



Functional core training: Look good and feel good

What are some exercises that come to mind when you think about training your core? Crunches, sit-ups, maybe planks? These are all useful exercises. However, to train your core effectively you need to realize that your core is a lot more than the muscles you see in the much sought-after six-pack. And there are a lot more interesting, and potentially more useful, exercises we can use to train the core than the typical crunches and sit-ups.

What is the core?

It is important to first understand exactly what makes up your "core." The core is where the body's center of gravity is located and where all movement begins. It includes abdominal muscles, oblique muscles, back muscles, hip flexors and glutes. These muscle groups work together to stabilize the pelvis, spine and shoulders, providing a solid foundation for movement in the extremities. Each time you take a step, pick up your child, or reach for the car door, your core is utilized. The muscles of the core were not designed to work in isolation, but rather, as an integrated part of your entire body. Thus, this is how we should train them.

Three planes of motion

In our daily activities, the body moves in three planes of motion: forward and backward (sagittal plane), side to side (lateral movement or frontal plane) and rotational (transverse plane). As our bodies were designed to move in all of these different planes of motion, doesn't it make sense to train our bodies to move in all three planes? Traditional core exercises like crunches, sit-ups, and planks require your body to move in only the sagittal plane (forward and backward) or require no movement at all. However, we can make modifications to these basic exercises that allow us to move in all three planes of motion. If you perform a sit-up and reach across your body with one arm as you are sitting up you are now operating in both the sagittal (forward and backward) and transverse (rotational) planes. If you perform a plank while slowly shifting your hips from side to side you are now operating in the frontal (side to side) plane.



Putting it all together: what is functional core training?

Functional core training works your core using integrated movements in all three planes of motion to create efficient and effective movement patterns. Training your body in this manner will not only allow you strengthen your core, including those six-pack abs, it will also allow you to move with increased ease and decreased chance of injury in your daily live. The bottom line is this: functional core training will help you look good AND feel good, what more could you ask for?

Below are two functional core training exercises:

Single-Arm Cable Push

1. Grab a shoulder height cable with one hand.
2. Assume a wide stance with your front foot facing forward (away from the cable machine) and your back foot facing sideways.
3. Draw your belly button in, keep your back straight, and initiate the push.
4. As you are pushing your arm forward, rotate your torso and back foot forward.
5. Return to starting position and repeat on both sides.

As you push your arm forward you are using your core muscles to rotate your trunk forward, as well as prevent your torso from rotating backward too quickly as you return to your starting position.

Lateral Lunge with Arm Overhead

1. Begin with feet shoulder width apart, toes pointing forward, and arms at sides.
2. Step to the side with right foot into a lateral lunge, keeping toes pointing forward while bending right knee and pushing hips backward.
3. As you are stepping to the side, bring left hand up over your head and reach to the right.
4. Return to starting position and repeat on both sides.

As you step to the side and reach your hand overhead your core will engage to decelerate your motion and then bring you back toward your starting position.

Bear in mind that each person's "function" is different and although these exercises may be beneficial to some individuals they may not be suitable for everyone. If you are curious about including more functional core training in your workouts you may benefit from working with a trainer.

Indoor Triathlon

The indoor triathlon consists of a 10-minute swim, 15-minute bike, and 15-minute run. Participants compete in waves of eight people. Winners are determined by calculating the total distance covered in the allotted time. Prizes are awarded for 1st, 2nd and 3rd place for men and women. The indoor triathlon is a fun and exciting way to track your progress over the winter, get accustomed to doing all three sports together and get a great workout!

SATURDAY, APRIL 24 • 6:30 AM

COST CAC Members \$20
Nonmembers \$30
Tri Club Members FREE

Register at the front desk. Registration will close 48 hours before the race. Don't miss out!

Questions? Contact Alan Dubois at alan@eaconline.com or ext. 221.

COACHES' CORNER Life Coaching

Spring is in the air and summer is around the corner! As the plants and flowers are blooming, how you growing yourself? Whether it's making your self-care a priority, losing weight, having a satisfying work/life balance or finding more joy and fulfillment, it's never too late to start fertilizing your desires.

Please join us for two upcoming Life Coaching seminars at EAC. These seminars will engage and motivate you to take your next steps towards reaching your goals. Coaching is a great tool to help you close the gap from where you are, to where you want to go. Come give it a try! Lead by EAC Life Coach, Andrea Gaines, againes@eaconline.com

Work/Life Balance

- Learn how to establish healthy boundaries
- Create rituals and routines that refresh you
- Give each day more meaning and purpose

MONDAY, APRIL 12 • 7-8:30 PM • STUDIO 2

Stressproof your life

- How to use communication to improve relationships
- Establish mindful practices that create calm and inner peace
- Create environments that support you

MONDAY, MAY 10 • 7-8:30PM • STUDIO 2

\$25 per seminar • \$20 if you bring a friend.

Non-members are welcome. Advance registration is required.

To register, contact EAC's reception desk at 847-866-6190, or contact EAC's Director of Life Coaching, Dr. Jeremy Bloomfield at ext. 233 or jeremy@eaconline.com.

Follow us on Facebook at "Evanston Athletic Club"

Yoga for energy

A Workshop taught by Sandy Nowarita

SATURDAY, APRIL 24 • 11:30 AM-1:30 PM • STUDIO 3

As technology rapidly advances and the energy of creation speeds up, many of us find ourselves exhausted, depleted and unable to keep up with our everyday lives. In this workshop we will use hatha yoga poses, pranayama (breathing techniques) and chanting as we explore new ways to clear, center and ground ourselves. This workshop will give you practical techniques you can incorporate into your daily life that will bring more energy and balance into your body. All levels welcome.

COST CAC Members \$10
Nonmembers \$20

Please sign up at the front desk. Limited to 24 participants.

Avoid the Springtime sugar fix!

Cold, sweet drinks are in abundance this time of year. Unfortunately, most beverages that tempt our taste buds the most are also laced with sugar. Keep in mind, there is no recommended daily allowance (RDA) for sugar. Some dietary guidelines suggest that we should not consume more than 40 grams of refined sugar per 2000 calories. Refined sugar can be found in your energy bars, cereals, yogurts and yes ... drinks! Can you match the beverage to the sugar content below? The answers might surprise you.



ANSWERS: 1B; 2A; 3D; 4C; 5E

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|---|------------------------------|
| 1. Starbucks Venti Mocha Frappuccino® 22 oz. | A. 240 calories; 65g sugar |
| 2. Coca Cola 20 oz. | B. 500 calories; 67g sugar |
| 3. Gatorade® 20 oz. | C. 250 calories; 51g sugar |
| 4. Orange Juice 21 oz. | D. 122 calories; 29.5g sugar |
| 5. Jamba Juice Strawberry Wild® Smoothie 22 oz. | E. 469 calories; 96g sugar |

EAC is proud to be the official Athletic Club of:



HUBBARD STREET DANCE CHICAGO

