



## February Client Spotlight Justin "Flex" Hendelson, Age 17

Throughout my life, fitness has been a huge part of my life. For example, my dad is a big marathon runner who works really hard to train and reach his goals. And my mom is a master nutritionist who watches our family's nutrition. They both have inspired me to be fit and physically active. I've played baseball and basketball since I was five and have always had an interest in sports. The past few summers I challenged myself to see how physically capable I can be and attended a camp in Minnesota where I canoed and camped out for two weeks in the Canadian backwaters of the Quetico. With the help of Jeremy and Justin, I worked hard to be physically fit for that trip. Learning from that experience, I can honestly say I can do anything I set my mind to.

This year I've been looking at where to go to college. My dream is to attend the University of Florida, because I love the Florida Gators and both of my parents went there. I work hard at my classes at Seminole High School to get good grades. A big hobby I love to do is travel to great places. I've been to ten countries and plan to go to more. Seeing these different countries makes me understand the cultures there are around the world. While working out at BeFIT I have lost 20 lbs of body fat and increased my muscle mass. Because of that, Jeremy and Justin nicknamed me "FLEX" because every time I am at the gym I love to flex my muscles. I plan to continue to work hard and stay physically fit all my life.

## February Challenge

### Dump Processed Meals

What is a processed meal? By definition, *food processing is any deliberate change in food that occurs before it's available for us to eat.*

Benefits of processing our foods include pasteurizing milk to remove harmful bacteria, freezing and drying food to preserve nutrients and freshness, and fortifying food with vitamins, minerals or other nutrients to increase its nutrient value.

Unfortunately, not all processed foods are good for you. Certain foods should be avoided, or at least eaten sparingly. These foods are typically high in calories, sugar, trans fats, saturated fats and sodium content.

### Examples of Processed Food to Avoid

- Canned foods with large amounts of sodium
- Frozen fish sticks and frozen dinners
- Package cakes and cookies
- Packaged high-calorie snacks, like chips and candies
- Pastas and white bread made with refined white flour, instead of whole grains
- Sugary breakfast cereals
- Processed meats

Although these foods are convenient, the use of certain chemicals may be harmful to the human digestive system. Some studies show that eating processed meats, in particular, may increase your risks of contracting various types of cancers like stomach, kidney and colorectal cancer.

### Challenge

For the first week, just keep a list of all the ready meals you consume.

The next week, try to swap these processed foods with fresh foods you actually need to cook. Try not to fry foods, instead go choose vegetables you can boil or steam and meats you can grill or roast.

You have successfully completed this challenge when you have not eaten processed food for 20 days during one month. Most people find that once they've made the transition to healthy habits they never look back.



## Exercise of the Month

Squat to Shoulder Press

**Muscles worked:** Glutes, Quadriceps, Hamstrings, Deltoids, Triceps

**Benefits:** A squat to a shoulder press exercise is a combination exercise that builds coordination, endurance, and core strength while also toning your legs and shoulders. This exercise can be done with a resistance cable, dumbbells or a barbell, but dumbbells are easiest.

Demonstrated by Stephanie Kiernan, 44 yrs young

## Upcoming Events

Contact us for information

- 2/2 Warrior Dash
- 2/16 5k Foam Fest! (Kissimmee, FL)
- 2/16 Run Around the Pines 5k
- 3/2 Prison Break Mud Run

## Brain Teaser

A commonym is group of words that have a common trait in the three words/items listed. For example: the words; A car - A tree - An elephant.. they all have trunks.

1. A Ball - A Fish - A Cold
2. A Ball - A Salad - A Coin
3. A Cork - A Question - A Balloon
4. A Bottle - A Baseball Player - A Mushroom
5. A Bell - Mouth - A Shoe
6. A Tug of War - The Nightly News - A Boat
7. Seventeen - Time - People
8. A Basketball Court - A Highway - A Bowling Alley
9. Fog - A Jack - A Body Builder
10. A Hockey Game - A Restaurant - A Bank