



October Client Spotlight Russ Hagner

Before I met Jeremy Cook and Justin Bedor about a year ago, I had not been actively working out and exercising on a regular basis. Occasionally, I would try to exercise, but, realized that I needed a more comprehensive program and fitness regimen each week to achieve greater and better results. Again, I wanted to enjoy my workout and relieve the daily stresses of life and my career.

So, the fitness training and program designed by Jeremy has helped me not only lose weight (20 lbs.) and relieve stress, but, I learned and gained a better appreciation and understanding of weight loss, maintaining a goal weight, while strengthening my body's core structure. I believe my balance and flexibility overall has greatly improved as well.

Being middle aged now, my immediate goal is to continue to strengthen and lose the extra weight necessary to slow my aging process. I prefer not to have prescribed synthetic drugs to relieve the metabolic symptoms of high blood pressure and Cholesterol.

Over the past year, I have become more enthusiastic about my fitness program and weight loss because I have confidence in the routine and see the measurable results.

Also, I am very proud of what Justin and Jeremy have accomplished this year in developing the fitness programs and their business goals with the studio. They have attracted and maintained a talented and skilled group of personal trainers to fit client needs.

I would like to recognize their professional approach and style, researching new ideas, all this done with caring nature for their clients.

Why Women Should Lift Weights

One of the biggest fitness myths for women is that lifting weights will make them bulky.



"While on a weight lifting program, the right hormones (testosterone) are necessary in order to bulk up. Women's testosterone levels are much lower than men's, so in most cases, they are not capable of building large muscles. In fact, since muscle takes up less room than fat, women tend to lose inches when they strength train." - (The Top 6 Fitness Myths and Truths - Sparkpeople)

5 Benefits of Lifting Weights (Active.com)

Strength training can help you lose weight

Too many women focus on cardio workouts or diets alone for weight loss. In reality, our muscles are the "engines" that actually burn the calories we consume. If we don't use that engine and keep it progressively tuned, it can't burn the fuel. Strength training is a powerful tool to help you achieve your goal weight.

Strength training can help reduce stress

If you're looking for something cathartic, try a good strength workout. There is nothing more stress-relieving than deadlifts, kettlebell swings or ball slamming. Heavy work raises the levels of dopamine and serotonin in the brain. Most antidepressants work by doing the same thing. Strength work can give you a happy boost and calm you down as well.

Strength training makes you stronger

Having functional strength helps with everyday life. Ever rearrange your living room? Do you lift children or groceries or both at the same time? Training makes you feel empowered when you no longer need to recruit a man for help.

Strength training is good for your heart

The American Heart Association recommends strength training as a way to reduce the risk of heart disease in cardiac rehab patients.

5 Benefits of Lifting Weights (cont'd)

By making your body stronger, you also increase your endurance which puts less stress on vital organs.

Strength training can reduce your risk of osteoporosis

The "use it or lose it" rule applies here. When you lift weights, you are putting a healthy dose of stress on your bones. This continual stress builds bone density and can help keep your bones strong and healthy.



Exercise of the Month

Stability Ball Hip Bridge

Muscles worked: glutes

Benefits: The hip bridge strengthens your glutes while stretching your hip flexors and surrounding tissues. Variations of the bridge improve core stability and body awareness, allowing you to progress to more advanced strength and balance exercises.

Demonstrated by Keith Thomas

Upcoming Events

Contact us for information

- 10/5 Sanford Riverwalk 5k
- 10/6 Komen Race For The Cure 5k
- 10/12 Armageddon Ambush
- 10/12 9th Annual Greater Maitland 5k
- 10/13 U Can Finish 5 Miler & 2 Mile
- 10/26 Lake Scary 5k
- 10/27 Light House Loop 1/2 Marathon/5k

