

## Spotlight On Staff



Agape Therapy wants to welcome our newest team member, Shari Ford. We are excited to have you!

2



## HIIT IT!



High Intensity Interval Training is becoming the new thing in Fitness. With many health benefits and the quick workout that it is, its becoming popular quick! Read more to find out why!

3

## 5 K Dash –N- Splash!



New This year to the Watermelon Days...5k with a slip n slide. Read more inside!

4

**Phil Kruger Memorial 5K  
August 2nd**

## Women's Health

### *Hormones: Friend or Foe?*

Do you ever just feel off for no apparent reason? You are not sick, not stressed, not going through major life changes...what could it be? You might be missing one essential piece that is often overlooked: Your hormones! They affect everything from your moods to your weight to your energy levels and more. So even if you're health conscious and trying to take the best care of your body, there might be a few key facts you might have overlooked.

Read on to find out some simple facts every woman should be aware of.

Continued on page 3



**Shari Ford**  
**Front Desk**

Thanks for joining the Agape team. You are doing great!

If you come to Agape you may hear some singing. That wonderful sound is Shari our newest team member literally singing while she works! Agape is a hoppin' place and we continue to grow. With that means finding great team members to help us. It was one of those "good timings" on both of our parts with how Shari came to us. She spends most of her time at our Waterloo Clinic, and one day in our Cedar Falls Clinic.

Shari is a wife and a mother of three boys...young men! If you have ever gone to Prairie Lakes Church then you might have seen her singing on stage or doing one of many other volunteer things she does.

When Shari was hired she was asked what she liked about our community. She said, "It has so many 'large town' amenities with such a 'small town' feel! I love having the college close for the vibrancy that the students bring!" When asked why patients should come to Agape for care, Shari answered, "Because it feels like 'home'...the place where everybody knows your name!"

## HITT

### High Intensity Interval Training

Have you heard people talking about HIIT before and wondered what they were talking about? Well it stands for: High Intensity Interval Training. HIIT is a cardio based exercise technique that alternates quick, high intensity bursts with short, lower intensity recoveries. These sessions can last between 4 and 30 min.

The best part about HIIT training is that you can no longer use "time" as an excuse! This is a quick workout that makes you work. You need little to no equipment at all, and you can do it anywhere! The focus is to keep your heart rate moving. HIIT can be performed with body weight movements (examples: Jumping jacks, squats, high knees and burpees), plyometric moves or use of boxes, sprints, rope/cone drills, and some dumbbell/bar use.

HIIT has many health benefits associated with it besides the basic cardio vascular fitness. IDEA: Fitness Journal, shows studies that after just 8 weeks of HIIT training, you can see improvement in HDL cholesterol. In 12 weeks, you can see a 2-8% reduction in your systolic/diastolic blood pressure and also an increase the hearts stroke volume. Overall, you can start to see changes in body weight and percent body fat. If body weight change occurs you will also start to see more benefits such as the LDL cholesterol dropping.

**The Den is now offering HITT IT!**



**T/Th Nights: 5:30-6:00pm!**

Coach Will Reingardt teaches HITT starting June 2<sup>nd</sup>! Using ropes, plyo boxes, Medicine Balls and a variety of other things you're guaranteed to get a great workout!

## Hormones: Friend or Foe?



- 1. The pill doesn't fix your problems:** Contrary to common belief, the pill is not actually healing your PMS, acne, heavy flow, or mood swings. It's just covering up your symptoms in the short term through a cascade of artificial hormones that block your body's natural rhythms. The only thing that will fix these symptoms is addressing their root causes through diet and lifestyle. You may also benefit from functional manual therapy to restore your body's innate function.
- 2. Your hormones are not the enemy, but your best friend ... so lean into them:** Not only does healthy hormonal balance keep your skin glowing, weight stable, mood upbeat, and energy high, but they also help you connect to your creativity and ambition. Knowing how your monthly pattern of hormones affects your brain chemistry and your energy gives you a critical advantage when trying to have it all. Working with them rather than against them will help you plan your life in a way that fully supports you.
- 3. PMS is not normal:** Although PMS has become a catchphrase for "that time of the month," if you're dealing with common PMS symptoms like mood swings, acne, bloating, cramps and more, this does not have to be your reality! Our bodies are made to cycle naturally without feeling so crappy. If you're having PMS symptoms, it means that your estrogen and progesterone levels aren't balanced and you need to address with simple food changes the root causes of why you are experiencing this.
- 4. Hormones need fat to survive:** Before you make that egg-white-only omelet, take note: your reproductive hormones can't get around in your body without fat. Without the proper dietary fat coming in, your body won't have the building blocks necessary to keep your hormones stable, which can make you vulnerable to many hormonal symptoms.
- 5. You can extend and improve your fertility with food:** Years of dieting or extreme food choices can starve your body of the proper micronutrients it needs for a healthy cycle. More and more women are struggling to conceive at younger ages, and this has everything to do with how food affects your hormone levels. Even if you're not sure about having babies in the future, do your body a favor and take better care of your cycle now.
- 6. Most hormonal imbalances are caused by micronutrient deficiencies:** When we want to improve estrogen, progesterone, testosterone, cortisol and thyroid performance, it all boils down to improving micronutrient (vitamins, minerals, amino acids, EFAs) stores. What this means for you of course is that you have to eat yourself (healthy whole foods) to hormonal balance!
- 7. Exercise with hormonal patterns, not against them:** Testosterone patterns, metabolism, cortisol and mood all fluctuate in predictable accord with your 28-day cycle. The same workout every day and every week is not going to be sustainable. (You might already be beating yourself up for not sticking to it all the time!) The reason is that your monthly hormonal patterns require different kind of exercise. One week boot camp class might feel great, but the next you'll be better suited to yoga.
- 8. Digestive and bowel symptoms are connected to hormonal issues:** Don't keep pushing aside the fact that you only have a bowel movement once a week, feel bloated after you eat, or that you need antacids more often than not. When your digestion is off, your body is neither absorbing nutrients optimally nor eliminating toxins and hormones efficiently, which can create an internal environment ripe for hormonal imbalance.

## *Phil Kruger Memorial 5K*

# For more than just the **HEALTH** of It

**Divisions:** Men and Women 15 and under, 16-19, 20-29, 30-39, 40-49, 50 and over, and wheelchair

Awards will be given to the overall top male and female times, and the top 3 male and female finishers in each bracket.

Refreshments will be provided after the race along with the awards ceremony and a raffle for all participating racers.

Kids fun races will be held following the awards and are free. Kids fun races include a dash, backwards run, potato sack race, wheel barrel, and 3-legged race. Children of all ages are welcomed for fun and prizes!

**Race Date:** August 2, 2014

**Race Location:** *The Den*  
668 Main St. Dike, IA 50624

**Registration:** Begins at 8:00am

**Race Time:** 9:00am

**Entry Fee:**

**5K** - \$20.00 before July 21

**5K** - \$25.00 after July 21/day of registration

**1 Mile Run** - \$8 before July 21

**1 Mile Run** - \$10 after July 21

(checks payable to Kruger Memorial Race)

\*Registration includes t-shirt and race packet.

Register At: [www.getmeregistered.com](http://www.getmeregistered.com)

Or download an official entry form at [www.agapetherapy.com](http://www.agapetherapy.com)

Send Registration: Agape Therapy Attn. Sarah P.  
211 W. 6<sup>th</sup> St. Cedar Falls, IA 50613

For additional information contact Sarah  
(319)277-3166 or [spaustian@agapetherapy.com](mailto:spaustian@agapetherapy.com)

New This Year...

Dash -N- Splash

Located at the end of the race.  
Open to the public following the  
awards and raffle.

**SLIP N SLIDE!**

Participation is  
not required for race

# Patient Communication



Agape Therapy



@agape\_therapy



agapetherapy.com



agapetherapy.blogspot.com



agape@agapetherapy.com



319-277-3166 (Main Clinic)



The Side Road Newsletter



## Locations:

Main Clinic: 211 W 6<sup>th</sup> St. Cedar Falls

Waterloo Clinic: 927 W 4<sup>th</sup> St. Waterloo

The Den: 668 Main St. Dike

Key West, Black Hawk Village, Cedar Falls