

# EBACFIT® News

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

ISSUE 02 November 2009

## NEWS FLASH!



### EBAC Opens it's newest class!

EBAC's "Drills" class opened successfully on Wednesday November 11, 2009 at 7pm at Roosevelt University's 2<sup>nd</sup> level Penthouse. Located at 1400 N. Roosevelt Blvd, in Schaumburg IL.

"It was an exciting moment for me" said EBAC creator and co-owner Sharon E. Avendaño-Petrynek. "We had a lot of bumps along the way, but we got the class up and running and we're ready to fill it up with new clients as well as keeping our diligent veteran "Eboxer's" on their toes! Having the new space opens a lot of opportunity to have fun and create new ways to challenge the body." The original "EBAC" class will also be given at the Push Fitness location @ 1111 Plaza Drive, Schaumburg IL, every Saturday at 10am. "It was a tough class but that's what I'm looking for. I was hurting, but I keep coming back for more" said Brian Nowak who's been an EBAC member for more than 3 years and has lost 30 lbs.

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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

## What should I eat before a work-out? 🍌🍌

A boxer's diet should be drawn up according to the recommended ratios of particular foodstuffs. Carbohydrates, proteins and fats are all crucial for providing the energy and nutrition a boxer needs.

**Carbohydrates** - boxing is an anaerobic activity which requires professional boxers to maintain high energy levels for fifteen intensive 3-minute rounds. A boxer's intention should be to eat foods which will provide the correct strength, power and weight ratio which is best maintained by sources of high energy and low fat content. For this reason carbohydrates are the ideal foodstuff for boxers, slowly releasing energy for a sustained period of time, replacing lost glycogen stores and increasing stamina during fights and training. Some carbohydrates, particularly processed carbohydrates which are derived from white flour, such as white bread and pasta, contain calories that are less useful, given their low nutritional value.

Instead boxers should eat natural carbohydrates such as yams, beans, whole-wheat grain, fruits and oatmeal, which are packed full of useful nutrients. Because carbohydrates are such effective sources of energy, boxers should eat more of them than any other foodstuff. Dieticians recommend that 45 - 55 percent of a boxer's diet should be made up of carbohydrates. For example, out of a daily diet that consists of 4000 calories, 1800 to 2200 calories of those should be derived from carbohydrates, roughly equating to 550 grams in weight.

**Protein** - boxers often experience small tears in their muscles after a fight, causing them to feel tired and sore, so it is crucial that enough protein is included in their daily diet. Protein works to repair muscles and increase muscle growth, preventing long lasting damage but it also acts as a further energy source, preventing the body from using its much-valued muscle for energy.

Chicken, tuna, eggs and lean beef are all good sources of protein as are protein drinks (such as 'Accelerade' or 'Rapid Recovery') although these should only be taken by those engaged in a serious and intensive training routine. For concentrated muscle increase, boxers should consume a protein drink during training sessions and another shake immediately after training. Dieticians recommend that protein should make up 30 to 40 percent of the boxer's daily diet.

**Fats** - whilst excessive fat consumption can cause unwanted weight gain and should be avoided, boxers do need some fats to maintain important internal bodily functions. Omega-3 and Omega-6 fats, also known as essential fats or fatty acids, are both needed for the production of prostaglandins, a type of hormone which keeps the body in working order. Seafood or walnuts are ideal sources of omega fat or alternatively flaxseed oil and cod liver oil can be taken as healthy supplements which are purified of the contaminants often found in fish.

**Water** - is essential for staying healthy and energized, particularly in a strenuous sport such as boxing where it is easy to become dehydrated. Boxers should ensure that 8 - 10 glasses of water are included in their daily diet, increasing their water consumption during a fight.



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.



As creator and co-owner of EBACFIT, I'd like to say thank you to the people that have been in our corner for more than 3 years. EBAC alumni:

Holly Fraccaro

Kyle Fraccaro

Brian Nowak

Shannon Latayan

You're a shining example of strength and courage. You've put your health as a priority and you've inspired so many!

### WHAT'S UP?



Coming soon, New **EBAC**® Packages TBA! 📣

Check us out on Facebook and Twitter!

Become a fan of **EBAC** .





**Thanksgiving is right around the corner, keep yourself in check... High calories meals means high calorie workouts! What better way to burn calories than to punch them out!**

## Recipe of the Month

### Healthier Thanksgiving Sweet Potatoes

A classic holiday favorite made healthy!

Here is a visual comparison of Eating Well's Thanksgiving recipes versus more traditional versions of the same foods that are bound to be gracing your holiday table. We included calories, fat, saturated fat and sodium in our comparison, and we think you'll agree the statistics are telling. Best of all, the tricks and techniques used to make these recipes lighter also make them delicious! There is no sacrificing taste in any of these great recipes. Share these healthy dishes with your family and friends this year—and save up some of those calories for the next big holiday.



#### Ingredients

- 2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Ground pepper to your liking



You may find many yummy healthy tasting recipes at the Eating Well website:

[http://www.eatingwell.com/recipes/maple\\_roasted\\_sweet\\_potatoes.html](http://www.eatingwell.com/recipes/maple_roasted_sweet_potatoes.html)



## Recipe of the Month - Continued...

### Healthier Thanksgiving Sweet Potatoes



#### Preparation

1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

*Share your favorite recipe by emailing us*

*At [trainme@ebacfit.com](mailto:trainme@ebacfit.com)*



*Eat well, be well!*

# FRIENDS OF FITNESS

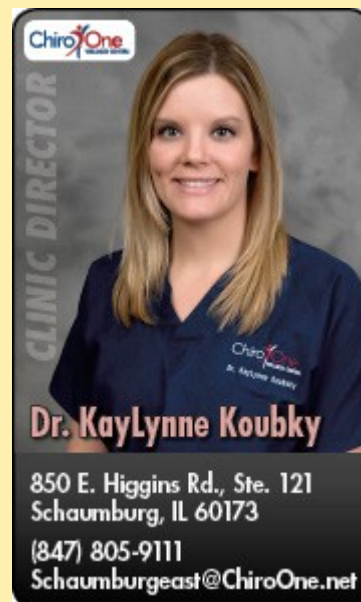


## Schaumburg - East Clinic

### Dr. KayLynne Koubsky

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



## EBACFIT News

Have something to submit  
to our newsletter?

Email us: [trainme@ebacfit.com](mailto:trainme@ebacfit.com).

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