

Consider interval training as an option

Close your eyes and imagine this; you wake up early Saturday and start a morning rampage of winter cleaning.

You tackle the bathroom first, which requires lots of bending and reaching as you clean the tub and around the toilet base.

The next stop is the kitchen to wash, rinse, dry and put away dishes, pots and pans.

After that, you sweep and mop the kitchen floor, never breaking stride. When that is out of the way, you still have the living room, as well as the bed room left to clean.

With so many things in the living room that belong in the bedroom, you make multiple trips up and down stairs to put them away.

While doing that, you notice there are several piles of bedroom clothes to straighten.

You dread it, but each and every clothing article has to be picked up and folded or be placed on a hanger.



Kennett Washington

Train Hard, Eat Healthy

Cleaning up is multi-tasking. With so much to do, you take a short break before continuing to knock out each task in a multi-functioning style.

Now that the inside is done, what about the yard?

You promised the grandkids you would help them rake up the leaves today, too.

So much for a Saturday to relax. By the end of the day, you're drained and feeling like you just had one heck of a workout.

In a nutshell, cleaning house in this fashion is the basic foundation for interval training.

Interval training excellent way to burn body fat

Imagine doing 30 push-ups, followed by 20 squats and 25 floor crunches.

Let's up the ante by doing each set as fast and as safe as possible. Now, walk for 30-60 seconds at a slow recovery pace before going back to 30 push-ups, 20 squats and 25 floor crunches.

Keep the above routine up for 20 solid minutes.

Interval training like this burns off more body fat than walking on a long boring treadmill whose belt never seems to end.

Interval training is how I do push-ups. These very short, fast bursts help build up shoulder, triceps, chest and core endurance.

I hit the clock and do 30 push-ups in 15 seconds. I take a 60- to 90-second rest and hit it again until five sets are completed.

The last two sets are always the hardest. Sometimes, I fall short a repetition or two, but I

still make sure I finish them all.

It takes time to build to that level of intensity, but it can be gradually done.

That's how interval training works; you want to start off small, but as you get stronger, you do it for longer bursts, as well as duration.

Interval training gets your heart rate up as quickly and as safely as possible, then allow you to recover and do it again.

Finishing up a workout like this at high intensity pushes the body into Excess Post-exercise Oxygen Consumption (EPOC), which means the body is actually burning more calories after exercise than before the exercise was initiated.

Interval training is rigorous, but it isn't that hard.

You can create your own home workout by walking up and down the stairs as fast as possible (you only need one or two steps). From there, move on to add wall push-ups, and so on.

If you already consider yourself to be elite or advanced, then challenge yourself by competing against the clock.

Remember the clock is always in first place.

This creates the motivation to best your previous time.

When it comes to fitness and training, be a little open-minded and receptive to change.

The human body is a complex machine and it is foolish for us to just think one method of training beats another.

There are many available studies to prove the effectiveness and benefits of interval training.

I encourage you to research interval training. Kicking it up a notch is the best and most efficient way to burn some serious belly fat.

Until next time, train hard and eat healthy.

— Fitness expert and professional bodybuilder Kennett Washington is president of Healing Strength Personal Training.

Shortcut

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◆ **Prep ahead** – Most days, the most time spent on meals is the prep work. Spend a little free time on Sunday afternoon pre-cooking items that will be used during the week. Baked chicken can be used for a variety of ways. It can be sliced, diced or shredded and packaged into individual sandwich bags, resealable plastic containers or bowls to be used later.

◆ **Take shortcuts** – Every meal doesn't have to be cooked entirely from scratch. You can use bagged salads and shred-

ded lettuce from the produce aisle, along with breads and some sauces.

◆ **Have breakfast for dinner** – Breakfast foods cook faster and have much less prep work. Serve pancakes, French toast or omelettes with homemade hash browns one night a week.

◆ **Buy a slow cooker** – If you don't have a slow cooker, invest in a good one.

They cook food on very low heat for several hours with a "set it and forget it" mentality. New models have programmable fea-

tures that automatically set cooking time, temperature and shut off when done. Nothing beats having a one-pot meal ready to eat as soon as you walk through the door.

◆ **Try stir-fry** – Meats and poultry cut into smaller strips and pieces will cook much faster than an entire steak. Pair this with favorite flavors, such as ginger and teriyaki and seasonal vegetables (fresh or frozen) and serve over rice or noodles. You can also experiment with your own stir-fry recipes based on individual tastes.

◆ **Get the kids to help** – Children enjoy helping, especially when meals feature tacos, personal pizzas and low-fat chicken nuggets with sauces.

◆ **Boil a pot of pasta** – Pasta can be boiled in 7 to 10 minutes. While it's cooking, you can prepare an oil and garlic, tomato or cream-based sauce to go with it. Most pastas are especially good because they are low in fat and high in complex carbohydrates. Many athletes eat pasta dishes before games and workouts because of the energy boost they provide.

◆ **Have leftover night** – Set aside one night a week for leftovers. Clean out the refrigerator, reheat and serve so each family member can create their own tailor-made buffet-style meal.

Come up with novel ways to use leftovers as a main course.

Tasty, Hot-Legged Chicken & Rice is one of

those ways. Made from a cooked, leftover rotisserie chicken, it gives a second meal from one entrée.

The sauce for Baja Popcorn Fish Tacos can be made ahead of time and refrigerated. The slaw can be prepared in a snap while the fish is baking.

Glazed Pineapple Chops can be prepared in about 30 minutes.

Hot Legged Chicken & Rice

Ingredients

Leftover, bone-in rotisserie chicken (including skin)
1 packet onion soup mix
1 tablespoon kosher salt
2 cups rice
1 tablespoon corn starch
water

Directions

◆ Place chicken in a stew pot, cover with water (at least 6 cups), add kosher salt and onion soup mix. Boil until chicken starts falling off the bone. Remove chicken from pot and set aside to cool.
◆ Leave broth in pot and continue to boil. Add rice stir, reduce heat, cover and let simmer for 20 minutes with lid on.
◆ While rice is cooking, remove meat and skin from chicken and shred. Once rice is done, add chicken to pot and let simmer.
◆ Mix corn starch with a small amount of water and whisk until smooth. Add to chicken and rice and simmer until broth thickens.

— Recipe from Gregory A. Summers

Glazed Pineapple Chops

Ingredients

3/4 cup Bull's-eye Brown Sugar & Hickory Barbecue Sauce
1 (8-ounce) can crushed pineapple in juice, undrained
1/2 teaspoon ground cinnamon
1/2 teaspoon dry mustard
4 bone-in pork chops about 1/2 inch thick
Pineapple rings, optional

Directions

◆ Heat skillet to medium heat.
◆ Mix barbecue sauce, crushed pineapple, ground cinnamon and dry mustard until well blended. Reserve about half the sauce for later use.
◆ Brown pork chops about 5 minutes on each side. Add half the sauce to skillet and saute until pork chops are done (160 degrees), turning occasionally. Remove from skillet, brush with remaining sauce and serve.
◆ To serve with pineapple rings, drain rings, reserve juice and add to barbecue sauce mixture in skillet. Add pineapple rings and heat through (about 4 minutes on each side). Garnish pork chops with pineapple rings.

— Kraft Foods recipe adapted by Gregory A. Summers

Baja Popcorn Fish Tacos

Ingredients

1 (22 ounce) package SeaPak Popcorn Fish, frozen
10 soft flour tortillas, heated according to package directions
1 (16 ounce) bag of fresh slaw or shredded cabbage
1 (11 ounce) can mandarin oranges, drained
1 (15 ounce) can black beans, rinsed and drained
1 avocado, diced
2 tablespoons fresh cilantro, chopped (optional)
2 tablespoons lime juice
1 tablespoon honey
Taco sauce ingredients
8 ounces sour cream
1 (1 ounce) packet ranch dressing mix
1 (1.25-ounce) packet taco seasoning

Directions

◆ Preheat oven to 425 degrees and bake popcorn fish according to package instructions.
◆ Mix sour cream, ranch dressing and taco seasoning (use a little milk to thin the sauce if desired). Chill in the refrigerator until ready to serve.
◆ Place slaw (or shredded cabbage), mandarin oranges, black beans, avocado and cilantro in a large bowl.
◆ Place lime juice and honey in a small bowl and stir together. Pour over slaw mixture and toss until well mixed and coated.
◆ Assemble tacos. Spoon 1-2 tablespoons of taco sauce onto a tortilla. Add slaw mixture and top with a hot popcorn fish. Serve immediately.

— Recipe from SeaPak

Fight winter chills with Texas Chili Soup

Metro Creative Service

Few foods fit a season as well as chili fits winter. As the dead of winter looms large, foodies know full well nothing can warm the body up better than a bowl of chili.

Texas Chili Soup

Ingredients

2 tablespoons unsalted butter
1 cup chopped onion
4 teaspoons minced garlic
1 pound ground pork
1 pound ground beef or turkey
2 cans (29 ounces each) diced tomatoes
3 cans (15 to 16 ounces each) pinto beans, drained and rinsed
1 quart beef or chicken stock
4 stalks celery, chopped
2 tablespoons chili powder
1 tablespoon red pepper flakes
1 teaspoon cayenne pepper
1 teaspoon salt
Shredded cheddar and Monterey Jack cheeses, for garnish
2 green onions, chopped
8 ounces sour cream

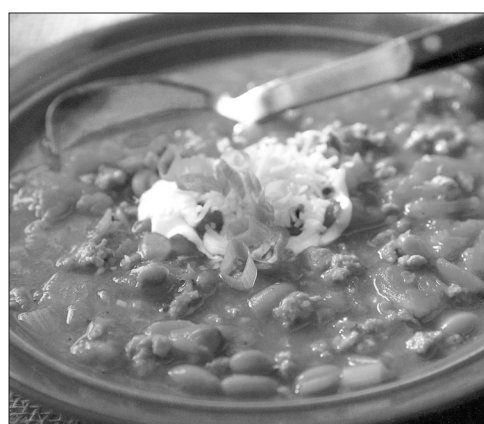


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Directions

◆ In a large pot, warm the butter over low heat and saute the onion and garlic until golden.
◆ Add the ground pork and beef and cook until browned. Drain off half of the fat. Add the tomatoes, beans, stock, celery, chili powder, pepper flakes, cayenne, and salt and simmer until the flavors blend (30 minutes to an hour).
◆ Serve in bowls sprinkled with cheese, chopped green onions and sour cream.

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