



May Client Spotlight Sarah Gemeiner

I'm an avid runner and made a New Year's resolution in January 2013 to expand my exercise horizons. I challenged myself to add two alternative workouts, in place of running, to my repertoire each week. In researching options for those alternative workouts I was lucky enough to come across BeFIT and began training with Kristin Badillo in February 2013.

In the past, I always equated being thin and seeing a certain number on the scale as being 'in shape.' As a runner, I would log mile after mile chasing that ill-defined idea. Over the past almost year and a half with Kristin's help, I've been able to redefine my idea of being 'in shape' as being a strong, healthy woman. My twice-weekly workouts with Kristin are one of my favorite parts of my week. Kristin always has a surprise up her sleeve and no two workouts are ever the same. She also capitalizes on my competitive nature and inability to say 'no'. Kristin knows what I perceive as my limits and challenges me to push past them. I always leave feeling proud of what we accomplished and looking forward to what's in store at the next session.

I cannot say enough great things about Kristin. Not only is she an amazing trainer but she is a wonderful friend. She has helped me achieve results that I never dreamed of. I just turned 30 and can confidently say that thanks to Kristin and the BeFIT team, I am in the best shape of my life. I'm no longer focused on being thin, I want to Be Fit! And I am ☺

Thank you Kristin and the entire BeFIT Team for providing me and the Lake Mary community with health and happiness!

Kids Can't Run as Far, as Fast as Previous Generation (Excerpts from HealthDay News)

Children across the globe can't run as far or as fast as their parents did at their age, according to new research.

In a one-mile footrace, a kid today would finish a minute and a half behind a typical child from 1975, said study lead author Grant Tomkinson, a senior lecturer in the University of South Australia's School of Health Sciences.

Children today are about 15% less aerobically fit than their parents were as youngsters, Tomkinson and his colleagues discovered. In the United States it's even worse - kids' heart endurance fell an average 6% in each of the three decades from 1970 to 2000.

These levels of fitness in childhood will more than likely result in worse health in adulthood, Tomkinson said. Kids will have weaker hearts and thinner bones, and an overall lower quality of life.

The researchers came to their estimates by analyzing 50 studies on running fitness between now and 1964 that involved more than 25 million kids aged 9 to 17 in 28 countries.

Tomkinson said there are many factors that have combined to create an increasingly inactive society, including the following:

- Communities designed to discourage walking, bicycling and backyard play.
- Schools that have either rid themselves of physical education or replaced it with a less strenuous version of the class.
- The prevalence of TV, computer, tablet and smartphone screens that sap a kid's will to venture outdoors.

Obesity also plays a part. "We are fatter today, so from a weight-bearing perspective it's harder to move our bodies through space," Tomkinson said, noting that about 30% to 60% of declines in endurance running performance can be explained by increases in body fat mass.

So what's the solution? To Tomkinson, it's simple - kids need to be exposed to prolonged exercise that leaves them exhausted.



Exercise of the Month

Side Low Plank Crunch

Muscles worked: Abs, Core, Obliques, Shoulder, Lower Back & Hips

Benefits: Strengthens the shoulder girdle, increases abdominal strength, and firms and tones the body

Demonstrated by Dawn Larsen

Brain Teaser

Stroop Test - Popular neuropsychological test



Quick! say aloud what color you see in every word, NOT the word you read.

Upcoming Events

Contact us for information

- 5/10 **Lake Mary H.S. Golf Tournament**
I-Drive 5k at Pointe Orlando
Seminole Spirit 5k
The Chocolate Sundae Run
- 5/17 **Lake Mary H.S. 5k**
- 5/24 **Greater Oviedo 5k**
- 5/25 **Fish Stock 5k**