



September Client Spotlight
Karen Ahmes

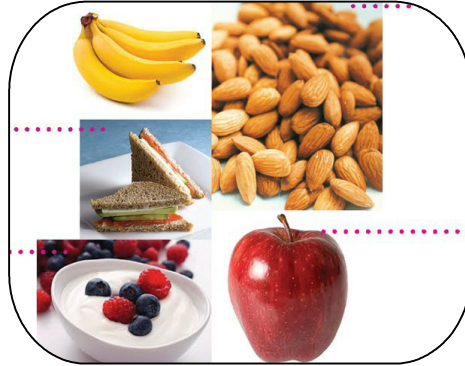
My journey to fitness began in 1995. I was married and had two children. My husband was gravely ill and I was his primary caregiver. I stopped into a nearby gym looking for a place I could go to relieve stress and get away for a short while from all the turmoil. Exercise slowly became an integral part of my life. I started to feel better physically and emotionally.

Following a serious automobile accident in 2006, in which I lost significant use of my right hand, I began to train with Justin Bedor. I was very impressed with his knowledge of muscle rehabilitation and his ability to design training workouts to strengthen my hand. Through an exercise program of aerobics, strength training, core exercise, balance and flexibility, I have seen dramatic changes in my body. My dexterity, energy and endurance have greatly improved. I don't want to forget to mention how much I enjoy Justin's wonderful sense of humor. Laughter at BeFIT is integral to my training. Thank you, Justin.

During this same chapter in my life, I decided to enroll in ballroom dance classes. I have always loved to dance and it was a natural fit for me. Not only did it contribute to my fitness goals, but I have gained the confidence to compete in ballroom circles. Whether I am dancing to a sassy salsa or a regal Viennese waltz, I know I can thank Justin and BeFIT for helping me maintain the strength and balance I need to dance.

As an extra bonus to exercise, I am currently teaching fitness classes to seniors. It gives me the opportunity to spread the word about the benefits of exercise in one's daily life. Nothing means more to me than walking to my car following a class and finding a note of thanks under my wiper blade. Hopefully, I am making a difference in others' lives and helping them dance through life!!

Should you work out on an empty stomach? (Prevention Magazine Article "Confusing Fitness Advice—Decoded"... We tackle the 7 most common and conflicting fitness questions to find out the truth, once and for all)



The Confusion We know that food fuels us. But if you're looking to lose weight, some people—possibly those who read the 1999 bestseller Body for Life—believe exercising with a growling tummy may help burn fat faster. "The rationale behind this theory is that low glycogen levels cause your body to shift energy utilization away from carbohydrates toward fat," says Keri Peterson, MD, a medical contributor to HealthiNation.

The Reality This theory holds no weight in the scientific community. "Results of studies show that with low-intensity to moderate exercise, fat burning remained the same for up to 90 minutes in both fasting and non-fasting subjects," says Dr. Peterson. Need further proof? Working out with or without food in your tummy won't affect the amount of fat you torch—but not eating before working out may cause muscle loss if you do it regularly, according to the February 2011 issue of Strength and Conditioning Journal.

The Bottom Line When your body is famished, it kicks into survival mode and starts using muscle—like those abs you've been working on—as a source of protein. Do your bikini body a favor and make sure you have a light meal or sports drink to raise your blood sugar before exercise.

Note: Realistically, you burn an extra six calories for every pound of muscle gained, per day at rest, while one pound of fat burns about two calories per day at rest.



Exercise of the Month
Wood Chops

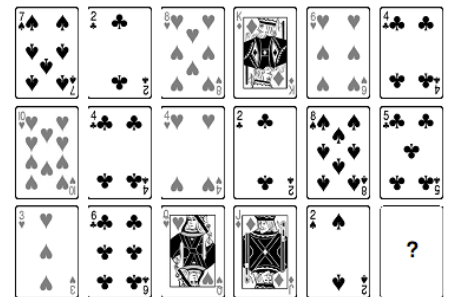
Muscles worked: Total Body

Benefits: Wood chops are a great way to give your entire core a workout so they will be useful when you're running short on time. Do a couple sets of these and your abs will really be feeling it.

Demonstrated by Lynne Bahng

Brain Teaser

Which playing card should be placed in the question mark?



Upcoming Events

Contact us for information

- 9/13 Rock N' Run 5k
- 9/20 Miracle Miles 5k & 15k
- 9/27 Walk/Roll-a-thon
- American Mud Race
- 10/25 Lake Scary 5k
- 10/25-26 Heathrow Arts Festival