



July Client Spotlight Tony Martin

One day while taking a routine physical, my Doctor informed me my Triglycerides (fat that forms in your veins restricting blood flow to your heart) were over 700. Now, who knows that the AMA recommends your triglycerides should be around 100 for proper heart health? I didn't. The Doctor strongly suggested, if I wanted to live long and prosper, a change in diet (another story for another day) and proper exercise was necessary.

So, off to the gym I went, for a month I pumped iron, worked out on the machines, etc. I really thought I knew what I was doing as the reps were going up, etc. This little Filipino trainer kept watching me. He informed me I was not using the equipment correctly and was risking injury. He showed me the proper way, my reps went down, my body started changing, I was feeling great. Through the process he continually explained the connection between the body part I was working and my health. I have been training with him ever since, almost 10 years.

Here are some of the things I have learned during that time:

- Your body affects things such as aging, brain functions, mood, energy, sleep, stress, weight control, etc. You need a balanced exercise plan of aerobics, strength training, core exercise, balance and flexibility.
- Burning calories helps you control your weight; proper training helps combat diseases such as diabetes, heart disease, blood pressure; muscle strength boosts endurance; proper workouts boosts energy, heart and lung efficiency; not to mention training improves your mood which, in turn, improves your confidence and self-esteem.
- Speaking as one who knows, as one gets older, one's brain tends to get hazy. Proper training helps keep the brain energized and sharpen one's memory. That is really good.

So, I not saying forget the wine, food, fun, etc. Just make sure you keep your body in shape to balance all of that. A proper health fitness facility such as "BeFIT", (and a tiny Filipino trainer) provide just the right environment to get it all done. Stay healthy my friend.

The "No-Excuse" Way To Workout While Traveling

Summertime has arrived and vacations are abound. You've managed to get yourself into a fitness routine that's been working great, but now you find yourself without your favorite machines or group classes... What can you do to stay on track of your goals? Be creative!!!

Exploring your new surroundings is an excellent way to stay active. Walk, jog or bike around the local area to discover ways to spend your vacation. Allow your senses to guide you on your trek. You may see, hear or smell something that will peak your interests to explore even further, while burning some calories.

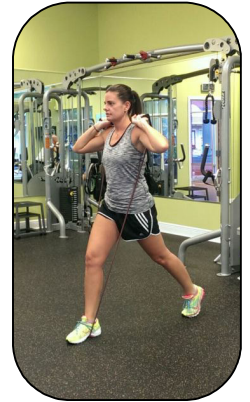
If you are looking for ways to continue your resistance training, look in the mirror. Using nothing but your body for resistance will leave you feeling exhilarated knowing that you have stuck to your goal. In addition, bodyweight exercises are very time-efficient as well, so you won't need a lot of time to get it done.

With the right combination of exercises, you can achieve both cardiovascular and toning benefits by using a circuit-style of training. Performing consecutive bodyweight exercises, with a limited rest period between each exercise, keeps that heart rate pumping so that you will burn more calories in a shorter amount of time, leaving you plenty of time to enjoy your vacation!

Here is one example of a circuit:



Perform 3 sets of 12-15 repetitions with 0-30 seconds of rest in between each exercise.



Exercise of the Month

Resistance Band Lunge

Muscles worked: Glutes, hamstrings, quadriceps, core

Benefits: Whether you're trying to shape your lower body, increase muscle tissue, develop core strength or make your hips more flexible, the lunge can help you achieve your goal. This functional, multi-joint exercise can be modified to meet your fitness level. Whether you're doing basic beginner lunges or take on a more advanced variety, such as lunges with your rear foot elevated, the exercise is beneficial in more ways than one.

Demonstrated by Emily Williams

Brain Teaser

"Pattern Recognition"

In this table, each row across follows the same pattern of numbers. See if you can discern the pattern and fill in the missing number in the bottom row.

7	4	8
3	9	7
6	5	10
?	8	4

Upcoming Events

Contact us for information

9/4 **INDEPENDENCE DAY**
BeFIT Health Studio is Closed

Watermelon 5k

Firecracker 5k

9/13 Suck it up Buttercup 5k/10k

9/26 Run for Africa 5k