



August Client Spotlight Dawn Larsen

I have always been athletically inclined and have been running for about 9 years, but was not pleased with my strength & endurance level, or my overall physical appearance. It was May of 2009 and I was signed up to compete in a wrestling event in July, as well as, the Ragnar Relay; a 202 mile 12 person relay road race from St. Pete to Daytona Beach in late November, but I was having issues with hip flexor and IT band pain while running and I knew I needed to increase my strength and stamina to compete in the wrestling event. That is when I began searching for a personal trainer that could work with me to rehab my hip and increase my cardio health and strength while also helping me tone up my body.

I started training with Jeremy in May of 2009 and have been training with him ever since. I lost 15 pounds, 5.5 inches & gained nice muscle tone, which I have been able to maintain. We have rehabbed my hip flexor and IT band along with all the surrounding muscles which has allowed me to continue to compete in running events and the Ragnar Relay each year and I was also able to win my wrestling matches 2 years straight! Jeremy has a great up-beat personality when training you and also has the knowledge and experience to make sure you are getting the best training possible for whatever goals you have set for yourself.

He has been a great inspiration and motivator for me, keeping me on track and helping me reach all of my fitness goals. I could not do this without him!



Before

After

100 Ways to Cut 100 Calories (Excerpts taken from America On the Move)

Maintaining a healthy weight depends on achieving energy balance. This is accomplished by balancing the amount of energy burned and food consumed in your day.

To stop weight gain, most Americans need to do just two simple things:

- Add 2,000 more steps each day
- Eat 100 fewer calories daily

Small changes in the foods you eat and the portion sizes you choose will quickly add up to 100 reduced calories or more! Make small changes each day and you'll see how easy it can be to achieve energy balance. No one tip by itself will equal 100 calories exactly, but selecting a few of your favorites each day will get you well on your way!

Some examples of tips to use throughout the day include:

BREAKFAST

- Use a small glass for juice and a small bowl for cereal
- Fill omelets with mushrooms, onions, peppers, and spinach instead of cheese and meat
- Lighten up omelets and scrambled eggs with four egg whites or 1/2 cup egg substitute

LUNCH & DINNER

- Pick water-packed tuna instead of tuna packed in oil
- Select soft taco size (6-8") flour tortillas instead of the larger burrito size
- Reduce cooked rice and pasta by 1/2 cup

DESSERTS

- Choose your piece of cake from the middle where there's less icing
- Substitute half the oil in baking recipes with applesauce
- Share your dessert with someone else

BEVERAGES

- Pay attention to serving sizes, some cans and bottles contain two or more servings
- Quench your thirst with bottled water instead of soda from the vending machine
- Drink light beer instead of regular and limit yourself to one or two

DINING OUT

- Ask for salad dressing and sauce on the side—dip to enjoy the flavor but leave most of it behind
- Select an appetizer as your main dish—add a soup, salad, or vegetable side dish
- Use fresh lemon to season fish instead of tartar sauce

For the complete listing of 100 Ways to Cut 100 Calories, you can visit BeFIT's Health & Wellness Tips under the Resources tab

<http://www.befithealthstudio.com/category/health-wellness-tips/>

Exercise of the Month

Rotational Pushup



Muscles worked: chest, triceps, shoulders, core

Benefits: This exercise is great for building shoulder stabilization, toning the arms and strengthening the muscles in your upper body and entire core. It is especially beneficial for the athletic performance in sports involving torso rotation, such as hockey, tennis and baseball.

Demonstrated by Stephanie Kiernan

Upcoming Events

Contact us for information

- 8/17 Celebration of Running 5k
- 8/24 Health & Life Expo
- Stone Island 5k/10k
- Gridiron 5k Challenge
- RunYak (Run, Paddle, Run)
- 8/31 Oakmonte Village 5k