

OCTOBER - NOVEMBER 2010

ClubNews

LITTLE ROCK ATHLETIC CLUB



PRIMAL FITNESS *by Pat Riley, Jr.*

Recently I read a thought-provoking new book on diet/exercise called *The Primal Blueprint* by Mark Sisson. A world-class marathoner and triathlete in his twenties, Sisson, now 57, spurned conventional ideas about diet and exercise to blaze his own path after retiring from competition. These days he claims to be healthier, happier and more fit than 30 years ago even though his training regimen is much less grueling than it was before. His secret? Eating, exercising and living like a 'caveman'.

Sisson's thesis about 'primal' fitness is based on his extensive study of evolutionary biology. In a nutshell, the argument is that the source code for humanity's mind/body operating system (aka DNA) was forged by the evolutionary forces (i.e. survival of the fittest) of 100,000 generations of life as hunter/gatherers. The much more recent advent of agriculture ("only" 10,000 years ago) is the radical change to which we are still adjusting. Many of today's chronic illnesses, Sisson argues, result from discordance between modern lifestyles (esp. diet, stress and inactivity) and the selection process that formed our genes.

Sisson has organized his recommendations for going primal into ten "laws". The first two deal with diet and their position at the top of the list is not an accident. Sisson states emphatically "80% of one's body composition is determined by diet". In other words, if you want to make a significant change in your health and/or appearance you must first address what you eat.

LAW #1 EAT LOTS OF PLANTS AND ANIMALS.

Primal man (and woman) ate a diverse variety of plants and animals depending on the season and what could be found or caught. Due to an unpredictable food supply, human bodies developed (i.e. were selected for) the ability to efficiently store calories as fat for the inevitable periods of scarcity. These days, our food supply is as close as the nearest refrigerator, grocery store or restaurant making

excessive fat accumulation an ever-present danger. The solution, according to Sisson, is to focus our diet on quality sources of animal protein (organic, free range or wild sources of meat, fowl and fish - see related article on page 2) an assortment of colorful vegetables, fresh fruits and healthy sources of fat (nuts seeds and their derivative butters, certain oils, avocados, etc.).

LAW #2 AVOID POISONOUS THINGS.

If the first law is about what to eat, the second law is about what to avoid. Primal man didn't have food labels or the FDA to warn about dangerous foods so he had to rely on his sense of smell and taste along with careful sampling to determine what was safe. Modern man's exposure to "toxic" foods is much more insidious. Since the '70's an effort to engineer "low-fat" foods has created an industry of artificially "processed" foods, chemically altered fats and lots and lots of sugar to stimulate the taste buds. Fat content may have decreased but so has the nutritional value of the foods we eat.

More controversially perhaps, Sisson also argues against a diet that emphasizes carbohydrates such as bread, pasta, crackers, snack foods, baked goods and even rice, corn and cereals. Ingesting grains and other processed carbs causes wild swings in blood glucose (read sugar) levels, which leads to strong cravings that can lead to overeating and eventually to problems like obesity, Type 2 diabetes, cardiovascular disease (due to vascular inflammation) and diet-related cancers.

LAW #3 MOVE FREQUENTLY AT A SLOW PACE.

Laws 3-5 focus on exercise and Sisson challenges conventional wisdom here as well. Law #3 describes the "typical" hunter/gatherer routine of frequent activity but at low levels of effort. Sisson recommends 2 - 5 hours a week of "easy" cardio

(working at 55 - 75% of maximum heart rate). He cautions against what he calls "chronic" cardio, which he describes as frequent workouts at elevated heart rates (75 - 95% of maximum heart rate) due to the risk of burnout, injury and illness. (I told you this was controversial but remember, Sisson was a world-class endurance athlete and trained as such for many years so he does speak with some authority).

LAW #4 LIFT HEAVY THINGS.

Primal man's survival required frequent bursts of intense physical effort to contend with the rigors of prehistoric living. For us, Sisson recommends a minimum of two focused and intense 25-minute sessions per week of strength training that emphasize natural full body movements (squatting, lunging, pushups, pull ups, etc.).

LAW #5 SPRINT ONCE IN A WHILE.

Similar to law #4, the ability to produce sudden bursts of speed would have kept primal man alive by escaping dangerous animals and by allowing him to catch prey. For us, Sisson recommends occasional maximal effort sprints, which help increase energy levels, improve athletic performance and reduce the effects of aging by naturally releasing testosterone and human growth hormones (true for both men and women). These workouts, short in duration should occur only once every 7 - 10 days and may include running, plyometric drills, intervals on a stationary bike, etc.

LAW #6 GET ADEQUATE SLEEP.

Without artificial light (or TV) to distract them, primal man's sleep patterns were dictated by natural rhythms of sunlight and dark. These days, stressful lives, digital entertainment and pesky alarm clocks result in artificially shortened or fitful sleep cycles. Adequate sleep improves the immune system and promotes the release of hormones that enhance brain and endocrine function. To aid sleep, establish a calm, deliberate wind down each night avoiding television, heavy exercise, big

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meals or other stimulation immediately preceding bedtime.

LAW #7 PLAY. Perhaps my favorite of Sisson's "laws", playing is always my preferred way to exercise. Balance the stress of modern life by making time for some fun activities like tennis, basketball, hula class or Zumba.

LAW #8 GET ADEQUATE SUNLIGHT. You may want to check with your dermatologist first but Sisson recommends getting about 20 minutes of sunlight every day to aid in the healthy cell function brought about by vitamin D. Natural sunlight also has a powerful mood-elevating effect and it feels good too.

LAW #9 AVOID STUPID MISTAKES. Primal man was necessarily hypervigilant to avoid potential dangers that were ever-present in his world. These days the dangers occur more often when we are distracted by multi-tasking like driving while texting. A little common sense and precaution goes a long way toward keeping us safe.

LAW #10. USE YOUR BRAIN. Humans are distinguished from all other animals by our superior intellectual ability. As we age it's especially important to stimulate the brain by engaging in activities that encourage focused attention and concentration such as learning a new language or movement pattern (e.g. dance, sport, group exercise class, etc.)

If you are interested in learning more – buy *Primal Blueprint* or check out Sisson's excellent and informative blog at marksdailyapple.com.

Local, Naturally Raised Meat

In recent years there has been a faint but growing drumbeat for the health-conscious to limit the consumption of meat from conventionally raised livestock in favor of the naturally raised variety. The problem is, local, naturally raised meat is somewhat hard to find. To remedy that problem, the LRAC is initiating a plan to offer several varieties of these nutritious meats in our restaurant and at our burgeoning local grocery bar near the Front Desk.

Beginning in October, the Club will dedicate one page of our menu in the Blue Court Grill to meat provided by the company All Natural Meat, from a Beebe farmer named Richard White. Options will include pot roast, pork chops, chicken and one rotating special (e.g. meat loaf, pork tenderloin, etc.). We will also offer a wild caught salmon entrée in this section of the menu.

At the front bar (Cool Down Café), we will have frozen meat from Ratchford Farm (Marshall, AR) and All Natural Meat (Beebe) for those wanting to cook their pasture raised meat at home. Along with grass fed Angus Beef, Ratchford also offers buffalo and elk products. All Natural Meats will supply us with grass fed beef and naturally raised pork products.

The nutritional advantage of naturally raised meat is the absence of growth hormones, antibiotics and pesticides typically found in conventionally raised livestock. Furthermore, pasture raised meat is purported to have a much lower (and healthier) ratio of omega six to omega three fatty acids than conventionally raised meat.

Try some and let us know what you think.

Happening Around the Club



Right: Members of the Tuesday morning "Start Running" group just before their maiden run. Left to right: Ashley Deeter, Judy McDaniel, Susan Marsh, Teresa Williams, Coach Aimee Larkin and Christina Peace

If you would like to participate, it's not too late. Contact Lisa at 225-3601, ext. 318.



Left: Heather Isbell explains the benefits of drinking tea while Kirsten Swindler (foreground) and Ruthie Leggett (background) sample the wide selection at the "Tea Bar" held on September 18.

Giving Feels Good

October

Cybox has partnered with the Breast Cancer Research Foundation and is sponsoring the second annual "Pink Ribbon Run."



During the month of October, 10 cents per mile logged on our new pink treadmills (located in the Cardio Theater) will be donated by Cybox to the foundation. Our goal is to keep them busy. We will have sign up sheets for 30 minute time slots and are asking you to commit to as many time slots as possible. For every 30 minute session you complete, you will be eligible for entry into a daily prize drawing. As for "rules," sign-ups take precedence for usage but if you see one of the "pinks" unoccupied, by all means jump on it. However, please be prepared to jump off (technically, exit carefully) if the time slot owner arrives.

November



We're teaming up with the Arkansas Rice Depot again this year and hope you'll come through in an even bigger way. Last year you graciously donated 229 sacks of much needed groceries to help feed hungry Arkansans. Sadly, the number of families that need assistance is growing. If you would like to participate, please bring food items from either of the lists on the right (mixing is fine) to the Club between the dates of November 1 and 18. If you forget your groceries but want to contribute, we will be happy to charge your Club account for whatever amount you tell us and we'll send your donation as part of a lump sum. (Please note, we will send instructions to use monetary donations where the need is greatest.) Contact Kelly, 225-3601, ext. 331, if you have questions.



Make the holidays merry and bright for

Hungry Arkansans

This Thanksgiving and Christmas season, join the Arkansas Rice Depot to put food on the table of hungry families across the state and help us make the season merry and bright for moms, dads, grandparents, sons and daughters in need. Items sought include:

- Stuffing Mix
- Corn/Green Beans
- Canned Yams
- Marshmallows
- Instant Potatoes
- Gravy Mix
- Corn Bread Mix
- Cranberry Sauce
- Ham or Turkey
- Canned Fruit
- Brownie Mix
- Pie Filling
- Cake Mix & Icing

The Rice Depot collects donations for the purchase of hams and turkeys. If you would like to make a financial contribution, please send checks to Arkansas Rice Depot; 3801 West 65th Street; Little Rock, AR 72229; 501-565-8855; www.ricedepot.org.

A hungry child

Cannot Learn

Food For Kids is a simple program. The Arkansas Rice Depot provides new backpacks and "kid-friendly" ready-to-eat food to participating schools. Through a principal-appointed program coordinator, the food is distributed to students based on need.



Some students are simply provided a high-energy snack at school. Many others are provided with a backpack at the end of the day that is filled with nutritious foods that children can prepare themselves. Please consider donating from the following list:

Meats and Meals

- Vienna Sausage
- Spam
- Tuna
- Canned Chicken
- Canned Soup (no cream soups)
- Cup of Soup
- Cup of Noodles
- Spaghettios
- Canned Pasta Meals
- Ravioli
- Canned Chili
- Beef Stew
- Peanut Butter
- Beans & Franks
- Tuna Lunch Kit
- Shelf Stable Dinners
- Shelf Stable Lunch Kits

Drinks

- Juice Boxes
- Canned Juices

Vegetables

- Green Beans
- Corn
- Chili Beans
- Pork-n-Beans

Fruit

- Canned Fruit
- Applesauce Cups
- Jell-O Cups
- Fruit Bowls
- Fruit Roll-Ups

Pasta & Rice Meals

- Ramen Noodles
- Macaroni & Cheese
- Flavored Pasta Pouches or boxes
- Flavored Rice Pouches or boxes
- Hamburger Helper

Nuts

- Packaged Trail Mix
- Packaged Nuts

Milk & Cheese Products

- Shelf Stable Pudding
- Cups
- Shelf Stable Packaged Cheese & Bread Sticks

Snack Items

- Crackers, Plain or Flavored
- Cheese Crackers
- Peanut Butter Crackers
- Granola Bars
- Pretzels
- Jelly
- Popcorn

Breakfast Items

- Individual Boxes of Cereal
- Cereal Bowls
- Fruit Bars
- Cereal Bars
- Instant Oatmeal
- Pop Tarts

From the NTRP

Held August
13—15 at
LRAC/LRRC



Chris Bobo watching wife, Melanie, and Craig Edwards watching wife, Cathy.



Tammy McColey and Jackie Roberts



Lori Williams, Tennis League Director, Sharon Northern, Lynette Bowersock and Theresa Huber



Wendy and Scott McLeod with daughters, Massie (9) and Emily (4) watching friends, Tarrie Boggs and Clare Burks



Front: Christy Bray, Terri Simpson and Debbie Goolsby. Back: Andy Baxley, Mollie Birch and Carol Mugerditchian



Around the table left to right: Daughters supporting mothers - Jennifer Bray (Christy), Olivia Staggs (Katie), Elizabeth Bray (Christy), Logan Burks (Jonie) and Jordan Burks (Jonie)



Rachel Parker and Nikki Owen

CLUB MEMBER WINNERS

DOUBLES: 4.5, Jan Alman/Meg Marion; 4.0, Brent Birch/Stuart Jones, Clare Burks/Christi Headlee; 3.5, Melanie Bobo/Catherine Edwards; 2.5, Tarrie Boggs/Emily Young
SINGLES: 4.5, Julio Olayo; 4.0, Lee Mesaris, Andrea Cain; 2.5, Sarah Rector
SENIORS: 3.5, Mary Hudson/Becky Koscover
COMBO MIXED: 8.0, Carol Mugerditchian/Matt Dinehart; 7.0, Lori Uekman/Paul Bowersock

TENNIS LEAGUE WINNERS

MONDAY: Kim Magee, Schelle Fike, Brenda Horne, John Christopher, Alan Stewart, Shara Turk, Brian Scott, Brent Birch

TUESDAY: Christy Bray, Shirley Hunter, Pamela Rees, Leslie Collins, Pam Mueller, Jackie Sanders, Linda Nesterenko, Elena Cornide, Lindsay Harp

WEDNESDAY: Stephanie Jacuzzi, Wake Young, Mark Jaeger, Frank Blair, Bob Vogel, Debby Evans, Jody Purifoy, Michelle Blalock, Devona Shelton, Karrie Wroten, Sara Gardner

THURSDAY: Michael Osborn, Margaret Dodd, Karen Toland, Tarrie Boggs, Karl Kohler.

SATURDAY: Candy Roman

PROGRAM NOTES

PARENT'S NIGHT OUT: Oct. 8 and 29 (Halloween Carnival). Ages 3 - 12. 6:00 to 10:30 pm. Call the DUC, 225-3601, ext. 335.

BUBBLE RAISING: Oct. 14 (rain date Oct. 15). Swim lessons are cancelled. AquaFit will be held at the LRRC. The pool should reopen by 5:00 pm.

PILATES BEGINNER SERIES: TuTh, Oct. 12 - 28; 10:00 - 11:00 am or 6:30 - 7:30 pm. \$25. Call Lisa to register, 225-3601, ext. 318.

LITTLE ROCKERS MARATHON: Training starts Oct. 12. TuTh 3:45 - 4:30 pm. Ages - 7 to 12. \$20. Race date: Mar. 5. Call the DUC, 225-3601, ext. 335 or go to www.lrac.com, for all the details.

LRAC RACE FOR THE CURE TEAM: Deadline, midnight, Oct. 13. Register at www.komenarkansas.org. Team name - "Little Rock Athletic Club". Password - "LRAC". \$26

DUC OUT OF SCHOOL FUN DAYS: Oct. 15, Nov. 4, 5, 22, 23 and 24. 7:30 am - 6:00 pm. Member - \$35 per day. Call the DUC, 225-3601, ext. 335.

ADULT FLU SHOTS: "2 in 1" shot covers seasonal and H1N1 flu viruses. Monday, Oct. 18, 8:30 - 9:30 am; Oct. 25, 5:00 - 6:30 pm. \$25. Call Lisa to register, 225-3601, ext. 318.

TRICK, TREAT & SPLASH: Lap pool turns into a "foggy bog" on Friday, Oct. 22. 4:30 - 6:00 pm. Event is complimentary. Wear costumes/swimsuits. RSVP to Eimear, 225-3601, ext. 310.

BOOT CAMP: MWF; 5:45 - 6:45 am. Oct. 25 - Nov. 19. \$180. Call Carla at 225-3601, ext. 236, to enlist.

BURN 30/30: TuTh, Nov. 2 - Dec. 2, 5:30 - 6:30 am, \$120. Call Lisa, 225-3601, ext. 318.

THANKSGIVING: The Club is closed Thanksgiving. Join us for a fun run/walk. Meet at 8:00 am in the Heights Kroger parking lot. Distances range from 3 to 8 miles. Family, friends and dogs welcome. Refreshments following.

FAMILY AND FRIENDS DAYS: Guests are welcome at the Club free of charge, November 26 - 28. Guests must be accompanied by members.