



October Client Spotlight Millie Sanjurjo

Let me start by saying that discipline and will-power don't come easy for me. For most of my life I was pretty lucky; being blessed with good health and a high metabolism. All went fine until I hit my mid-50s and suddenly I started putting on the pounds and my bone density started decreasing. That was a clear signal to me that I needed help. Having done the large, impersonal gym scene in the past, I knew that it was going to take a far greater commitment on my part. I met Jeremy Cook in 2007, and have remained his personal training client ever since. I will turn 65 this month and I feel younger and more energetic than I did ten years ago. Over the years my efforts at strength training have paid off in greater bone density as shown in my recent Dexa scan.

Yes, I still have some training goals. I would like to continue to lose weight and increase the time I spend each week on aerobic exercise. However, when I was recently very ill with an infection, I realized once more what an amazingly responsive body I had developed. With Jeremy's expert guidance following my return to BeFIT, I was able to bounce back with a healthy immune system and regain the strength I had before the illness, in a relatively short time.

I was recently asked by a close friend why I chose to get up so early and meet with my trainer during the week. My answer was quick. I can't afford not to. I know that the returns on my investment in my health have been tremendous.

My personal goals are pretty simple. I want to continue to do the things I love: to dance with my best friend of 42 years, to travel, garden, and play with my future grandchildren. I want to remain strong, happy and healthy of mind, body, and spirit. But that takes a partnership for me. Many thanks to Jeremy and my BeFIT family for making this partnership possible.



Static stretch



Dynamic stretch

How important is warming up, really?

(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 Warming up before an activity has been drilled into your head since elementary school. But lately, you've read that static stretching before exercise may increase your risk of injury. Rather than loosening muscles and priming them for a workout, you may be tightening them, making it harder to move freely.

The Reality While there's some truth to the new research—studies have found that static stretching before playing a sport may make you slower and weaker by as much as 30%—you shouldn't rule out warming up altogether. Instead consider adding dynamic stretching to your fitness routine. "Static stretching causes muscles to relax, and inhibits them from firing for up to 60 minutes. With dynamic stretching, you're firing up muscles and, simultaneously, increasing circulation, heart rate, and flexibility," says Sergio Rojas, a certified strength and conditioning specialist and owner of Redefined Fitness and Physical Therapy in Chicago. "So if you're about to go for a jog, pull one knee up to your chest, while standing, and alternate for a few reps on each side; then stand on one leg and kick the other back and forth, slowly building up speed and range as far back and forth and high as possible to create buffer zones between the nerve endings and the muscle tissue that will make jogging easier."

The Bottom Line "You should always warm the muscles up for whatever they're about to do," Rojas says. "And after an intense workout, it's good to do both static and dynamic stretches again to prevent tightening."



Exercise of the Month

Reverse Plank w/ Alternating Leg Raise

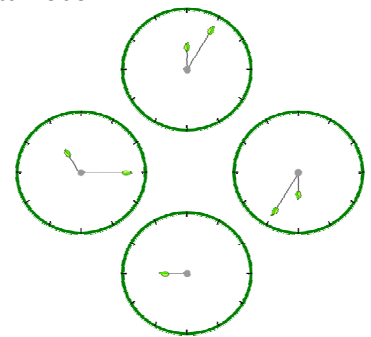
Muscles worked: Core, back, triceps, hip flexors, hamstring, glutes

Benefits: This total body movement targets several typically neglected muscles necessary to correct muscular imbalances for maintaining a good posture and healthy joints.

Demonstrated by Kim Markel

Brain Teaser

Where should the minute hand be on the bottom clock?



Upcoming Events

Contact us for information

- 10/12 Susan G. Komen Race for the Cure
Pink Feet 5k/10k
- 10/16 The Pink Bash Fundraiser
- 10/18 Sanford Riverwalk 5k
- 10/19 U Can Finish 5k Miler & 2 Mile
- 10/25 Lake Scary 5k
- 10/25-26 Heathrow Art Festival