



## Lady of America Newsletter – October 2009

### Natalie's August Tip and Spot Check

The month of October is our time to “Think Pink” in honor of *National Breast Cancer Month*. Obesity, physical inactivity and poor nutrition are major risk factors for cancer. Researchers believe weight plays a role in breast cancer because fatty tissue produces hormones and growth factors, such as estrogen and insulin, which may promote cancer development. Making a conscious effort to make healthy lifestyle choices can pack against the disease.

**Natalie Brabner**  
Lady of America's  
Official Trainer and  
Expert in Exercise  
& Nutrition



Making exercise a priority, eating a diet rich in fruits/vegetables/whole grains/healthy oils and maintaining a healthy weight have shown to reduce the risk of developing breast cancer, as well as preventing its return, if you're a survivor. So how much is enough?

The American Cancer Society recommends 45 to 60 minutes of moderate to vigorous exercise *at least* 5 days a week to lower breast cancer risk. I recommend that you work out hard and include activities like brisk walking, biking, spinning, swimming, running and strength training. Engage all your muscle groups and be sure that as you exercise your heart rate increases and you break a sweat.

### Spot Check:

#### Grab That Ball!

Every day I am asked how to lose weight and tone the tummy area. It takes both diet and exercise to lose weight, tone and get the body you want. This month I'd like to introduce the stability ball to your workouts.

A stability ball – also known as an exercise ball – is great for your body, especially your abs. You can perform a variety of exercises that will strengthen and tone your core, as well as stretch your torso and improve your flexibility.

Here are some moves to try on the stability ball that will also let you challenge yourself. If you are new to exercising on the ball, start out doing 8 to 10 reps for 2 sets. If you're experienced, aim for 10 to 12 reps for 3 sets.

1. **Push-ups:** Lie with your abdomen on the exercise ball and walk your hands forward on the floor until the ball rests under your thighs. Pull your navel in toward your spine, bending your elbows. Lower your upper body to the floor. Hold this position for three seconds, and then push up so your elbows are straight but not locked. Keep your head in line with your spine and your abs engaged.
2. **Ab Roll:** Place your hands on the ball in front of you, arms parallel. Pulling your belly button toward your spine and tightening your torso, slowly roll forward, rolling the ball out as far as you can without arching or straining the back. Push your elbows into the ball and squeeze the abs to pull the body back to start.

3. **Butt Lifts:** Lie on the ball with your head, neck and shoulders supported, knees bent and body in a table-top position. Lower your hips toward the floor without rolling on the ball. Squeeze your glutes to raise the hips until your body is in a straight line (like a bridge). To make this move more challenging, hold weights on the hips and make sure you press through the heels and not the toes.
4. **Knee Tuck:** Tighten your abs and bend your knees, drawing them forward, so you bring your legs and the ball under your torso. Hold for a second. Straighten your legs and uncoil as you press back to the starting position.
5. **Squats:** this is a great thigh and butt toner. To do this, place the exercise ball between the wall and the curve of your lower back. Stand with your feet shoulder-width apart and bend your knees and lower 5 to 10 inches, keeping your shoulders level and your hips square. Hold this position for 3 seconds and then stand back up.
6. **Overhead Squat:** For more leg challenge, stand with your legs hip-width apart. Raise the ball over your head with your arms extended and close to your ears. Squat down, keeping the weight in your heels and your arms extended. Hold for 2 seconds and come back up.
7. **Hand to Foot Pass:** Lie on your back holding the exercise ball and lift your feet so your shins are parallel to the floor. Lift your head, neck and shoulders, and pass the ball between your legs. Lower your legs and reach your arms back. Come back up and grab the ball. Continue to pass the ball back and forth from your hands to your legs.
8. **Weight Press:** Lie on your back with your heels on the exercise ball. Hold 3- or 5-lb. dumbbells just above your chest with your palms facing forward. Press the weights straight up over your shoulders as you exhale. Hold the position for three counts, then lower the weights.

Visit [www.ladyofamerica.com](http://www.ladyofamerica.com) for additional articles.