

Index

- 12-step meetings 54
- AA (Alcoholics Anonymous) 25
- addiction 11
- advanced four-week program 198 – 201
- aerobic exercise 66, 67, 68
- aggressive behavior
 - and steroids 23
- alcohol
 - addiction to 19 – 23
- Allie's success 50 – 51
- ankle weights, adjustable 149
- Aristotle 53
- arms
 - band bicep curls 108
 - band hammer curls 142
 - band tricep push-down 106
 - bicep stretch 88
 - concentration curls 195
 - kickbacks 188
 - one-arm dumbbell curls 192
 - one-arm extension 186
 - reverse-grip tricep push-down 140
 - tricep stretch 86
- Arthur's success 46
- back extension 102
- back stretch 84
- band bicep curls 108
- band front raise 104
- band hammer curls 142
- band tricep push-down 106
- beginner four-week program 110 – 113
- bench presses
 - dumbbell 166
 - dumbbell incline 170
- bend
 - dumbbell side 152
- bipolar disorder 49
 - and diet 60
- blood cholesterol 36, 60
- blood pressure 16, 36
- blood sugar 55 – 58, 61
- Bob's success 48 – 49
- body image 36, 38, 66
- bone strength 36, 67
- breakfast 56
- breakthrough music 72
- breath control 71

- bulking up 20 – 21
- burning off 35
- caffeine 55, 62
- calves
 - dumbbell calf raise 80
 - single-leg raise 124
 - standing calf raise 122
- carbohydrates 56
- carbohydrates 57, 58
- central nervous system 35
- chair squats 95
- chest
 - bent-knee push-up 126
 - chest and shoulder stretch 82, 126, 128
 - chest crossover 130
 - dumbbell bench press 166
 - dumbbell incline bench press 170
 - standard push-up 128
 - wall push-up 98
- chest and shoulder stretch 82
- chest crossover 130
- choline 56
- cocaine 21, 23, 31
- competitiveness 48
- compound movement 69
- Confucius 115
- consistency 40, 51, 66, 73
- control 17, 27, 30, 35, 37, 47 – 48, 66
- crossover
 - chest 130
- Crunches
 - stomach 93
 - with feet raised 116, 150
- curls
 - band hammer 142
 - concentration 195
 - leg with ankle weights 160
 - one-arm dumbbell 192
- Custom Fitness 28
- deadlift
 - dumbbell 176
- definitions of movements 68, 69
- depression 23, 27 – 28, 33, 36 – 37, 47, 50
 - and diet 60
- depression treatment program
 - supplement Allie 51
- Dianabol 20, 21
- diet
 - and bipolar disorder 60
 - and depression 60
 - and mood 53 – 54
 - fats 59, 60
 - meal size and frequency 57 – 59
 - protein 56, 57
- DiGrande, Adriana 24
- drugs
 - cocaine 21, 23, 31
 - Dianabol 21
 - steroids 19 – 22, 31
- dumbbell squats 154
- dumbbells 149
- ego 44, 70, 91
- embarrassment
 - about body image 38
- emotional balance
 - Arthur's achievement of 46

- emotional healing
 - Sarah's achievement of 47 – 48
- endorphins 13, 35
- energy improvement and stress relief
 - Susan's achievement of 46 – 47
- enkephalins 13, 35
- equipment
 - ankle weights, adjustable 149
 - dumbbells 149
 - heavy pole 84
 - step, adjustable 149
 - weight bench 149
- Evans, Richard L. 75
- exercise
 - rubber exercise bands 92
- exercise bands, rubber 92
- extensions
 - back 102
 - leg with ankle weights 156
 - one-arm 186

- fats 59 – 60
- Fitchburg State College 21
- four-week programs
 - advanced 198 – 201
 - beginning 110 – 113
 - intermediate 145 – 148
- Fran's success 49 – 50
- functional fitness 66 – 67

- George's success 44 – 45
- Gleason, Amy 54 – 62
- gradual progressions 70 – 73
- guilt about not exercising 40
- gyms, local
 - no pain, no gain philosophy 28
 - problems with 26, 38

- habit
 - establishing exercise 39 – 41, 62
- herbs 61

- intermediate four-week program 145 – 148
- isolated movement 69

- jogging 74
- junk food and mood 53 – 54

- Keller, Helen 43
- Kennedy, John F. 149
- kickbacks 188

- legs
 - dumbbell deadlift 176
 - standing calf stretch 80
- Lincoln, Abraham 19
- listening to your muscles 65

- macho weightlifters 45
- marijuana 21
- meal size and frequency 57 – 59
- mental relapse prevention 36
- mindful movements 16 – 17, 63 – 66
- moderation 70, 73
- mood
 - and Aspartame 58
 - and caffeine 53 – 56
 - and diet 53 – 54
 - and exercise 35
- mood (continued)
 - and meal size and frequency 57 – 59
 - and protein 57
 - and steroids 22

- and strength training 26, 27
 - and sugar 53 – 54
- movement definitions 68 – 69
- muscle group order 71

- negative movement 69
- no pain, no gain philosophy 19, 28, 51, 64

- one-arm dumbbell curls 192
- one-arm extension 186

- peak contraction 68
- physical strength and balance
 - George's achievement of 44 – 46
- positive movement 68
- positive reinforcement 41
- protein 56 – 57
- push-downs
 - band tricep 106
 - reverse-grip tricep 140
- push-ups
 - bent-knee 126
 - standard 128
 - wall 98

- raises
 - band front 104
 - band side 136
 - dumbbell calf 164
 - dumbbell side 180
 - single-leg 124
 - single-leg calf 124
 - standing calf 122
- Randolph, Massachusetts 20
- repetition 68
- reps 68
- reverse-grip tricep push-down 140
- 'roid rages 22
- Rousseau, Jean Jacques 91
- rows
 - band seated 134
 - one-arm dumbbell 172
- rubber exercise bands 92

- Sarah's success 47 – 48
- serotonin 57
- set 68
- shoulder shrugs
 - dumbbell 184
- shoulders
 - band front raise 104
 - band side raise 136
 - chest and shoulder stretch 82, 126, 128
 - dumbbell shoulder shrugs 184
 - dumbbell side raise 180
- sleep
 - and caffeine 55
 - and exercise 13, 62
- snack
 - before exercising 40, 61
- squats
 - bodyweight 118
 - chair 95
 - dumbbell 154
- standing calf stretch 80
- standing hamstring stretch 78
- standing quadricep stretch 77
- step, adjustable 149
- steroids 21, 31
 - addiction to 19 – 23
 - and aggressive behaviour 22
 - easy availability of 22
 - 'roid rages 22

- withdrawal from 24 – 25
- stomach
 - crunches 93
 - crunches with feet raised 116, 150
- strength training
 - and mind-body connection 19
 - as meditation 27, 64
 - for emotional well-being 27, 35
 - to relieve stress 29
- stress relief 26, 29, 65, 67
- stretch
 - back 84, 102
 - bicep 88
 - tricep 86
- stretches
 - chest and shoulder 82, 100, 126, 128
 - standing calf 80
 - standing hamstring 78
 - standing quadricep 77
- sugar
 - and mood 53 – 54
- supplements 60 – 61
- Surgeon General's *Report on Physical Activity and Health* (1996) 33
- Susan's success 46 – 47
- thighs
 - bodyweight squats 118
 - chair squats 95
 - dumbbell squats 154
 - dumbbell stretch 178
 - leg curl with ankle weights 160
 - leg extension with ankle weights 156
 - standing quadricep stretch 77
 - standing hamstring stretch 78
- tips for working out 69 – 74
- tricep stretch 86
- tryptophan 57
- University of Massachusetts (Amherst) 21, 24
- Vinci, Leonardo da 31
- vitamins 58 – 61
- Vuckovic, Alex 33, 37 – 38
- waist
 - dumbbell side bend 152
- walking 66 – 68, 70, 74, 76, 91, 115
- wall push-up 98
- water 56, 61, 70, 73
- weaker side of body 70
- weight bench 149
- weight loss
 - Bob's achievement of 48 – 49
- weightlifters, macho 45
- weightlifting 22, 27
- wellness
 - and exercise 33 – 35
- workout tips 69 – 74