



### January Client Spotlight

#### Kris Williams, Age 33

Just about three and a half years ago, my wife was pregnant with our first child. Our family was growing and we could not be happier. With all the joys that come from the pregnancy and expectations, I knew I had to make some serious changes. I wanted to set a good example for my son, so for the first time in my adult life I began to take my health and fitness seriously. As a former college athlete, somehow I felt immune to the perils of gaining weight and ultimately being unhealthy. With my wife's help, I changed my lifestyle with diet and exercise. Determined to make a change, I stuck to a realistic regimen I knew I could uphold. After losing 25 lbs, I was stuck and needed a little extra push. That came from Dominic Calpe and the rigors of "circuit blasters." It is both challenging and fun. I look forward to the classes every week. I actually look forward to the feeling of exhaustion and relief that the workout is over. BeFIT has been instrumental in not only losing more weight, but maintaining my health and fitness. Justin and Jeremy provide a professional fun environment that promotes training that is second to none. Overall, I have lost over 60 lbs since my son was born, and I cannot wait for the new challenges at BeFIT! Happy New Year!

#### Still Hungry???

by Dom Calpe  
It's January again and that means it's time to start the year off right with those New Year resolutions. The holidays are over and it's time to get back on track with your fitness goals.

Does losing those holiday pounds happen to be one of your goals? *The biggest contributing factor for losing weight is what you eat, which accounts for 70-90% of your results.*

Changing your eating habits does not necessarily mean that you have to give up all your favorite foods in exchange for "healthier" options. Proper portioning is an effective method for eating what you like and still staying within your target calorie range. Depending on your food choice, you may still be left feeling hungry if the portions are too small to satisfy your hunger. Not to worry...

Healthy eating habits are developed over a period of time, not by engaging in crash diets. By simply making small substitutions to your meals, you can create more filling, more nutrient-dense meals without increasing your calories. Throughout the week, the accumulated reduction of excess calories will result in weight loss without giving up all the foods that you enjoy.

#### Sample Comparisons 300 Calories

##### Fruit & Bagel



1 Western Whole Wheat Bagel  
3 Tbsp fat free cream cheese  
1 orange  
10 pineapple chunks

VS

##### Blueberry Muffin



3/4 of a Starbucks Blueberry Muffin  
Entire Portion  
420 calories  
20 g fat  
64 g carbs

#### 350 Calories

##### Tomato Soup & Sandwich



3 oz deli turkey breast  
lettuce, onion, tomato & mustard  
2 slices light bread  
1 cup tomato soup

VS

##### Potato Soup & Deli Sandwich



1/6 of a Panera Sierra Turkey Sandwich with Panera Baked Potato Soup  
Entire Portion  
1370 calories  
77 g fat  
119 g carbs

#### 400 Calories

##### Chicken Stir Fry & Rice



4 oz grilled chicken  
1/2 cup brown rice (cooked)  
1-1/2 cups frozen veggie blend  
1/4 cup red Thai sauce

VS

##### Chicken & Rice Takeout



1/3 of P.F. Chang's Orange Peel Chicken with steamed white rice  
Entire Portion  
1150 calories  
46 g fat  
127 g carbs



### Exercise of the Month

#### Kettlebell Swing

Muscles worked: glutes, hamstrings, quadriceps, lower back, shoulders, arms and core muscles

Benefits: highly efficient movement that allows you to do cardiovascular conditioning and weight training simultaneously in one workout

Demonstrated by Karen Ahmes, 64 yrs young Silver Sneakers Instructor Extraordinaire

### Upcoming Events

Contact us for information

- 2/2 Warrior Dash
- 2/16 5k Foam Fest! (Kissimmee, FL)

### Brain Teaser

Can you morph one word into another by just changing one letter at a time?

must
dune
wood
sand