



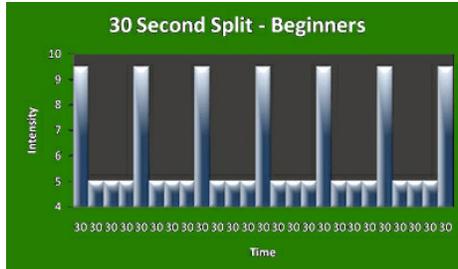
**June Client Spotlight
Pilar Arroyos, Age 43**

I discovered BeFIT last January by reading an ad in a local magazine. Of course, January is the month of new commitments and goals, but something else was motivating me. I was not feeling the same as before. With 3 kids, a full time job and a long daily commute, I felt I was losing physical and mental strength. I often felt worn-out; lacking the energy I needed for the day...I knew I had to do something. Then I met the wonderful staff at BeFIT. They assessed my physical condition and paired me with Kristin who has been the main source of transformation and power I needed. Being a mother herself, she understands the needs and motivations for working women and she has pushed me to give more than what I thought I would be able to. Today, I feel inspired, energized and ready to take on the many challenges each day brings. I have improved my strength and overall physical condition. Even my family is experiencing the positive effects; we make efforts to eat better and we often discuss how to improve our health. I look forward to my training days and I am motivated and eager to get to the next level, which is something I would not have achieved if it wasn't for Kristin and the amazing team at BeFIT.

Benefits of HIIT for Weight Loss

(Adapted from Demand Media Article)
In order to lose weight, you need to burn more calories than you consume. Cardiovascular training allows for burning more calories in addition to your normal everyday metabolism. While longer "fat-burning zone" training sessions are common, you may get better results in a shorter time with HIIT.

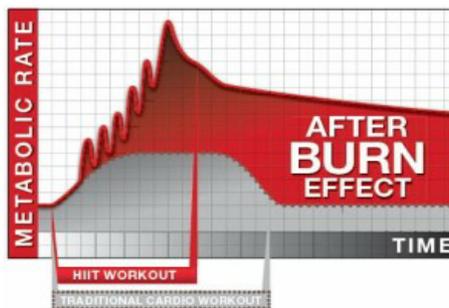
High-intensity interval training, or HIIT, is a type of cardiovascular exercise that burns calories fast and increases strength, endurance and overall fitness. HIIT sessions involve a warmup, a series of alternating short bursts of higher intensity movements and lower intensity recovery periods, followed by a cool down.



Sprint Phases	Rest Phases	Number of Sets
30 Seconds	90 Seconds	6-8

Steady state training, on the other hand, involves low to moderate intensity movements lasting about 30 minutes to an hour. Lower intensity training is generally preferable if you're new to training, elderly or recovering from an injury since it is less stressful on the muscles, joints, heart and lungs.

Both methods will help with improved muscle cell function, fat loss and increased lung capacity. However, these benefits can be achieved in less time with HIIT sessions because your metabolic rate will be elevated for an additional 90 minutes to 2.4 hours after you are done, due to an "after burn effect" from the increased intensity.



One 30-minute HIIT session can have the same benefit as 90 minutes of a steady state session!



**Exercise of the Month
Plank Row (aka Renegade Row)**

Muscles worked: back, abdominals, biceps, shoulders

Benefits: It is one of the most simple and time effective ways to build a rock-hard midsection, as well as core stability, and strength in the back and biceps. The addition of a pushup, in between rows, will also work the chest and triceps for a total upper body workout.

Demonstrated by Sarah Gemeiner, 29 yrs young

Upcoming Events

- Contact us for information
- 7/4 Firecracker 5k
 - Hunter Vision Watermelon 5k
 - 7/6 Highlander "Intimidator" Edition
 - 7/20 Splash n Dash Fun Run

Brain Teaser

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