



December Client Spotlight Loren Ehrmantraut, Age 55

I have been working out off and on for virtually all of my life. In my mind I should still be as fit as when I was a 25 year old and ran thousands of miles a year. That is hard to do at 55 years of age, we all know what it is like to juggle family, work and all the other parts of our lives. The last thing I find time to do today is exercise. Exercising on my own lately almost become futile. I end my day with "I will do it tomorrow." I have been working out with Jeremy since before BeFIT, but over the past few months I have learned to take advantage of many of the programs available at BeFIT. I see Jeremy for personal training weekly, and attend the evening workouts on Tuesdays and Thursdays. I feel my strength and endurance has really improved, along with the perk of the tire around my belly beginning to go away. I guess my goal with BeFIT is to feel good about myself and enjoy what I am doing. The programs that I participate in make it easy and actually fun to exercise. Jeremy, Justin and Dom are not only great trainers, but really make it easy to keep going back.

The Scale Plateau by Dom Calpe

Frustrated with not losing weight? Is exercise a waste of time? Losing weight is easy... Burn more calories than you consume, right?

The number that shows up on a scale often dictates a person's perspective of the effectiveness of their exercise program. It can become frustrating to see your weight no longer dropping, especially when you have made a commitment to eating better and exercising more!!! Instead of looking at the scale as a source of frustration, use it simply as one of your tools to gauge your progress.

On a positive note, there are other indicators that you can use to maintain your commitment to becoming fit.

How do your clothes fit?

Are your favorite jeans or tops fitting looser than they used to? Can you see a difference in the mirror? Losing body fat and increasing your lean tissue, with resistance training, tightens and tones your body for a more sleek physique. Losing those inches will be a reflection of your dedication, regardless of the scale.

Have your measurements changed?

Taking initial measurements cannot be stressed enough as a valuable tool for motivation. Along with inches lost, improvements in blood pressure, cholesterol, heart rate and body fat percentage are all quantitative indicators of improvements to your health. Wouldn't the cost-savings alone for limiting, or even eliminating, expensive medications be enough motivation to stay on track?

How do you feel physically?

Are you experiencing less discomfort and fatigue throughout your daily activities? Improving your flexibility and muscular imbalances allows for an optimal alignment of the body to perform movements safely and effectively. Fueling your body properly and building endurance in your heart and muscles will leave you feeling that nothing can slow you down!

How do you feel emotionally?

Take a look in the mirror and see how all the hard work is paying off. Your improved posture as you pass by will convey a sense of confidence and self-esteem to your friends and co-workers warranting questions. People you haven't seen in awhile will be asking you what your secret is for transforming your body. You will no longer be the one needing motivation, you will be the one motivating others!!!

In summary, eating healthier and feeling better, both physically and emotionally, are all reasons to maintain your drive and motivation to reach your goals, even if the scale indicates a momentary plateau. Keep in mind that fitness is a lifestyle, not a number, so keep it up!



Exercise of the Month

Stability Ball Hamstring Curl

Muscles worked: back, abdominals, hamstrings, glutes, quadriceps and outer thighs

Benefits: The muscles work together to stabilize and balance the body, thereby developing core strength and balance as well as strength in individual muscles

Demonstrated by Linda Teeter, 65 yrs young and still going strong

Upcoming Events

Contact us for information

- 12/15 Reindeer Run
- 1/13 The Color Run
- 2/2 Warrior Dash
- 2/16 5k Foam Fest! (Kissimmee,FL)

Brain Teaser

Can you connect all 9 dots with 4 consecutive straight lines without taking your pencil off the paper?

