



January Client Spotlight Maria Bajayo

I've never been a fitness oriented person in my life. Since I can remember, I have to eat healthy in order to have a decent weight. As years passed, keeping myself in shape was becoming a huge challenge. I am happily married with two children, one in College and the other a Junior in high school, and life changes keep going on. I realized that in order to continue to have a healthy life, I had to make commitments that will help me feel good, active, sharp and physically fit.

I have to admit, and thank at the same time, that without my dearest friend Charlotte Kirk, I would have never joined a gym. I joined BeFIT a year ago, and because of their philosophy of functional integrated training, I've been able to improve the quality of my life. I do Circuit Training 5 times a week with a great Trainer Dominic Calpe, and a wonderful group of ladies. Our group and individual fitness goals are met because of Dominic's dedication and careful attention to our areas of weakness and strength. In addition, a customized exercise alternative is always available to guarantee the completion of the workout and preserve our individual well being. Circuit Training works for me because of the dynamics of it, the motivation the group offers, and the immediate individual benefits and results (improve cardiovascular performance, weight loss, increase energy levels, and muscle tone).

Personally, I feel energized and challenged everyday! I am on a path to a better quality of life, a healthy life that will allow me to enjoy all the gifts of the years to come with a healthier heart and body.

Congratulations to Jeremy and Justin and the entire BeFIT family in their professional and unique approach and dedication to make a healthier Us.

Getting Back On Track After The Holidays (Highlights from FitDay Article "How to Get Back on Track After Over Indulging")

The sense of hopelessness, guilt, remorse and frustration that precedes the "Well, since I already blew it..." thought that trails listlessly through our minds as we reach for that next unhealthy choice, or resolve to skip the gym (again) is a feeling that many, many, many seasoned "dieters" are all too familiar with. How do you get back on track? How do you recover after you've over indulged for a meal or three, skipped a few workouts, or even completely abandoned your healthy lifestyle goals entirely for a few months? Simple. *One step at a time.*

Recognize Your Mistake

Acknowledge the choices that you have made that have taken you farther away from your goals, and acknowledge that it's OK. No amount of guilt, negative self-talk, or self-shaming is going to change the past. You have no control over what has already happened. But you have complete and total control over what you do from this second forward.

Set Realistic Goals

One of the best motivators in returning to a healthy diet and fitness routine is the feeling of accomplishment and empowerment that accompanies successfully completing a goal. Focus on short-term goals that are more attainable, like day-to-day goals, that will get you closer to your long-term goal.

Remember that Setbacks are Normal

Life happens. Setbacks occur. No one is 100 percent dedicated 100 percent of the time. A life without chocolate, red wine and the occasional slice of pizza is not a life I personally want to live at all, but taking a day, week or even a month off from your journey towards a healthier lifestyle does not make you a failure. It does not make you a bad person. It absolutely does NOT mean that you're not a strong, capable individual. It just means that you took a break, and now it's time to find your groove again.

Remember that your health, fitness and nutrition goals should be a part of your life, but they should not dictate your life.



Exercise of the Month

Mountain Climbers

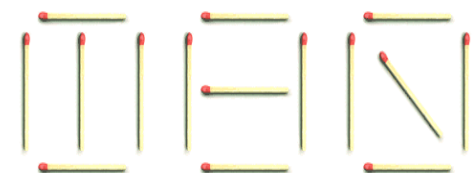
Muscles worked: Butt/Hips, Legs - Thighs, Full Body/Integrated

Benefits: Because of its ability to work multiple muscle groups, the mountain climbers are associated with multiple benefits. Cardiovascular benefits to strengthen the heart and lungs, power training through explosiveness & core strength for torso stabilization are all implemented into this dynamic movement.

Demonstrated by Marissa Rothbaum

Brain Teaser

Remove six matches to make ten



Upcoming Events

Contact us for information

- 1/18 Dick Batchelor Run for the Children
Historic Longwood 5k
- 1/19 Cure PSP 15k Relay & 5k
- 1/25 Color Vibe 5k
Mud Mingle Mud Run
Run with Class 5k
Seasons 52 Park Ave 5.2k
- 1/26 Inaugural Celebration Marathon