



**The Scoop**

*The Center's Fitness Newsletter*

**10701**  
**VOL** ISSUE **02**



# The Scoop

The Center's Fitness Newsletter

VOLUME 1 ISSUE 2  
MID-FALL, 2017

## NEWSWORTHY

**Sun., Oct. 29**

### **PULL-UPS COMPETITION**

Winner, Isaac Sweid, performed 40 consecutive pull-ups.

Congratulations on this impressive feat.

Next competition:

**Sun., Nov. 26**

**@ 12:00 PM**

Free fitness competition:

### **PUSH-UPS**

## **The Scoop, Contributing Staff**

### **Editorial**

David Jolovitz  
Ashley Rosen-Hershkovitz

### **Contributing Writers**

Gaby Shimonov  
Jerry Silverberg  
Nate Ullman

## **News and Notes**

**David Jolovitz, Director of Health & Wellness**

It is accurately said that fitness isn't merely a hobby, but a lifestyle. The science is there: Commit yourself to do something related to exercise each day, even for a brief period of time, and you'll see the changes begin to compound.

With the proper dedication, attendance, and willingness to do what makes your body temporarily uncomfortable, positive and dramatic changes will be part of your future "look." How? Build your body the same way you would plan for your business empire or write a book: by attacking it one chapter at a time. Here's how the Center makes it easy...

Basketball courts. Racquetball courts. A brand new spin studio — complete with industry-leading Stages 3 bikes (and accompanying technology). A state-of-the-art fitness center. Dance studios. A sparkling pool. Group fitness classes. Yoga classes. Pilates. A full-service health spa. And so, so much more.

So, dive in. Jump in. Jump up. Run in and run out. Your body, your sport, your choice: We just want to see you transform your body this winter and we're happy to get you there.

## **Monthly Raffle Winner — Candece Gabbay!**

Candece signed up to receive *The Scoop* each month, and by doing so, won last month's raffle. We see you Candece. Her prize? A five-pack of stretching and agility mini bands.

**Pro tip:** Bands can be used to train all parts of the body.

**Try this:** Wear the band just above the knees. Sidestep horizontally with one foot while squatting down, shifting your body's weight sideways. Bring your feet together as you stand up straight. Then change direction and repeat.

**November's upcoming prize:  
A pair of Precor GRIPAD workout gloves.**

**"Protect your hands. Avoid callouses. Get a grip on your workout."**

Raffle winners are picked at random from the list of email subscribers each month. To subscribe and enter, email [DavidJ@scclive.org](mailto:DavidJ@scclive.org). ❖

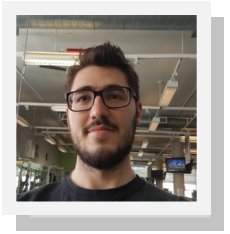
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## Conquer the Bench Press

Gaby Shimonov, Fitness Staff

Imagine it's a chilly Monday night in November and you step into the gym. Pause for a second and take a quick look around. If your gym is like most, then you'll see a whole bunch of members pumping away at their chests. Some might be seriously bench pressing, making sure that all the movements are accurately performed, while others might be making the common mistakes that are addressed in this article.



### Mistake #1: Lack of Proper Warm Up

Some people might think that a couple of light reps might be enough to get themselves ready for the next few sets. Wrong! Warm up for a few minutes, taking the time to prepare the muscles in your chest, shoulders, triceps, and lower back, for the challenge you are about to put them through. Now you may add on weight.

### Mistake #2: Poor Form

There have been countless times where I observed bad form while spotting someone on the bench or teaching someone how to bench. I've seen bent back wrists, raised butts, uneven lifts, and half reps by the set. To correct these mistakes: Lie down on the bench and line your eyes up with the bar. Find stability in your legs by anchoring your feet to the floor. Your hands should be placed, comfortably, wider than the width of your shoulders. Keep your wrists straight and lift the bar off the hooks, controlling it on its way down to your chest. Touch the bar one or two inches below your nipple line before raising the bar. Be sure to keep the weight even on both sides — and your butt down on the bench — for the duration of the lift.

### Mistake #3: Breathe

When bench pressing, or performing any lift for that matter, keep your face from turning tomato red and breathe throughout the lift. Inhale deeply during the negative (lowering) portion of the lift and exhale strongly during the positive portion, as you push up the weight. ❖

## By Yourself or in a Group

A poem by Jerry Silverberg, Fitness Staff

If you want to be fit  
Get up - Do it - Don't quit  
Lift some weight - Curb debate  
Push yourself - More  
To feel really great.

Stretch- Walk- Run or swim  
How else can you look more trim.  
Find a smile- Sadly been gone for awhile  
Get rid of that extra weight problem!

### Did You Know?

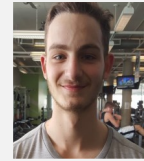
*"There's good evidence that meditation helps relieve our subjective levels of anxiety and depression, and improves attention, concentration, and overall psychological well-being."*

Source: Forbes Magazine



## A Closer Look: Perfect Pull-ups and Push-ups

Nate Ullman, Fitness Staff



### Master the Push-up

- The push-up is one of the most common exercises. Many try and many people succeed, but when it comes to form, lots of people fail the test.
- Your starting position should see your hands fully extended in front of you on the floor about shoulder-width apart. Keep your core tight and your body aligned. Once you are in this position, you may begin to lower your body down slowly. If you find this too easy, I recommend wearing a weighted vest, which our facility offers.
- However, if the push-up is too difficult for you, I recommend performing more controlled reps. Take 5 seconds to perform just one push-up rather than speeding it up. Total numbers aren't everything when quality is really what counts.

### Master the Pull-up

- Do not confuse the term chin-ups and pull-ups. They are both great exercises, but they focus primarily on different muscles. Pull-ups are performed with your knuckles facing you, while chin-ups are done with your knuckles facing out.
- If you cannot do a pull-up, practice by getting your muscles stronger. A few exercises to help improve your pull-ups are: *Lat pull-downs*, *negative pull-ups*, and yes, even *chin-ups*.
- The lat pull-down machine is a great variation for the pull-up, as it mimics the motion but you control how much weight you pull, rather than just your given bodyweight. We provide this machine in our facilities, so ask a trainer for help if needed.
- For negative pull-ups, start with your chin over the bar — not by pulling yourself up — but by jumping into that position, or stepping off of a high box. Once your chin is above the bar, control yourself going down as slow as you can ... and repeat. When you can extend one negative rep to several quality seconds, you should possess the strength to complete one full pull-up. Retest your longest possible negative pull-up weekly.
- Chin-ups are done using a backhand grip (picture your palms facing towards you rather than away). The move will engage your biceps, making it easier for most to pull-up their body weight. Once you've grown comfortable doing a few chin-ups, reverse your grip (palms facing away) and do proper pull-ups. Under normal circumstances, it should take a few weeks to work up to proper pull-ups this way.

## Announcing Saturday Night Openings!

Mark your calendar with these upcoming dates:

### NOVEMBER 2017

Nov. 4            7:30 PM to 10:45 PM  
 Nov. 11          6:30 PM to 10:45 PM  
 Nov. 18          6:00 PM to 10:45 PM  
 Nov. 25          6:00 PM to 10:45 PM

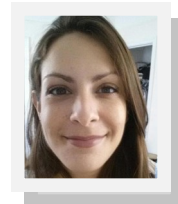
### DECEMBER 2017

Dec. 2            6:00 PM to 10:45 PM  
 Dec. 9            6:00 PM to 10:45 PM  
 Dec. 16          6:00 PM to 10:45 PM  
 Dec. 23          6:00 PM to 10:45 PM  
 Dec. 30          6:00 PM to 10:45 PM

VISIT [SCCLIVE.ORG](http://SCCLIVE.ORG) FOR THE FULL LISTING, INCLUDING DATES FOR 2018

# Pop Quiz: Carb Edition

Ashley Rosen-Hershkowitz, Fitness Staff



Match the mystery foods (A, B, C, and D) to their respective caloric value.

**{A}**

1 Cup of Pasta or Spaghetti



**{B}**

1 Cup of White Rice



**{C}**

½ Cup of Cooked Quinoa



**{D}**

Dried Pineapple



Mystery Food 1: \_\_\_\_?

Mystery Food 2: \_\_\_\_?

Mystery Food 3: \_\_\_\_?

Mystery Food 4: \_\_\_\_?

Calories	206
Total fat	0.4 g
Cholesterol	0 mg
Sodium	2 mg
Carbohydrates	45 g
Protein	4.3 g

Calories	111
Total fat	2 g
Cholesterol	0 mg
Sodium	6 mg
Carbohydrates	15 g
Protein	4 g

Calories	140
Total fat	0.1 g
Cholesterol	0 mg
Sodium	10 mg
Carbohydrates	34 g
Protein	0 g

Calories	131
Total fat	1.1 g
Cholesterol	33 mg
Sodium	6 mg
Carbohydrates	25 g
Protein	5 g



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Group Fitness

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@1901fitness  
@sccexercise**

Answers: (A) 4 (B) 1 (C) 2 (D) 3

## Recipe Sharing: Apple Oat Bread

*Shirley Kattan, Center Member Since 1982*

A delicious and hearty breakfast. Excellent for those on the go!

One slice of this bread with one cup of milk has 12 grams of protein, 3 grams of fiber, and less than 300 calories. The oats are whole grains, full of fiber, and excellent for lowering cholesterol. Walnuts are high in Omega-3 fat AHA and the apples are filled with antioxidants that protect against heart disease.



**INGREDIENTS:** Makes 12 servings

### **Crumble Topping**

- 1 teaspoon brown sugar
- 3 tablespoons dry uncooked oats
- ¼ teaspoon cinnamon
- 1 tablespoon butter, melted

### **Bread**

- 1 cup dry oats
- 1 cup whole-wheat pastry flour or all-purpose flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon ground cinnamon
- 3 large eggs
- ½ cup honey
- ½ cup vegetable oil
- 1 teaspoon vanilla extract
- ½ cup brown sugar
- 2 cups shredded apples (about 2 large apples)
- ½ cup chopped walnuts

### **Cooking Instructions**

- Preheat oven to 350 degrees F.
- Spray a 9-by-5 inch loaf pan with cooking spray.
- Combine crumble topping ingredients in a small bowl; set aside.
- Place dry oats into a blender and process into a flour-like consistency.
- Place 1 cup of oat flour and 1 cup of wheat flour, salt, baking soda, baking powder, and cinnamon in a large bowl.
- Combine eggs, honey, oil, and vanilla in a medium bowl. Add sugar and apples; mix well.
- Add flour mixture; stir until combined.
- Gently mix in walnuts.
- Pour batter into pan and sprinkle with crumble topping.
- Bake for 1 hour or until loaf is fully cooked on inside.

For those who need more protein, spread a tablespoon of peanut butter on your slice before heading out the door.

**Enjoy!**

# The Chehebar Health Spa @ the Center

## Massage Treatments

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<b>45 Minutes</b>	<b>now \$55</b>
<b>60 Minutes</b>	<b>now \$70</b>
<b>90 Minutes</b>	<b>now \$100</b>



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***“Those who book, get hooked”***

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### ***Program Details:***

- + Weekly discussion session with Ashley
- + Progress Reports (Weigh-ins & measurements)
- + Free Progress Journal
- + Discount on personal training
- + Text alerts and reminders