in the pandemics of chronic diseases like heart disease and cancer.

Farmed salmon also has much higher concentrations of contaminants than wild salmon. Some of these contaminants include polychlorinated biphenyls (PCBs), antibiotics, dioxins, and several chlorinated pesticides. Arguably the most dangerous pollutant found in salmon are the PCBs, which are strongly associated with cancer and various other health problems. One study investigated over 700 salmon samples from around the world and found that on average, the PCB concentrations in farmed salmon were **eight times** higher than in wild salmon.

The bottom line: If you're going to eat fish, you're much better off paying a little more for wild caught. There is less uncertainty of the contaminants in wild caught fish and the nutritional profile is significantly better.

Spin Instr. (cont.)

She's also specially certified to work with our senior population, so those of you that have been a little afraid to give spin a try will be in capable hands.

What's she doing when she's not teaching fitness classes or personal training? She's a very active lady who likes to run, row, cook, hike, travel and play with her cats (Cali and Minimi)! Be sure to introduce yourself and welcome her when you see her around. But mostly – GIVE SPIN A TRY!!



Fitness Tip of the Month



If your goal is to build muscle, look toned, or just get the most

out of your workouts, you need to focus on progressive overload. Progressive overload simply means that you're doing more and more over time. For example, you could be adding more weight to the bar, doing more reps or sets, and/or having more productive/intense training sessions. Without progressive overload your body does not need to adapt and therefore will never get bigger or stronger beyond a certain point. Conversely, if the demands on your muscles are not at least maintained and are actually decreased, your muscles will become smaller and weaker. In other words, use or lose it!

Nutritional Tip of the Month



Eat the Yolks! According to numerous recent studies, eating cholesterol in foods has very little impact on blood cholesterol levels. So while you should still avoid foods that are high in trans fats, sugar, and sodium, you can feel less guilty about eating whole eggs, lean red meat, and organic butter.

