



**March Client Spotlight
Dick & Lea Goring,
Ages 75 & 74, respectively**

About fifteen years ago, Lea and I decided we needed to make some changes in our lifestyle. Exercise was never in our time schedule, but it was time to start. We joined a Fitness Center, which eventually morphed into BeFIT. It was a decision we were never sorry over. Neither of us wanted to look like Charles Atlas, but rather we wanted to be able to carry on with our two favorite activities, Cruising and Scuba Diving. The addition of two Golden Retrievers five years ago helped with the aerobics, as we walk them twice a day for at least thirty minutes.

At 75 and 74, we are proud to be the “oldest” in the gym, and are looking forward to maintaining that position for many years to come.



Justin, Jeremy and Dom provide the tools and encouragement which are needed to keep us motivated. Having just returned from a cruise to the Western Caribbean, during which we had three scuba dives and climbed a Mayan ruin, I would say we are achieving our goals. We have also recently climbed Hawaii’s Diamond Head Crater, and the Lighthouse in Ponce Inlet. Our intention is to carry the “BeFIT” logo to as many parts of the world as we can.

How Many Calories Did the Easter Bunny Leave in Your Basket?
(SparkPeople article)



Next to Halloween, Easter is the second-largest candy-giving holiday, according to the National Confectioners Association. With overflowing baskets of the sweet stuff lurking in your household, it’s important to know what kind of caloric damage you’re in for. Check out the nutrition info for some of the more popular Easter candies before you dig in to your basket.

Common Easter Candies

Candy	Calories	Fat (g)	Carbs (g)	Sugar (g)
4 Peeps Marshmallow Bunnies	130	0	33	29
1 Peeps Hollow Milk Chocolate Egg	420	24	54	52
5 Mars Mini Chocolate Eggs	179	10	20.4	17.6
1 Cadbury Solid Milk Chocolate Easter Bunny	890	48.6	101.2	97.1
1 Cadbury Creme Egg	150	6	24	20
12 Cadbury Chocolate Eggs	190	8	28	27
1 Dove Solid Chocolate Easter Bunny	230	13	25	24
1 Nestle’s Crunch Nest Egg	180	9	25	20
1 Snickers Cream Sports Egg	140	6	18	16
1 Reese’s Peanut Butter Egg	180	10	18	16
1 Reese’s Reester Bunny	760	40	88	72
1 Brachs Chocolate Covered Marshmallow Egg	43	1.3	7.8	6
9 Brachs Malted Easter Eggs	200	8	32	23
35 Jelly Belly Assorted Jellybeans	140	0	35	32

Average Calorie Burn for 30 Minute Duration

Stationary bicycling, moderate	260
Elliptical, general	335
Walking, 3.5 mph	149
Swimming	223
Tennis	260
Jogging, 5 mph	298

Upcoming Events

Contact us for information

- 3/2 Prison Break Run
- 3/23 Zombie Insanity
- 3/30 American Mud Race
- 4/20 Trailblazer 5k
- 4/21 Healthy Heart 5k Walk/Run



Exercise of the Month
Bird Dog

Muscles worked: abdominals, lower back, glutes, shoulders

Benefits:

- Increases core strength in both abs and lower back
- Improves stability
- Increases kinesthetic awareness (where your body is in space and time)
- Variations for progression include elevating the stabilizing foot, full plank position, or lying prone on a stability ball

Demonstrated by Bob Roth, 57 yrs young

Brain Teaser

The missing numbers are between 0 and 5. Each row add up to totals to the right. Each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

						17
		4	0		5	16
3				4	2	20
			2	2	2	17
5		4		1	3	18
	2	1	3	4	2	17
0		3	5			16
21	16	22	12	16	17	22