



BeFIT
HEALTH STUDIO



September Client Spotlight
Annie Resnick

I have been working out for the last 22 years of my life. Training has helped me maintain my weight and relieve my stress. I owned and operated a wholesale bakery with my daughter for 2 decades. We were constantly required to taste test desserts of all kinds. We grew to be a large company and that became very stressful as well. In 2011, we sold the company and now I am in to being fit even more.

I am now retired and failed to mention how much my family and I love food, as we are all New Yorkers! That is always the topic of conversation and the weekends are dedicated to trying new places! To control my weight, good tone and health, I spend almost every morning at BeFIT.

I am very proud of what Justin and Jeremy have accomplished this year. I've known them both for quite a while. They bring a lot to the table, great style, fresh ideas and a caring nature. Keep it up guys! BeFIT Rocks!!!

Training for your 1st 5k

Have you thought about participating in your 1st 5k event and don't know where to start? The Couch to 5k "C25k" Running Plan is an excellent program designed to help you achieve your goal. Here is an article from the Cool Running website.

Couch to 5K | Beginning Running

First off, you may be asking, "exactly how many miles is a 5k?" A 5k is 3.1 miles. We're here to help you achieve your goal of beginning to run your first 5k. Too many people have been turned off of running simply by trying to start off too fast. Their bodies rebel, and they wind up miserable, wondering why anyone would possibly want to run in the first place.

You should ease into your 5k training plan gradually. In fact, the beginners' program we outline here is less of a running regimen than a walking and jogging program. The idea is to transform you from couch potato to runner, getting you to begin running a 5k or 3.1 miles and on a regular basis in just two months.

It's easy to get impatient, and you may feel tempted to skip ahead in the program, but hold yourself back. Don't try to do more, even if you feel you can. If, on the other hand, you find the program too strenuous, just stretch it out. Don't feel pressured to continue faster than you're able. Repeat weeks if needed and move ahead only when you feel you're ready.

Start Your 5k Training | A Few Minutes Each Week

Each session should take about 20 or 30 minutes, three times a week. That just happens to be the same amount of moderate exercise recommended by numerous studies for optimum fitness. This program will get you fit. (Runners who do more than this amount are doing it for more than fitness, and before long you might find yourself doing the same as well).

Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going. Running faster can wait until your bones are stronger and your body is fitter. For now focus on gradually increasing the time or distance you run.

Run for time or run for distance

There are two ways to follow this Couch to 5k training program, to measure your runs by time or by distance. Either one works just as well, choose the option that seems easiest for you to keep track of. If you go with the distance option, and you are not using a track to measure the distances, just estimate. It's not important to have the distances absolutely exact.

To view the Couch to 5k Running Plan, you can visit BeFIT's Health & Wellness Tips under the Resources tab, or use a C25k mobile app on your smartphone.

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



Exercise of the Month

Donkey Kick

Muscles worked: glutes

Benefits: Specific exercises to work your glutes provide more than just an improved physical appearance. Your glutes provide you with the ability to walk, run, jump and twist. Increasing the strength of your gluteus maximus increases your speed and agility for participation in sports and everyday activities.

Demonstrated by Marnie Resnick

Upcoming Events

Contact us for information

- 9/7 Walk on Water 5k
- 9/7 Run with The Herd 5k
- 9/7 Tunnel to Towers 5k
- 9/8 9/11 Heroes Run
- 9/14 Autumn Rock N' Run 5k
- 9/21 Miracle Miles 5k & 15k
- 9/21 Bonnet Creek 5k
- 9/21 CF Climb

Brain Teaser

Can you morph one word into another by just changing one letter at a time?

hoots
south