

Life Balance INITIATIVE

A PUBLICATION OF GRAND TRAVERSE AREA CATHOLIC SCHOOLS

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March 2011

Over the next four month's each of our great LBI sponsors will have an opportunity to write an article in their area of expertise as it relates to health and wellness. Our article this month is sponsored by Fast – Physical Therapy and Sports Training.

WANT SPEED? Strengthen Your Core!

If you are working on speed, make sure you strengthen your core statically, dynamically and with your feet on the ground. Otherwise, all of the power gains made from training your arms and legs will not be as effective in improving your speed. At FAST, we work on core stability in sport specific movement patterns so that you can maximize your speed in any sport, in any direction.

The deep and superficial muscles that support the spine, when trained properly, keep your spine stable during acceleration and deceleration movements. During running, your arms and legs are pumping and moving at a high rate of speed creating forces that go through the spine and trunk like that of the wind against a pole. If the core is strong and the spine stays stable the transfer of energy from the arms and legs is used to accelerate the body forward or whatever direction you are moving more efficiently which means increased speed. This means that your reaction times are also quicker and you will be able to respond more quickly to an opposing athlete's movements.

It's not just the six-pack abdominal muscles that are important. The muscles of the trunk that are part of the core include muscles that attach the shoulder blades to the trunk, the hips to the low back, and all the muscles on your front side from the hips up to the chest and shoulders. These muscles are part of the core and help to support the core during athletic movements. If these muscles are weak and not coordinated and your core looks like a noodle when you are trying to accelerate to gain speed or when you are decelerating to slow down, then you are going to be slower and not be able to react as quickly to your opponents' movements. We see many athletes try to decelerate when moving laterally and their upper body or trunk continues to move while their legs have already stopped. This is because their core is weak and not coordinated. Great exercises for the core include diagonal chops from high to low and low to high. Push-pull exercises with pulleys, bands or partner resisted. Our new TRX system has also been great for improving core strength.

To review: A weak, uncoordinated core leads to less transfer of energy to the ground from the feet and arms. It can also lead to excessive rotational movements of the trunk. This results in decreased reaction times, decreased speed and more fatigue, because you are working inefficiently. At FAST, we work on dynamic, static and standing core stability in sport-specific movement patterns so that you can maximize your speed in any sport, in any direction.

GO FAST!

Rex Holden, PT, Owner, CEO

Lenten Specials!

Chef Michael Bauer has assembled several great vegetarian soups and a macaroni and cheese dish to make during Lent. We hope you enjoy them!



Sweet Potato- Apple Bisque

Yield: 4 servings

½ cup- minced white onion

¼ cup- minced peeled carrot

½ Tablespoon- minced garlic

1 cup- peeled and chopped apple

2 cups- peeled and chopped sweet potato

2.5 cups- vegetable stock or water

½ cup- heavy cream

1/8 teaspoon - cayenne

1/8 teaspoon- cinnamon

Salt and white pepper- to taste

In soup pot add 4 oz. olive oil
Add onions and sweat for 2 minutes
Add carrots and sweat for 2 minutes
Add garlic and sweat
Add sweet potato and apples- sweat 2 minutes
Cover with water or stock
Bring to a boil- reduce to simmer until sweated potatoes are tender (20 minutes)
Add heavy cream and simmer for 2 minutes
Puree in blender and adjust seasonings

Asparagus Bisque

Yield ½ gallon

2 # asparagus- Cut bottom 1.3 off (stalk). Put in 12 oz. water and simmer for 15 minutes. Strain and reserve for later. This is your asparagus stock.

Reserve remaining 2/3 and chop for soup



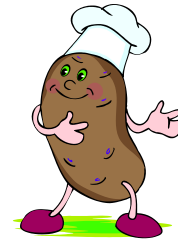
12 cups asparagus stock – Refer to above
½- large Spanish onion- minced
½ Tablespoon – minced garlic
1 large- white potato- peeled and minced (potato starch helps thicken soup)
1 packed cup- fresh spinach (for color)
1 Tablespoon- lemon juice (used to help bring out flavor)
dill- 1 Tbs. Fresh or ½ Tbs. Dry
½ cup – Plain yogurt (helps add creaminess)
Kosher salt and white ground pepper to taste (Flavor enhancers)

Heat up stock pot and add 2 Tablespoons oil or butter
Add onions and sweat
Add garlic and sweat
Add potatoes and cover with asparagus stock- simmer until potatoes are tender
Add remaining asparagus and spinach – simmer until asparagus is tender
Add yogurt and dill
Blend ingredients until very smooth – add back to pot and season

Potato Leek Soup

Yield : ½ gallon

½ cup- white onion- small dice (¼"by ¼")
1 cup- leeks- cleaned and diced-white only
½ cup- celery- small dice
½ cup- carrots- small dice
2 #- white potatoes- peeled and medium dice (½" by ½)
2 Tablespoons minced garlic
1 each- bay leaf
1 Tbs. – dried thyme
4 qts. organic vegetable stock
2 cups- water
½ cup- white wine (optional)
½ cup- heavy cream or water
Salt and pepper- to taste



In a stock pot add 1 oz. oil (olive or soy) and heat up
Add onions and leeks- sauté until translucent (2 minutes)
Add celery and carrots- sauté for 2 minutes
Add garlic and sauté
Add white wine (optional) and reduce au sec (syrupy)
Add potatoes
Cover potatoes with stock, water, bay leaf, and dry thyme
Bring to a boil than reduce heat to a simmer
-Simmer potatoes until fork tender
Puree with emulsion blender or regular blender
Add heavy cream and season with salt and pepper
(I like to add some hot sauce to develop the flavor!)

Tomato Soup

Makes 5-6 servings

3 Tbs. olive oil
1 ½ cups white onion- finely dice
1 carrot- peeled and chopped
1 rib – celery- chopped
1 Tbs. garlic- minced
1 Tbs. honey
4 cups (1 quart) diced tomato in juice
Fresh basil- 4 leaves- julienned
Salt and pepper – to taste



In a soup pot heat up oil
Add onions and sauté - 1 minute
Add carrots and celery and sauté
Add garlic and sauté
Add tomatoes and bring to a boil then reduce to a low simmer for 20 minutes
Add heavy cream and honey and cook 5 minutes
Puree and add basil
Add salt and pepper to taste

Seafood Chowder

Yield ½ gallon

½ cup - white onion, minced
¼ cup – carrot, minced
¼ cup- celery, minced
1 Tbs.- minced garlic
1 each bay leaf
1 Tbs. Old Bay Seasoning
Sweat top ingredients until translucent



Then add:

1 quart water or organic seafood stock- bring to boil
Add 1 cup redskin potatoes- ½" x ½" dice
Simmer until potatoes are tender
Add 1 cup of seafood mix (Surimi crab, cod, shrimp, and scallops)
Bring back to a boil
Reduce to simmer until seafood is cooked
Thicken with cornstarch until desired thickness
Add 4 oz. 2% milk
Season to taste with salt, pepper, dry dill

Macaroni and Cheese

½ # macaroni

Cook in boiling salted water, then strain and shock with cold water

3 Tbs. olive oil

3 Tbs. flour

2 cups whole milk

1 cup heavy cream

1/2 cup onion - fine dice

1 bay leaf

½ teas. paprika

2 cups shredded cheddar cheese



Add oil in a pan and sauté onions

Add flour and bay leaf and stir for 30 seconds

Add milk and cream then bring to a boil- stir constantly not to burn

When boiling, reduce and simmer 5 minutes

Turn off, then add cheese and seasonings

Toss with noodles and put into a greased pan

Top with bread crumbs (Italian) and some parmesan cheese

Bake at 350 degrees for 20- 30 minutes until center is warm

Bon Appétit,

Chef Michael Bauer