



April Client Spotlight Pam Spanburgh, Age 34

I am a wife and a mother of 2 boys and also work part time at a local restaurant. I'm a pretty busy lady. Both of my boys are involved in baseball and I'm an active volunteer at their elementary school. I have always wanted to get into an active exercise routine, not only for my health, but to set a good example of being fit for my boys. My husband plays tennis about 2-3 times a week, so why shouldn't I be another good example. Its always easy to say, "I'm too tired today." Or "I have too many other things to do today." I have found myself saying these things on multiple occasions, but once I get there I feel great? Not only for the accomplishment of completing the workout, but it gives me a better outlook on my day and I find myself getting so many more things accomplished on my To Do List. I have definitely lost some weight and inches and have even gained some muscle tone. Its always great to see the results from all the hard work I've pushed myself to complete.

I have truly enjoyed BeFIT. Dom Calpe keeps me going with all the different exercise routines. There have been times that I feel like I can't keep going, but Dom always finds a way to push me through it. I almost always find myself looking forward to my next workout. I have not personally worked out with Justin or Jeremy, but they definitely provide a warm and inviting atmosphere. I'm glad I found BeFIT and I'm already looking forward to my next visit!!

Benefits of Small Group Training

(Adapted from Ensemble Fitness Club article)

Small Group Training (SGT) has become one of the hottest trends in the fitness industry. IHRSA (International Health, Racquet & Sportsclub Association) listed it as the #5 in their list of top health club trends of 2012.

There are some very good reasons why SGT has become so popular.

More personal attention – While Large Group Exercise offers many benefits, the instructors are not always able to see and correct each individual class member.

More economical – Personal Training provides the most personal attention and greatest opportunity to succeed. Some people, however, may find that SGT fits into their budget better and still gives them the attention they need.

Variety – By working with a knowledgeable fitness professional, your workouts will change/evolve as you progress, preventing hitting a plateau and boredom.

Camaraderie – Let's face it, workouts love company. Sharing the workout enhances the experience for participants.

Motivation – Having someone exercising right beside you can push you a little harder than you might do on your own.

Support – Both the Trainer and other participants are there to help you get through the challenges of the workout and the obstacles in life.

Greater focus – There's no time to let your mind wander with a Trainer keeping tight programming and watching your every move.

Fun – Yes, fun. The right exercise program done with friends can definitely be fun.

Adherence – Research shows that members that are involved in programs are more likely stick with it. With all of the previously listed benefits, how could you not want to keep coming back?

Results – When you stick with a well-constructed program, you will get the results.

Upcoming Events

Contact us for information

- 4/6 Lake Mary Family Fun Day
- 4/7 Riverside Dash 5k/15k
- 4/12 Art of the Vine Fundraiser
- 4/20 Trailblazer 5k
- 4/21 Healthy Heart 5k Walk/Run



Exercise of the Month

Supported Bridge Pose

Want to open up your back and chest without a struggle? A supported bridge is an easy way to relax while releasing your spine in some great new directions.

How-to: Lie down on your back, feet planted behind your hips, knees up. Lift your hips up to a comfortable level, and place a block under your sacrum.

Tips: The block can be used on any of its height positions, depending on how open you feel in your spine and fronts of thighs. Use your inhaled breath to expand your middle and upper chest out over your chin, and your exhaled breath to release all your weight into the block.

Benefits: Opens the spine and chest, opens the top fronts of thighs.

Demonstrated by our feisty girl, Mindy Black, 31 yrs young

Maze

