



December Client Spotlight Dominic Caserta

I have been a client at BeFIT since day one. I had worked with both Jeremy and Justin prior to BeFIT's opening. I started primarily for strengthening and stretching to counteract the effects of Cerebral Palsy.

I was born 14 weeks early weighing in at 1 pound 3 ounces. As a result, my gross and fine motor skills were affected. I started physical therapy at just over a year old and continued through middle school. I have had hamstring and gastroc lengthening surgery, Botox injections and E-Stim therapies at various times in my life.



My parents started looking for something with physical benefits that I would enjoy to replace the pediatric therapies I had been receiving. Enter Personal Training. I have found that not only have the physical benefits been positive, but I also have really enjoyed the social interaction at the studio. It has really had a positive impact on my life. I physically can do things that I was unable to do before and I have a blast at the same time. Jeremy has taught me about the benefits of healthy eating as well. I even intern at the studio a couple of days a week and am considering a career in the field. Love these guys and this studio! BeFIT rocks!

Dominic Caserta



Mind Over Body Using Positive Self-Talk (Highlights from NY Times Article "Keep Telling Yourself, 'This Workout Feels Good' ")

How much influence does your mental state affect how physically fatigued you feel when you are exercising? Researchers are finding that individuals incorporating a programmed positive reinforcement technique, whether it be verbal or silent, can result in improved muscular endurance performance and a lesser degree of perceived discomfort, compared to those who do not.

Volunteers were asked by researchers to pedal a computerized stationary bicycle at about 80 percent of their predetermined maximum force until they reached "failure". Throughout the ride, heart rate, pedaling power and force were measured. In addition, the riders were asked several times to use a scale of 0-10 to let the researchers know how hard the exercise had felt during the ride and also at the conclusion.

Two weeks later, the volunteers were asked to repeat the process. Those individuals that were coached, after their initial ride, to systematically talk to themselves in an encouraging way using phrases like "you're doing well" and "feeling good", were able to not only prolong their activity before feeling fatigued, but also felt that it was easier than their previous attempt. In comparison, those not coached in positive "self-talk", generally repeated their performance from before with little or no improvement.

"Whether you think you can, or think you can't, YOU'RE RIGHT" - Henry Ford

In conclusion, start training your brain to make your workouts better. Incorporating consistent and systematic motivational self-talk will help you to reach your fitness goals faster.



Exercise of the Month Resistance Band Seated Row

Muscles worked: arms & back

Benefits: The seated row is one of the most well known resistance band exercises, it works your arms, abs and hip flexors.

There are different variations of the seated row, some will include lifting your feet off the ground and pulling them towards your chest. This simulates the action of a rowing machine and will work your abs and core more efficiently.

Demonstrated by Christina Hope

Brain Teaser

Unscramble each of the clue words. Take the letters that appear in circles and unscramble

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BOATOFLL

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