

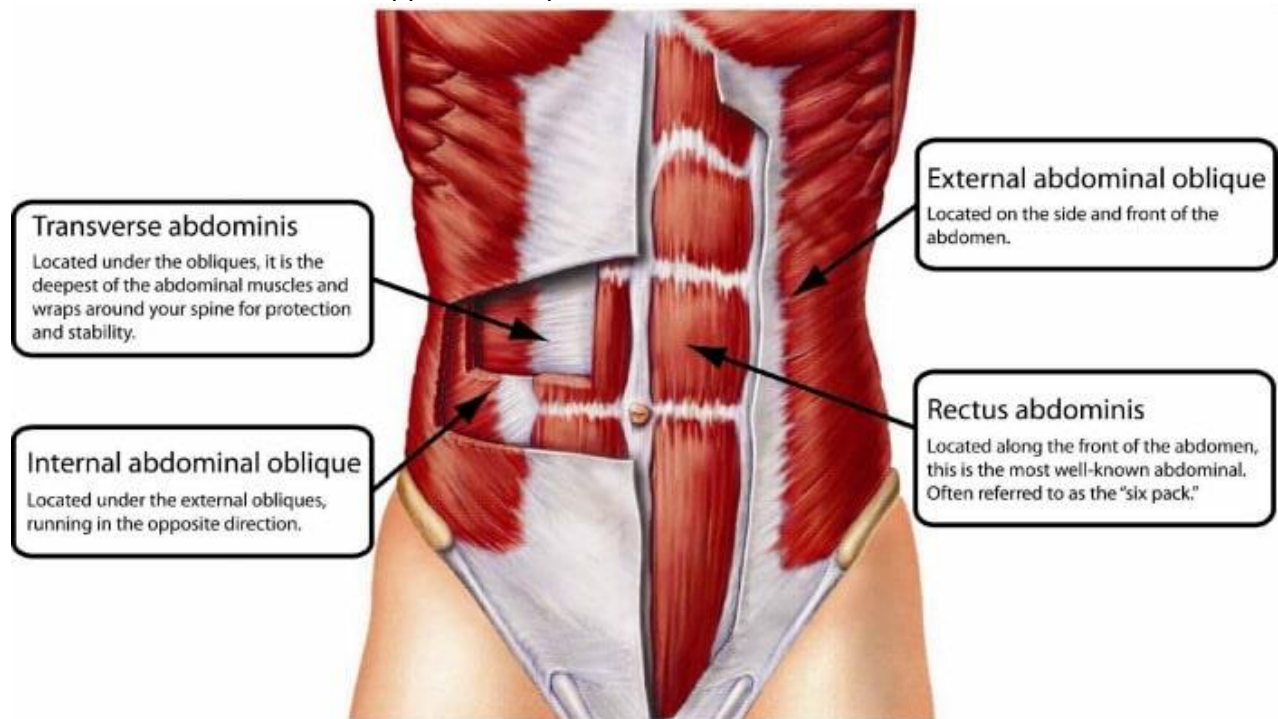
November Lunch and Learn

Learn how to transform the female body to obtain optimal health, peak performance, mental clarity, and a strong body for life!

Training the Female Core

The female core--the roughly 30 muscles that connect your legs to your hips, spine, and rib cage--have a difficult job. Namely, to work synergistically to stabilize your torso and create functional mobility for the entire body. Here are the primary stabilizers and how they function when you move:

- **Obliques:** These muscles rotate your torso and work with the transversus abdominis to support your center during movement.
- **Rectus Abdominis:** This muscle is the fitness aesthetic: The contours of the contracted rectus abdominis form the almighty "six-pack." While it helps stabilize your core, its main function is to flex or curl the trunk.
- **Transversus Abdominis:** This deepest of the abdominal muscles wraps laterally around your center, acting like an internal weight belt.
- **Psoas Major/Iliacus:** Better known as the hip flexors, these muscles lift the thigh toward the abdomen and limit excess motion of the hip joint.
- **Erector Spinae:** This collection of three muscles (not shown) straightens the back and, along with the multifidus, a short muscle, supports the spine.



For women, the inner unit of the Diaphragm, Pelvic Floor, Multodi, Transverse Abdominis act to stabilize the body.

"Do not conform to the patterns of this world, but be transformed by the renewing of your mind." ~ Romans 12:2

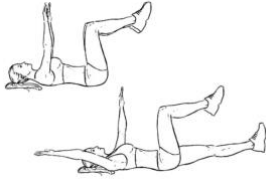
Program for Training the Female Core

Program: Enhance core function through increased mobility, key flexibility and stability.

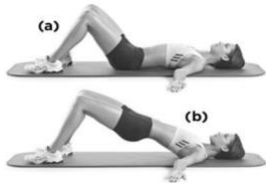
Goal: Activate deep core muscles, develop isolated stabilization strength through bracing, while improving muscle balance and essential mobility.

Core Exercises:

- Supine Dead Bug



- Supine Bridge



- Quadruped opposite arm & leg raise



- Prone Plane



- Side plank



My Notes

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Lower Cortisol to Increase Core Stability

What is Cortisol? Think of cortisol as nature's built-in alarm system. It's your body's main stress hormone. It works with certain parts of your brain to control your mood, motivation, and fear. Your adrenal glands -- triangle-shaped organs at the top of your kidneys -- make cortisol. When our "stress hormone" is elevated we carry more body fat in the core region.

It's best known for helping fuel your body's "fight-or-flight" instinct in a crisis, but cortisol plays an important role in a number of things your body does. For example, it:

- Manages how your body uses carbohydrates, fats, and proteins
- Keeps inflammation down
- Regulates your blood pressure
- Increases your blood sugar (glucose)
- Controls your sleep/wake cycle
- Boosts energy so you can handle stress and restores balance afterward

How Does Cortisol Work?

Your hypothalamus and pituitary gland -- both located in your brain -- can sense if your blood contains the right level of cortisol. If the level is too low, your brain adjusts the amount of hormones it makes. Your adrenal glands pick up on these signals. Then, they fine-tune the amount of cortisol they release.

Cortisol receptors -- which are in most cells in your body -- receive and use the hormone in different ways.

Your needs will differ from day to day. For instance, when your body is on high alert, cortisol can alter or shut down functions that get in the way. These might include your digestive or reproductive systems, your immune system, or even your growth processes.

Too Much Cortisol

A nodule (mass) in your adrenal gland or a tumor in the brain's pituitary gland can trigger your body to make too much cortisol. This can cause a condition called Cushing syndrome. It can lead to rapid weight gain, skin that bruises easily, muscle weakness, diabetes, and many other health problems.

Ways to lower cortisol levels:

1. Eat diet lower in sugar
2. Reduce stress
3. Regular Exercise
4. 7-9 hours of sleep each night
5. Perform acts of Kindness
6. Laugh more- dance- have fun!

My Notes

Baby's Got Back

Booty, butt, derriere, backside, bum, no matter how you call it, your glutes are the largest and by far the most important group of muscles in your body — the minimus, medius and maximus. These three muscles work together to abduct, rotate and extend the hip.

When most people think of glutes, they imagine a round, well-developed rear, right? That's the **gluteus maximus** making its appearance. Beyond the visual appearance of this muscle, it has an important function: **external hip rotation and extension**. It's what allows us to push our hips forward

Next, we have the **gluteus medius**. This muscle sits partially under the gluteus maximus and attaches the hip bone to the upper part of the femur. It is responsible for **internal and external rotation of the hip**. It's also the chief muscle used when performing any abductor work such as band side shuffles, clamshells, or side-lying hip abductions.

Finally, there's the **gluteus minimus**. It sits under the gluteus medius and is largely responsible for **internal hip rotation**. It also works to **abduct the hips and internally rotate the leg**. You use your gluteus minimus for stabilization of the hip and pelvis and when performing exercises such as clams and side planks.

Strong glutes are important for **proper pelvic alignment, propulsion during running**, and even **single limb stance support**. Strong glutes also help to support the lower back during lifting motions, and prevent knee injuries during lifting and running exercises. **Having strong glutes is fundamental to properly execute many common lower extremity exercises like deadlifts, squats, and even walking**. By strengthening these muscles your posture, athletic performance and overall strength will improve drastically.

3 Reasons Strong Glutes are Important:

- 1. Reduce Back Pain:** Your glutes are responsible for hip extension, and also its reverse action. When the feet are fixed on the ground, the motion your glutes assist with is raising the chest up from the ground, like as in a deadlift. Therefore, strong glutes are essential to lower back health, since they assist with my pelvic and trunk motions as well. When your glutes are strong, you have a stable pelvis and better support for your lower back, so any load can be more evenly distributed through the lower back and lower extremities. A sign of weak glutes is rounding of the back during a deadlift.
- 2. Reduce Knee Pain:** Your gluteal muscles create pelvic stability. This is important because your lower extremities function in a closed chain. This means that if something goes wrong at the ankle, it can cause imbalances at the knee and further up the leg at the hip. The same can occur if an instability arises at the hip, it can lead to excess forces on the knee and ankle. This can lead to knee discomfort or pain. Instability at the hip can cause excessive medial rotation of the femur, which in turn creates lateral patellar tracking. Lateral patellar tracking (or lateral kneecap tracking) is a common source of knee pain for many individuals.
- 3. Increase Power & Athletic Performance:** We already discussed the importance of strong glutes in athletic exercises like deadlifts, and that it can assist in forward propulsion during running (by creating explosive hip extension). Therefore, it is obvious that the glutes are essential to many athletic pursuits: acceleration, jumping, and even heavy lifting. It goes without saying that the glute maximus is one of the largest and strongest muscles in the body, therefore it has a lot of influence over the explosive nature of an athlete's performance. If you let your glutes get weak, you may find yourself less powerful, and efficient as some of your competitors.

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Lisa's Favorite Glute strengthening exercises!

1. Clam Shells



2. Hydrant with leg extension



3. Warrior 3 with squat



My Notes

High Intensity Interval Training (HIIT)

3 Benefits of HIIT:

1. Lose abdominal fat
2. Protect your heart
3. Recharge your cells and boost your hormones

AGE	Heart Healthy		Fat Burning		Endurance Training		Performance Training		Max
20	100	120	120	140	140	160	160	180	200
25	97.5	117	117	136.5	136.5	156	156	175.5	195
30	95	114	114	133	133	152	152	171	190
35	92.5	111	111	129.5	129.5	148	148	166.5	185
40	90	108	108	126	126	144	144	162	180
45	87.5	105	105	122.5	122.5	140	140	157.5	175
50	85	102	102	119	119	136	136	153	170
55	82.5	99	99	115.5	115.5	132	132	148.5	165
60	80	96	96	112	112	128	128	144	160
65	77.5	93	93	108.5	108.5	124	124	139.5	155
70	75	90	90	105	105	120	120	135	150

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Will intermittent fasting (IF done) OPTIMIZE my nutrition?

Do any of the following apply to you?

- < 18 years of age
- Underweight (BMI <18.5 kg/m²)
- An endurance athlete
- Taking medications which have to be taken with food at a time when IF would require you to be fasting
- History (or present) disordered eating
- Diabetes
- Pregnant, breastfeeding, or considering becoming pregnant
- Poor relationship with food

If you checked any of the above boxes, IF should not be considered.

Ask and remind yourself of the following:

- Can you stick with this eating pattern for life?
- The best diet for YOU is one that includes all food groups, makes YOU feel good and is SUSTAINABLE.

After taking the above quiz you feel like intermittent fasting is the plan for you, then consult a dietitian/physician and try it out! And remember to include nutrient-dense foods on non-fasting days!

OPTIMIZE your nutrition with these 5 superfoods:

1. Low-fat yogurt (Calcium)
2. Spinach (Calcium, Folate and Iron)
3. Fortified breakfast cereals (Folate and Iron)
4. Flaxseed (Omega-3's)
5. Salmon (Omega-3's and Vitamin D)

My Notes

We are so thankful that you joined us today for our November Lunch and Learn! We love inspiring you to take care of your body, mind, and spirit to live transformed. We look forward to seeing you in the studio for a great workout soon!

Love, Team TransFit 