

EBACFIT® News

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

ISSUE 04 January 2010

NEWS FLASH!



Happy New Year EBAC Boxers and Fans.

The year is 2010. A year filled with hopes and dreams of becoming what you've always dreamed of. It's time to find a new way to celebrate life and invent ways to enjoy your health. As the fresh year begins, our plan is to uplift your spirit and keep you cool and as we prepare for our new adventure.

Roosevelt University and Lululemon Athletica has lend their facilities to us to continue our work to educate and promote good health and wellness. We will begin with Lululemon Athletica on January 5th, 2010 with the launch of our newest class "Sweat Blast 2010" This class is designed with "boxing" movements in mind within a circuit setting and will include muscle endurance challenges, corrective training along side balance and coordination. You'll be sweating out those calories, while enjoying lively company and creating new friends. Class dates and times are Tuesdays 9am-10am, & 7pm-8pm, Friday's 9am-10am. For more information, check out our website at www.ebacfit.com.

Roosevelt University will be hosting our first "OPEN HOUSE" on February 3rd @ 3pm -5pm. Located at 1400 Roosevelt Road, Schaumburg IL. We will be announcing our class schedule and times in the near distant future. So stay tuned.

Come check it out!

SWEAT BLAST 2010
STARTS JANUARY 5th-FEBRUARY 26,2010

**JOIN THE SWEAT BLAST CLASS AND
BURN FAT, BUILD LEAN MUSCLE!**

Book 16 classes: \$160 (2/per week) 8 week circuit
Book 8 classes: \$100 (2/per week) 4 week circuit
Individual class: \$15

Tuesdays from 9-10am & 7-8pm
Fridays 9-10am

Email or call 312-607-5571
Hosted by Lululemon Athletica
2104 N Halsted 773-893-8860

Newsflash P.1
New Class breakdown P.2
Health Tips P.3
Recipe of the month P. 4
EBAC Home News P. 5
Friends of EBAC P. 6

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!

Currently open

Wednesday (7pm Drills/Drop in.

At Roosevelt University: 1400
Roosevelt Rd.2nd Floor Penthouse

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 Advanced EBAC @
Push Fitness Studio

(Pre-requisites required).

Keep your training going with our original extreme boxing and conditioning class. Previous boxing skills are required. You'll be challenge with unique boxing combinations, along with advanced footwork and 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
- Advanced boxing combos
- Cardio interval training
- Boxing core training
- Reactive training

Coming soon

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 Intermediate (Beginner pre-requisite required).

Keep your training going with our intermediate class. Previous boxing skills are required. We'll be working on putting together basic boxing combinations. You'll be mentally focused, and we'll keep you on your toes during a period of "functional training," elaborate punching drills It focuses on:

- ◇ Key boxing warm-ups
- ◇ Introduction to boxing combination work
- ◇ Cardio interval training
- ◇ Boxing core training
- ◇ Introduction to reactive training



Keeping our earth green is crucial to our health. Everyday people take in toxins and man made preservatives that fill our bodies with harmful bacteria. Here are some tips on doing your part in keeping our environment and your body clean.

1. Exercise 3-5 times a week.
2. Practice positive thinking.
3. Turn off your water right away.
4. Drink water, not soda.
5. Unplug or put your electronics on sleep mode.

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 and wraps.



Note from the editor,

"One of the first things I learned when I began my training was I had to workout everyday in order to make it a habit, and it got hard! So I figured out that if I don't think about it, I'd just do it. Otherwise I'd talk myself out of it."

Clearing your mind is healthy and less stressful.

Like Nike says, "just do it". So I did it.

WHAT'S UP?
Coming soon,
New **EBAC**® Packages TBA! 🎧

Check us out on Facebook and Twitter!
Become a fan of **EBAC**.



You got tips?
Email us at
trainme@ebacfit.com

Recipe of the Month



Salmon with Lemon, Capers, and Rosemary

Recipe courtesy Giada De Laurentiis. www.foodnetwork.com

Ingredients

- 4 (6-ounce) salmon fillets
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon minced fresh rosemary leaves
- 8 lemon slices (about 2 lemons)
- 1/4 cup lemon juice (about 1 lemon)
- 1/2 cup Marsala wine (or white wine)
- 4 teaspoons capers 4 pieces of aluminum foil



Brush top and bottom of salmon fillets with olive oil and season with salt, pepper, and rosemary. Place each piece of seasoned salmon on a piece of foil large enough to fold over and seal. Top the each piece of salmon with 2 lemon slices, 1 tablespoon of lemon juice, 2 tablespoons of wine, and 1 teaspoon of capers. Wrap up salmon tightly in the foil packets. Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Place the foil packets on the hot grill and cook for 10 minutes for a 1-inch thick piece of salmon. Serve in the foil packets.



Got a recipe for us?

Email us at trainme@ebacfit.com

EBAC HOME NEWS



EBAC SPOTLIGHT!

After years of hard lifting and over training his muscles. Aaron had to re-build his strength from the inside out.

Here's his story.



BEFORE AND AFTER



What has exercise done for me?

EBAC changed the way I think about my body and about fitness. I didn't realize that I could get into such great shape when I thought I had already peaked... I was living a very corporate and increasingly sedentary lifestyle that had me bouncing between 230 to nearly 300 pounds and I felt horrible. My weight came down to a consistent 200 lbs, waist dropped to a 33 from a 38 and I have a spring in my step that I never had before. My physique changed immensely as well (I finally found my shoulders as well as my back-side!)

I can't say enough about the intensity that I've been able to claim and how to work at that level while getting results. I'm much more aware of my body and always eager to learn more. Aside from the physical changes the mental ones are the most important to me. I have a better appreciation for life and know where I want to go with it. My inner strength and self-image are so much more than previously realized. I look forward to getting to the next level. Aaron Petrynek



FRIENDS OF FITNESS



Schaumburg - East Clinic

Dr. KayLynne Koubky



A Cornhusker at heart, Dr. KayLynne Koubky, 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!"

SPREAD THE HEALTH....as we like to say here at *EBACFIT*. Check out our fellow friends ready to make your lives a little bit easier.

EBACFIT News

Have something to submit to our newsletter?

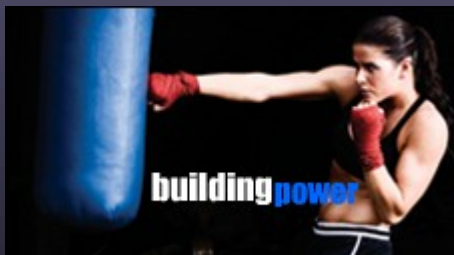
Email us: trainme@ebacfit.com.

LULULEMON ATHLETICA

Yoga inspired apparel for healthy living!

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

PUSH FITNESS STUDIO



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