



### May Client Spotlight Jill Croom

Strength and endurance are my top fitness goals. And that's exactly what I've developed with the help of BeFIT. Justin has trained me for many adventures: hiking Glacier National Park, white water rafting in Maine, striding through Belgium and Ireland, pacing myself up towards the Matterhorn, climbing Peru's Machu Picchu, and swimming with sea lions in the Galapagos. Justin's workouts have given me the confidence and staying power to really enjoy my life, while his professionalism has kept me motivated with varied workouts.



### Establishing Healthy Exercise Habits in Kids (Adapted from ACE Fitness Article)

Diabetes, obesity, high cholesterol and high blood pressure are health issues that you might normally associate with adults. Unfortunately, some children are facing these same issues at a young age. On a positive note, preventative measures can be taken by following a proper nutrition plan and more specifically with this article, increasing physical activity.

Developing a nutritionally sound eating plan offers numerous health benefits that keep you mentally and physically well. Instead of high-calorie foods and snacks, turn to fruits and other healthy foods for increased energy levels, improved brain and heart health, and better weight control, among other things.

In addition to eating better to become healthier, another aspect to be considered is increasing the amount that children physically move on a daily basis. There is an alarming decrease in the number of children that are involved with regular physical activity.

What can be done so that 64% of children won't become physically inactive by the time they reach high school? *Your role as a parent is huge, even bigger than a teacher, more important than a fitness professional.*

A child's engagement in physical activity, versus countless hours in front of the TV or computer, has several benefits. Children who are fit exhibit better scores on physical performance tests, have a stronger self-image, exhibit more self-confidence, have less anxiety and stress, and demonstrate greater improvement in skill- and health-related fitness.

**"You can't tell kids that being active is fun. You have to show them."**

Establishing a healthier, active lifestyle for your children begins with setting a good example. You can plan outings and activities that involve walking, going biking, or shooting baskets with them, for example. To encourage exercise becoming a habit, the activities should focus on its positive aspects, like having fun with the family. Try to avoid competition, discipline or embarrassment, which could discourage their efforts. Also, allow them to take ownership of their fitness by encouraging their interests in exploring other sports or activities.

Once you get the kids to embrace fitness, chances are that they will keep going for the rest of their lives.

### Upcoming Events

Contact us for information

- 5/11 I-Drive 5k  
Fight for Air Orlando Run/Walk 5K  
Seminole High School Spirit 5k
- 5/18 The Lake Mary 6th Annual  
Community Run - Walk
- 5/25 Superhero Scramble
- 6/1 Wynne Chiropractic Family Fun Day



### Exercise of the Month

Torso Rotation Exercise

**Muscles worked:** The primary areas affected by torso rotation exercises are the rectus abdominus or abs, transverse abdominus, and obliques. Secondary muscles groups affected are stabilizers such as the rhomboids, deltoids, glutes, abductors, quads and adductors.

**Benefits:** Torso rotation exercises primarily work out your oblique muscle group, which can add power to rotational motion. Athletes in certain sports, such as shot put or golf, may benefit as the exercises improve the strength of their swing. Additionally, stronger abdominal and back muscles take more pressure off the spine.

Demonstrated by Debbie Staunton, 53 yrs young

### Brain Teaser

Use the numbers 1 through 9 to complete the equations.

Each number is only used once.

Each row is a math equation. **Work from left to right.**

Each column is a math equation. **Work from top to bottom.**

	-		+		2
X		-		-	
	-		-		-4
+		-		/	
	-		X		-14
37		-9		-2	