



November Client Spotlight Mindy Black

As an esthetician I have always taken a very holistic and natural approach to skin care. I like to look at fitness, skin care and wellness the same way. I believe that the body can heal itself when you feed it the proper nutrition. I've always believed in using the highest quality and purest ingredients for optimal health, which is why I try to eat clean and organic. I've been taking all these steps for healthy skin but I know it doesn't just stop there—I had to implement an exercise plan to really be well rounded.

The BeFIT boys—Dom, Justin and Jeremy—have played such an integral role in my wellness routine. I know exactly what I want when it comes to the food part but I hadn't quite nailed down the fitness aspect. It's taken me a long time to find a routine that I have been comfortable with and able to stick with consistently. They have been so accommodating to my injuries and insecurities. They strive for perfection in form and hold me to high standards, which is exactly the motivation and challenge I needed. They provide a personalized approach tailored to my body's needs, which is exactly how I approach my client's needs at Inner Beauty Skin Care!

Exercise increases circulation, which helps keep skin clear. Plus it keeps you sane- that is why I choose to BeFIT! If I preach it, I have to practice it - just like I preach a healthy skin routine within my business so I have to maintain that "practice" as well. A Toxic free body = a healthy complexion and certainly a healthier you!

The Benefits of Kettlebell Training (Highlights from ACE "Kettlebells Kick Butt")

Are you short on time and need to get in a total body workout? Kettlebell training is a great option for you. Kettlebells, described as a "cannonball with handles", were first introduced in the 1700's by Russian strongmen as a training tool for building strength, balance, flexibility and endurance. Current research, sponsored by the American Council on Exercise (ACE) is showing that kettlebell training was way ahead of its time.



What are the benefits of a kettlebell vs dumbbells? Kettlebell movements, like the swing, offer additional health benefits not easily obtained by using dumbbells. Research shows that kettlebell exercises maximize both static and dynamic strength as well as flexibility in the posterior chain. It also develops better wrist, grip and forearm strength for improved form and functional control. Further, they strengthen the tendons and ligaments, making the joints tougher and less-susceptible to injury, among other benefits.

Researchers found subjects in their study increased their abdominal core strength by 70%. "I think that's huge because the stronger people are through the core, the less low-back pain they are going to have," John Porcari, Ph. D., says. Similarly, the gains in dynamic balance have major positive implications. "Older people who are doing some sort of kettlebell-like training are going to be more likely to avoid dangerous falls," he says. "And on the other end of the spectrum, for athletes, the better your dynamic balance, the better your ability to balance when you're moving and cutting and doing other athletic movements."

With proper technique, the functional movements performed with a kettlebell workout address the major components of fitness, including cardiovascular endurance increases similar to what you would expect from a regular cycling program, resulting in a time-efficient total body fitness program.



Exercise of the Month

Single Leg Deadlift with Kettlebell

Muscles worked: Hamstrings, glutes, lower back

Benefits: Single leg deadlift is an effective workout to improve your balance and flexibility as you add extra strength to either your right or left leg, only if you bend far enough toward the floor using the right amount of weight. This can also help build the muscles not only in your legs, but also in your thighs, calf, hamstring, and buttocks areas. In doing single leg deadlift, it is very important that you only work with the correct amount of weight to avoid an injury from occurring.

Demonstrated by Alex Drakulic

Upcoming Events

Contact us for information

- 11/16 **BeFIT CPR Training Course***
Peace Love Cure 5k
- 11/21 **MDA Lock-Up BeFIT Bail Deadline**
- 11/23 Light Up UCF Knight Run 5k
- 11/28 Seniors First Turkey Trot 5k
Turkey Day 5k
Thanksgiving 10 miler & 5k

**Limited space. Contact us to reserve your spot*