



## February Client Spotlight Debbie Staunton

I have worked and lived in the Lake Mary area for the past 25 years along with my husband of almost 31 years.

Over the years I have tried to be somewhat active to stay in shape but it seems that something else would come up so exercise would go on the back burner.

Since joining BeFIT a year ago a lot has changed. I have lost almost 20 lbs, I have more energy and Jeremy has had me do things I never thought I could achieve or even consider trying. He also lets me know that I don't have a very good poker face when asked to do something that I think I can't do but somehow manage to actually do it.

I have also made other accomplishments that I would have never even considered before. I ran my first 5K on New Year's Day. One month later on Feb. 1st, I ran a second 5K and I improved my time by almost 5 minutes.

I could have not done this if it had not been for BeFIT and the dedication it takes from both me and the workouts that Jeremy designs for me.



It is a great pleasure to be part of the BeFIT "Family". Thanks Jeremy, Justin and Dom.

## Keep the New Year Momentum Going (Highlights from SparkPeople Article)

Emerson once said that "consistency is the hobgoblin of little minds." But when it comes to New Year's resolutions, 100% success usually isn't a source of fear or dread.

In fact, with resolutions, most of us think consistency is everything-- which is why it's so easy to fade by February once we find ourselves slipping even slightly. When we eat too much, miss our target weight loss, or don't get to the gym for a few days, we conveniently give up-- taking an all-or-nothing stand so that when we don't achieve all, we have a built-in excuse to settle for nothing.

What, then, can we do when we find our resolutions fizzling?

### First of all, review your goals to make sure they're really yours.

Were your resolutions made with the intent of pleasing someone else? If so, you may want to rethink your priorities. You're far more likely to commit to-- and accomplish-- goals that are truly important and meaningful to you.

### Second, run a reality check on your goals.

So often, experts say, the biggest problem in keeping resolutions lies with making them. Caught up in the enthusiasm of a fresh start, we throw ourselves to wild abandon at a vast list of unattainable goals, then wonder why we revert to our old ways. If you find your original resolutions a bit too daunting, don't be afraid to scale down.

### As you meet your goals, don't forget to record and reward.

Recording your daily successes- as simple as placing a checkmark on your calendar every time you work out-can be tremendously motivating. A row of checkmarks not only shows progress, it balances out the one or two days you didn't get there, giving you the bigger picture and the drive to push on. And "recording" should lead to "rewarding,"-- finding small ways to celebrate your success-telling friends, buying a small item to pamper yourself, or giving yourself time to do something you don't normally get to do.

Success is a **year-round** choice. You must decide what you want, why you want it, and how you plan to achieve it.



## Exercise of the Month

Seated Rear Deltoid Fly with Resistance Band

**Muscles worked:** Shoulders, back and core

**Benefits:** A seated rear deltoid fly done with a resistance band strengthens your upper back muscles and shoulders while working on stabilization strength in your spine, deep abdominals and hips. The exercise requires you to maintain a neutral spine position and avoid moving the torso.

Demonstrated by Dick Goring

## Brain Teaser

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. A clerk at a butcher shop stands five feet ten inches tall and wears size 13 sneakers. What does he weigh?
3. Before Mt. Everest was discovered, what was the highest mountain in the world?
4. How much dirt is there in a hole that measures two feet by three feet by four feet?
5. What word in the English language is always spelled incorrectly?
6. If you were running a race and you passed the person in 2nd place, what place would you be in now?
7. Which is correct to say, "The yolk of the egg is white" or "The yolk of the egg are white"?