

EBACFIT® News

Monthly Journal of Healthy Information to feed the body and the soul!

ISSUE 03 December 2009

NEWS FLASH!



EBAC continues till the end of December!

We have 1 month left in 2009 so get your last month of good ole punching in before the year ends and get into tip top shape for 2010!

EBAC's "Drills" class begins at 7pm at Roosevelt University's 2nd level Penthouse. Located at 1400 N. Roosevelt Blvd, in Schaumburg IL. Class Dates: Wednesday's Dec 9th, 16th, 23rd, & 30th.

Saturday's original "EBAC" class begins at 10am, at Push Fitness, located at: 1111 Plaza Dr. in Schaumburg. Class dates: Saturday's Dec 5th, 12th, 19th, 26th.

Wednesday Drills class: \$25.00

Saturday EBAC class: \$35.00

Take 2 classes a week & Save \$10.00 on Saturday's class.

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This issue

Welcome to our Newsletter

Welcome to EBACFIT®, our goal is to create a healthier community by helping you reach and maintain the very best physical and mental condition of your life. We offer various methods of advanced training which will provide you with the proper education to feed your body and mind with the tools necessary to go beyond what you might have previously thought possible. We tailor routines and goals specifically for you along with education rooted in functional fitness.

"We take our passion and professional expertise to help create and maintain an active, young lifestyle for you."

Aaron Petrynek

New Class Breakdown!



Beginner/Drop-in (COMING SOON-TBA) :

Anyone can take this class! It is designed to teach you the fundamentals of boxing. While it is not an 'extreme,' class it's a good way to condition "the body" at your own pace while learning to train "like a boxer," plus it's a lot of fun! Before you know it you've sweated out a ton of calories!

Boxing is the workout! It focuses on:

- Safety punching
- Learning focus mitt training
- Basic footwork
- Basic defense skills
- Reactive training
- Balance

EBAC (Pre-requisites required).

Keep your training going with our original extreme boxing and conditioning class. Previous boxing skills are required. You'll be mentally focused, and we'll keep you on your toes during a period of "functional training," which challenges using "disciplinary boxing," methodologies. You'll think like a fighter and train like a champ!

It focuses on:

- Key boxing warm-ups
- Boxing combos
- Cardio interval training
- Boxing core training

5 Tips to Break Sugar Addiction

If you're an American, there's a good chance that you need to break a sugar addiction. From the time we're children, processed sugar is constantly marketed to us. From Honey Comb to Hershey bars to a litany of carbonated beverages (the highest-grossing "food" sold in America), we spend our lives sucking saccharides in over-abundance.

Now, millions of us suffer from a variety of problems related to eating too much sugar, including obesity, diabetes, and heart disease.

So, how do you break sugar addiction? Here are five tips to get you started.

1. **Quit eating high-fructose corn syrup.** Start checking nutrition labels and you'll notice that a huge swath of what we eat has high-fructose corn syrup in it, especially sweets and junk foods. But you might think you have a healthy diet and still have a sugar addiction because you regularly eat yogurt, ketchup, granola and meal-replacement bars, and salad dressings – many of which contain high-fructose corn syrup. Despite piles of data explaining how dangerous this stuff is, profiteering food manufacturers continue to defend their use of it.

2. **Eat natural sugars.** Quit dumping white sugar into your recipes, coffee, tea, and cereal. If you must sweeten something, use honey or turbinado sugar (sold as Sugar in the Raw). Avoid brown sugar, as it's often just white sugar with molasses added. While your food might, at first, seem bland, after a few weeks you'll notice that lots of things are much sweeter than you knew, including grains, fruits, and milk. After a few months, you won't miss refined sugar at all, and you'll be able to tell that soda pop is nasty, syrupy goop.

3. **Quit eating artificial sweeteners.** At UC San Diego, researchers found that Splenda fires up the same neural pathways as sugar. Psychiatrist Guido Frank then told The Scientific American, "Splenda has less of a feedback mechanism to stop the craving to get satisfied." Which, to Frank, means it keeps you craving sugar. Again, if you really need to sweeten something, use natural sugars, and sparingly.

4. **Eat plenty of fiber.** [Soluble fiber helps stabilize blood sugar](#) – preventing sugar crashes and the cravings that inevitably follow. Soluble fiber can be found in [fiber-rich foods](#) like oatmeal, beans, fruits, and vegetables. I've found that beating sugar crashes is its own health benefit, as you escape the hunger, depression, and lack of energy that come with them. It also breaks the sugar addict's cycle of refueling every couple hours with more sugar. Not to mention, fiber helps you feel full.

5. **Wait out the cravings.** Assuming you're eating healthy foods in healthy amounts on a regular basis throughout the day, you should be able to out-wait sugar cravings as they arise. Like any food cravings, sugar cravings pass pretty quickly. If you're starving yourself to lose weight, rather than eating properly, it'll be much harder not to cave to sugar cravings.

Check out more articles at:

[Diet and Nutrition \(DietAndNutrition@EverydayHealth.com\)](mailto:DietAndNutrition@EverydayHealth.com)



Wednesday (7pm Drills/Drop in.)

Drills class is designed to challenge your cardio base. Anyone can take this drop-in class. Its purpose is to review and to practice your punching. It's also a great way to release some stress! So sweat it out in this high energy drills class. We drill everything.

- Key boxing warm-ups
- Core drills
- Punching drills
- Functional drills

Saturday: 10am EBAC @ Push Fitness Studio

(Pre-requisites required).

Here's your second shot at taking another EBAC class! Keep your training going with our original extreme boxing and conditioning class. Previous boxing skills are required. You'll be mentally focused, and we'll keep you on your toes with a period of "functional training" challenges using "disciplinary boxing methods". You'll think like a fighter and train like a champ! It focuses on:

- Key boxing warm-ups
- Boxing combos
- Cardio interval training
- Boxing core training

Tips on Wrapping

- If your hand wraps don't feel right, do them over.
- Proper tightness of hand wraps is important. Wraps should be tight enough to stay firmly in place, but not too tight or they will cut off your circulation. It takes practice.
- Hand wraps have a top and bottom. Some hand wraps are clearly marked "This Side Down". The reason is that the Velcro should be face up when finished. If you started with the wrong side down is no big deal. On the last step around the wrist, flip (twist) the wraps over.
- Hand wraps can be machine washed. Hang up to dry. Hand wraps get tangled when washed in a machine. If needed, buy a special hand wrap wash bag or nylon bag.
- Depending on how much you sweat, it is suggested to roll the hand wraps back up when finished with your workout.
- If you work out several times a week, buy a couple pairs of hand wraps.
- For smaller hands, avoid wrapping too many times around the palm, because the hand wraps will bunch up. For very small hands, you might need to include a couple figure 8's and extra times around the wrist.



EBACFIT and Friends would like to welcome Anthony Kern & Kevin Ricchiuto to the Ebac Crew. You guys are fantastic and it's a pleasure to have you join our classes. Keep your hands up and that chin down! I'll be seeing you in class.

Sharon "Bully" Petrynek



Check this out.

EBACFIT is presenting a new **Sweat Blast** class for 2010.

Hosted by: Lululemon Athletica 2104 N. Halsted Street
Chicago, IL60614, 773-883-8860

Begins January 8— Ends February 26th 2010
Every Tuesday and Friday at 9am-10am

For more information, email us at
trainme@ebacfit.com or call: 312-607-5571

Recipe of the Month

Salmon Penne Salad with Raspberry Vinaigrette Recipe

Ingredients

- 9 ounce(s) fish, salmon fillet
- 6 ounce(s) pasta, penne
- 1 cup(s) asparagus, bias-sliced
- 1 cup(s) raspberries
- lettuce leaves
- 2 scallion(s) (green onions)
- 1/4 cup(s) vinegar, raspberry
- 2 tablespoon oil, olive
- 1 tablespoon mustard, honey
- 2 teaspoon sugar
- 1 clove(s) garlic, minced
- 1/4 teaspoon pepper, black

 4 Servings

 Contains Wheat/Gluten

 Diabetes-Friendly



1. Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Measure the thickness of the fish. Remove 2 teaspoons of the Raspberry Vinaigrette; brush onto fish. Cover and chill the remaining vinaigrette until ready to use.
2. Preheat broiler. Place fish on the greased unheated rack of a broiler pan; tuck under any thin edges. Broil 4 inches from heat until fish flakes easily when tested with a fork, allowing 4 to 6 minutes per 1/2 inch thickness and turning once if 1 inch thick.
3. Meanwhile, cook pasta according to package directions, adding asparagus the last 2 minutes. Drain; rinse with cold water. Drain again. Return pasta to pan. Add reserved vinaigrette; toss gently to coat.
4. Flake cooked salmon. Add salmon to pasta; toss gently. Cover and chill until serving time.
5. To serve, add berries to pasta mixture; toss gently to mix. If desired, serve on 4 lettuce-lined plates. Top with green onion. Makes 4 (2-cup) servings

Nutritional Info (Per serving):

Calories: 368, Saturated Fat: 2g, Sodium: 42mg, Dietary Fiber: 4g, Total Fat: 14g, Carbs: 41g, Cholesterol: 33mg, Protein: 18g

EBAC® Holiday Greetings!

Merry Christmas and Happy New Year 2010!

To our beloved EBAC boxers and Friends.

*May the new year bring you many more joyous moments with your loved ones,
family and friends.*

Hope to see next year!

Holly & Kyle Fraccaro

Brian Nowak

Vania Marchetti & Michael Montorsi

Alane Watkins

Shannon Latayan

Karla Olivera

Ali Hamdar

Ursula Sanders

Eric Ludwig

Doreen Chan

Kathy Cifuentes

Rey Querubin

Evelyn Mcgettigan

Sarah Siete

Kevin Ricchiuto

Jamie & Andre Van Vuren

Sonia Illecias

Giota Trakas

Anthony Kern

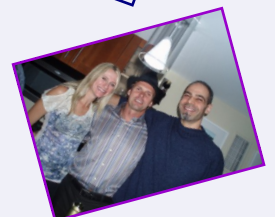
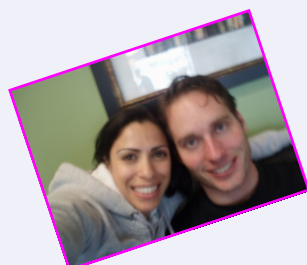
Kevin & Aliya Cook

Kaylynn Koubsky & Chiro One

Josh & Maria Steckler

Mark Trap

Nisha Surve





FRIENDS OF FITNESS

Schaumburg - East Clinic

Dr. KayLynne Koubsky: A Cornhusker at heart, Dr. KayLynne Koub-

sky, born and raised in Omaha, NE always knew she wanted to serve people through healthcare. Initially attending the University of Nebraska Omaha to become a Physical Therapist, Dr. KayLynne changed her course due to volunteering as a PT Technician in Hospitals and long term care facilities. "I decided I wanted to be able to help people in a more natural way BEFORE they got to a stage where they were that sick," said Dr. KayLynne.

After completion of her B.S. in Biology, Dr. KayLynne attained her Doctorate of Chiropractic from Cleveland Chiropractic College. In addition to her degrees, she has continued her education in meridian therapy, extremity adjusting techniques, and pediatric care. Committed to community outreach, Dr. KayLynne volunteers her time with several charitable organizations and has run a marathon in support of the Leukemia & Lymphoma Society. An avid sports fan, she also enjoys traveling, cooking, and painting. "I love what I do for a living and wouldn't change it for the world!"

Lululemon Athletica

who is lululemon athletica?

Founded in Vancouver BC in 1998, the first lululemon shared its retail space with a yoga studio. We've been growing ever since, and our technical yoga clothes and apparel are now at over 100 stores across Canada, the U.S., Australia and Hong Kong. Read more about [our history](#).

We make technical athletic apparel for yoga, running, dancing, and most other sweaty pursuits. Want to learn more

about our stores

All lululemon locations have strong ties to our local communities. We host in-store events ranging from self-defense to goal-setting workshops to free yoga classes led by our [community ambassadors](#). If you'd like to know which items your local store receives each week, [find your local store now](#) and sign up for their weekly product notification.

<http://www.lululemon.com/about/>



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