



## November Client Spotlight Linda Teeter

In March of 2007 it all started with an ad for 3 FREE sessions with a certified trainer at a local gym.

After major knee surgery several years before due to a snow skiing injury, I felt I needed something more structured for exercise. With my "then" lack of self motivation for exercise, I was lucky to get Dominic Calpe assigned as my trainer. As he performed my first assessment for the type of work we would be doing, my lack of balance, strength and coordination was pretty scary. His comment, which I'm sure slipped by accident, was "I don't see how you walked through the door to get here" 😊

Still working full time in our family owned business, Lake Mary Lawn & Garden Equipment, my husband said I would not stick with it as I had tried various forms of exercise before. But Dom and I clicked together and we began our sessions. After the free sessions, I signed on for more and seven years later, I am still enjoying working together.

Shortly after beginning our training, I had surgery on my other knee. Sessions were adjusted for muscle and strength building which has kept me moving. My balance and coordination has vastly improved, since it is a huge part of our routine.

My activities have certainly changed over the years! At age 67, I can now bike long distances with my husband and grandchildren, hike nature trails and explore the many places we have traveled. My adventurous nature has provided me with some great memories: Riding in a race car at 175 MPH; floating in a hot air balloon in Utah, bobsledding in upstate New York, snorkeling in the British Virgin Islands, exploring the streets of Rome, climbing up a windmill in the Netherlands, hiking the summit of Diamond Head in Hawaii and following a bear guide through trails in Alaska. (CONTINUED)

### Client Spotlight (CONTINUED)

My latest endeavor with my husband of 49 years is ballroom dancing. This requires the balance, posture, endurance and strength that I have worked so hard to achieve.

I have certainly "gotten out of my box" and thanks to Dominic and the team at BeFIT, I am still going strong. My philosophy in life is that you should never take a boring straight line from Point A to Point B. Detours and the unexpected each day create new memories to make life exciting.

I truly believe that my health, mind and body benefit greatly from my training and it is an investment in my future years. I now look forward to birthdays-not the alternative!

### Rowing Machine Benefits



Are you looking to experience BeFIT's newest addition? The rowing machine is an excellent alternative to doing cardio on the treadmill, stationary bike or elliptical. In addition to getting your heart rate elevated for burning excess calories, there are a couple more added benefits that will get you excited about experiencing the rower.

**Safety** - With proper rowing form and the ability to control the resistance, the rower provides a low-impact exercise with little risk for injury. With minimal instruction and guidance, you will be able to safely get started with a rowing session.

**Total Body Workout** - "When it comes to indoor rowing, the question isn't which muscles are used, but which muscles aren't used? From your shoulders to your chest to your back and biceps and triceps, your entire upper body is used. On the lower body, everything from your hamstrings to your quads to your glutes and your calves are engaged when rowing. And don't forget the core! Your full torso, including your abs and erector spinae (back) are used to power through the rowing motion. It is functional fitness at its best!" - SparkPeople Article (The Most Undervalued Piece of Equipment in the Gym) (CONTINUED)

### Rowing Machine Benefits (CONTINUED)

**Postural Improvements** - The benefits of engaging the core and strengthening the typically weaker, often neglected, muscles of the back and hamstrings will do wonders for your posture, and even relieve some aches and pains associated with having muscular imbalances.

In addition, improvements in your postural alignment will carry over into your resistance training for shaping your physique. The ability to correctly target muscles with proper form will give you a safer, more effective workout.



### Exercise of the Month

Wall Angel

**Muscles worked:** Shoulders

**Benefits:** Wall Angels are designed to stretch open the chest and shoulders and increase the range of motion in the shoulder joint.

Demonstrated by Christa Gonzalez

### Brain Teaser

The top two scales are in perfect balance... How many diamonds will be needed to balance the bottom set?

