



Winter Workouts

Get a great workout at home when Mother Nature isn't so friendly.

page **3**



In This Issue

Meet The Salus Team

Get to know the Salus staff and why they do what they do.

Research Corner

Is Soy good for you?

Winter Workouts

An at home workout you won't get bored with.

What's New at Salus

Pilates Classes Begin

Alter-G Treadmill

Salus at the Midwest Multi-Sport Expo.

Financially Fit

Investing in uncertain times

Health Buzz Word

BMI

Where to Workout

Pettit National Ice Center

The Salus Team Welcomes You



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The degreed and nationally certified staff at Salus would like to take this opportunity to share our passion of fitness and wellness education with you. As you may have noticed during your initial biometric screenings, we have a comprehensive approach to wellness unlike any company in the area. We are a research and goal-based company committed to providing you with the most up-to-date

information in all areas of wellness including diet, exercise, financial well-being, parenting, and more. Throughout the course of the next year, we will work diligently to present information on a variety of topics designed to aid you in making healthier choices in all aspects of life. In addition, your employer has decided to offer one of the most

more on **5**



“Soy products can provide benefit when used in the diet to replace foods high in saturated fat and cholesterol.”

—American Heart Association

The Benefits of Soy

For several years soy has enjoyed a reputation as a super food that could prevent conditions such as heart disease and cancer to name a few. Recent research has shown that soy’s super-health benefits are more modest than previously thought.

Soy is a good source of protein as well as other nutrients such as magnesium, B vitamins, folate and fiber. Here is a review of what the recent research is telling us about some of the health benefits of soy.

Heart Disease

In the past, studies have shown that soy

consumption reduces LDL cholesterol by as much as 13%, more recently research has shown that the reduction in LDL cholesterol is closer to 3-4%. Recommended intake for benefit is 25 gm a day.

Cancer

Certain components of soy can have estrogen-like effects on the body, which have been shown to both reduce and stimulate tumor growth.

Many cultures that are known for their soy consumption have lower rates of breast cancer. It is now thought that eating soy from an early age provides

greater protection from breast cancer. Women with a strong personal or family history of breast cancer should consult with a physician before including soy in their diet.

The use of soy isoflavone supplementation is not recommended. Any therapeutic affect can be achieved from consuming soy products.

Diabetes

Soy is a good source of protein for people with diabetes because it has a low glycemic index and it is rich in insoluble fiber.

Continued on **6**



Pilates Classes Begin

On **January 6th**, Salus welcomed Pilates on the Lake to our corporate studios in Delafield to teach an 8 week Pilates mat class. The class is held every **Tuesday from 4:30-5:20**. The cost is \$100 for the full 8 week session.

Pilates on the Lake is considered the

best pilates studio in the lake country according to a recent A-list poll. They teach classic pilates which focuses on improving balance, posture, muscle tone and strength.

If you are interested in Pilates, call or email us at info@answertowellness.com for information on new days and times that will be added.



Caloric Expenditure of Daily Activities			
Moderate		Vigorous	
Hiking	370	Running/Jogging	590
Biking Less than 10mph	290	Biking More than 10 mph	590
Walking 3.5 mph	280	Swimming	510
Weightlifting	220	Aerobics	480
Light Gardening	330	Walking 4.5 mph	460
Dancing/Golf Carry clubs	330	Weightlifting Vigorous	440

Based on the average caloric expenditure of 154 lb person per hour.

+ Winter workouts

Tips for great exercises at home to beat the winter workout blahs



Winter in Wisconsin, the sun goes away and so does your motivation. You don't have to miss your workout when you don't feel like bundling up to go to the gym. Try these exercises to get a great strength workout at home.

Side Plank with abduction

Start in a side plank position with buttocks engaged and core activated. Shoulder blades are retracted and depressed. Straighten the top leg and arm while simultaneously lifting the hips off the ground. HOLD for 2-5 sec and return to starting position. Perform 3 sets of 15 reps on each side.

Push Up

A push up is one of the best exercises

you can do can do. It strengthens the entire upper body as well as the core, all in one movement. You can perform the push up on your knees or on your toes. Do as many on your toes as you can before dropping to your knees. When performing this exercise be sure to keep a straight line from head to tail. Avoid dropping the hips and arching the low back. Perform 3 sets of 10-15 reps.

Cobra

Lie face down with core and buttocks engaged. Raise the upper body off the ground and HOLD for 2-5 seconds. You should feel this exercise through the postural muscles along the spine. Be

(continued)

Winter Workouts continued

sure to keep the buttocks tight to avoid any pressure in the lower back. Perform 3 sets of 15 reps.

1 Leg Squat

Balance on one leg with core engaged. Bend that knee as you reach for the floor with the opposite hand. Focus on loading the buttocks, not bending over. Perform 3 sets of 15 reps.



FINANCIALLY FIT INVESTING AGAINST THE TIDE

In November of 1974, few people thought it was a good time to invest. The Dow had lost more than 40% from its high in January 1973. Jim Fullerton offered some words of advice that ring true today.

“Courage! We have been here before”. Each economic, market and financial crisis is different from previous ones. But in their very difference there is commonality. Namely, each crisis is characterized by its own new set factors, problems and apparent logical reasons for well-founded pessimism.

Today there is concern about the slump in housing construction. On April 8, 1942, the lead article in the Journal was: “Home construction. Total far behind last year’s; new curbs this week to cut further...private builders hard hit.” Yet on April 28, 1942, for no apparent reason, in the midst of a war we were losing, rising inflation and virtual certainty that we were headed for a depression, the market turned around. Investors began to recognize we weren’t as bad off as we seemed, and started investing again in the market.

Today almost every financial journal or investment letter carries a list of reasons why investors are standing on the sidelines. Stay the course. “Have courage! We have been here before – and we’ve survived and prospered.”

- Paraphrased article courtesy of American Funds investment resources.



Some people say they want to wait for a clearer view of the future. But when the future is again clear, the present bargains will have vanished.

- Dean Witter

aggressive reward programs in the country with Pure Points. We are here not only to administer this program but also to provide you with the help you need to achieve your goals.

Together we hold a combined 30 years of training and athletic experience. Briana Boehmer is a professional distance runner and Triathlete. She ran for the University of Wisconsin-Madison while obtaining her Bachelor's Degree in science with an emphasis in Kinesiology. Upon graduation she continued with research in UW-Madison's Department of Nutritional Science focusing on energy metabolism and obesity. Briana has won many national titles for her athletic achievements and continues to race each year. When asked what she considers to be her greatest achievement she stated, "Never letting a setback get me down". Briana is a nationally certified personal trainer with NASM. In addition to her 1-on-1 clients and coaching clients she will be teaching strength classes that will be offered by Salus in the New Year. Her workouts are fun and innovative with an emphasis on proper muscle function and strengthening. Her classes incorporate both cardiovascular and strength elements. Briana's personal goals include an Olympic appearance in distance running and becoming the first married couple to win Ironman Hawaii with her husband Michael.

Michael Boehmer is also a professional Triathlete with many titles in his athletic career including winning the Triathlon World Championships and being named Triathlete Magazine's Athlete of the Year in 2002.

Michael holds a B.S. in Kinesiology and an M.S. in Exercise Physiology. Michael is currently an Endurance Coach for Salus and works with athletes ranging from elite racers to weekend warriors. He has been instrumental in the research and development of our company's policies to ensure that we stay on the cutting edge of the wellness industry. When asked about his philosophy on wellness he stated, "Wellness is an all-encompassing state of existence. Wellness involves balancing each individual's needs. This involves cardiovascular fitness, muscular strength, psychological health, physical health, and much more. Individuals need a custom approach to become well, and I would like to help them achieve that. The goal is that the clients we work with will reach a state of satisfaction and happiness with the lives they lead".

Christy Julius holds a Bachelor of Science from the University of Wisconsin-Milwaukee in Kinesiology and has been a nationally certified personal trainer through NASM for 5 years. Her passion for fitness began in her youth during her intense training in classical ballet. Though her focus changed from dancing professionally to a college education, Christy was fortunate to dance at the prestigious schools of Ballet Aspen and Boston Ballet during her training. Christy's wellness philosophy is "everything in moderation". "There are so many conflicting messages circulating regarding diet and exercise. Is red wine good for you or not? The answer is always somewhere in the middle. A diet rich in nutritious foods and low in processed foods combined with ample daily exercise leaves much wiggle room for the occasional treat." Christy enjoys

working with the clients who are trying to stay in shape or get back into shape. As a busy mom of two, she realizes how important it is to stay healthy in order to enjoy the best quality of life. Christy specializes in 1-on-1 and small group training. Her workouts are always new and inventive incorporating all aspects of fitness from flexibility to strength. Her programs are all planned with your specific goals in mind.

Welcome to Salus, Inc. – Innovative Wellness and Fitness Solutions. We look forward to working with each of you to help you achieve your wellness goals for 2009. We have many exciting classes and events planned for the coming year and hope you will take advantage of all we have to offer. We are excited to share our knowledge and experience in the field of wellness with each of you.

**Meet The
Salus Team**

Cont. from page 1

Salus at the 1st Midwest Multi- Sport Expo.

If you are an endurance athlete of any sort, you don't want to miss this event. Hundreds of dollars in discounts and giveaways, along with the latest gear and top notch keynote speakers will all be under the same roof.

Location: Wisconsin State Fair Park Expo Center

Date/Time: Sat January 31 9am - 8pm
Sun February 1 9am - 3pm

For more information on event details and speaker profiles visit: www.multisportexpo.com

We will be displaying the **Alter-G treadmill** (page 7) that will soon have its home in our training studios. Come by and visit our booth!

What else are
you going to do
in January?



RECIPE HIGHLIGHT

Sweet Butternut Squash Soup

-Andrew Murray

The slight natural sweetness of this creamy recipe pairs well with a crisp white wine, such as Murray's own 2006 Viognier or a New Zealand Sauvignon Blanc.

4 pounds butternut squash
Olive oil for brushing squash
1 tablespoon unsalted butter
2 tablespoons olive oil
2 onions, thinly sliced (about 4 cups)
3 cups low-sodium chicken stock
1 cup half and half
1/2 teaspoon fresh thyme, chopped
1/2 teaspoon fresh rosemary, chopped
1/2 teaspoon fresh sage, chopped
1 1/2 teaspoons fresh flat-leaf parsley, chopped
Kosher salt and ground black pepper

Preheat oven to 400° F.

Cut the squash in half and scoop out the seeds. Brush the flesh with oil and place cut side down on a baking sheet. Roast for an hour and a half or until very soft. Let cool. Scoop squash from the skin and set aside.

Heat butter with the olive oil in a pan over medium heat. Add onions and slowly cook until soft and golden brown, about 30 minutes.

In a food processor, puree the squash, onions, and one cup of stock until smooth. Transfer to a large pot. Add the remaining chicken stock and heat soup to a simmer.

Add the half and half and herbs. Season with salt and pepper. Serves six.

Calories Per Serving: 310

Carbs: 43 g

Protein: 8 g

Fat: 15 g

Andrew Murray Vineyards Tasting Room 2901-A Grand Avenue, Los Olivos, CA; andrewmurrayvineyards.com

+ Soy (continued)

Menopause

Some women have reported relief from hot flashes by including soy products or soy isoflavones in their diet. The research confirming this is inconsistent and weak, leading medical professionals to attribute any benefit to a placebo effect. More research is needed in this area.

Take Home Message:

Soy foods are a good source of protein and fiber and can be part of a balanced and varied diet to promote good health.

Remember that one study does not necessarily make something true or false. Information from many studies must be taken and weighed together in order to create a recommendation.

For the best health information, go to organizations such as the American Heart Association (www.americanheart.org), the American Cancer Society (www.cancer.org), the American Dietetics Association (www.eatright.org), the American Diabetic Association (www.diabetes.org), and the USDA's mypyramid.gov.

References:

1. T Schardt D, Soyonara? Tough times for the "miracle bean", Nutrition Action 33: 8, 2006
2. Palmer S, Today's Dietitian, 8:25-29,2006
3. Cln Nephrol. 64(1):1-11,2005
4. Tracey Brand, RD Workforce Health www.workforcehealth.org

Where To Work Out – Pettit National Ice Center

Do you find yourself making almost any excuse necessary to get out of training in the winter? Let's face it; sub-zero temps, icy sidewalks, and freezing wind-chill all contribute to keeping you indoors and away from physical activity. Not only are these conditions unsafe, they are not conducive to a quality workout. It is an unfortunate reality living in Wisconsin.

There are ways to get around these unfavorable winter conditions. Did you know that the Pettit National Ice Center located at 500 South 84th Street (right off I-94 at the 84th street exit) in Milwaukee has an indoor track that runs all the way around the ice rink? The Pettit track is 450 meters in length (50 meters longer than the outdoor Olympic track!), and is open to the public. You can use the track for \$3 per day or buy a 10 pack for \$27. Visit the Pettit Centers website at www.thepettit.com for more information on hours and pricing.

If you think it sounds crazy to run around an ice rink, believe us when we say the Pettit can get busy on blustery days. Talk to the staff at the Pettit for information on peak track hours if you would like to avoid a busy track. Now when Mother Nature produces nasty conditions the Pettit can be another weapon in your arsenal for getting your training in.

Buzz Word - BMI

What does it stand for and what does it mean?

BMI stands for Body Mass Index. In literal terms your BMI is your weight in kg divided by your height in meters squared, and is used as a general tool in determining overall health parameters. It holds true for most individuals that an abnormally high BMI correlates to an unhealthy weight. However, if you look at BMI closely the number can sometimes be misleading when factoring in muscle mass. A typical football running back for example, who stands 6'0 225lb, would be classified as Class I obese by BMI when in reality he is lean and muscular.

The lesson: When looking at BMI use it as a tool in tracking your health and take into account your body type when using it for health related goals.

Alter-G

Coming Soon!



The Staff at Salus are proud to announce that we will soon have the only Alter-G anti-gravity treadmill in South Eastern Wisconsin available to the public.

We know you are asking....."What is an Alter-G?"

The Alter-G is a treadmill, but not just any treadmill. If you watched the Olympics in Beijing this past summer you may have heard mention of the Alter-G and its use with both rehabilitation and facilitation in increasing training volume for peak performance. The secret we know is that this treadmill has applications far beyond the elite athlete. With leading-edge gravity differential technology, Alter-G is literally changing the weight of the world. By eliminating up to 80% of a person's body weight, the Alter-G enables individuals to improve mobility and health, recover from injury and surgeries more effectively, and overcome medical challenges that limit movement to enhance physical performance.