



January Client Spotlight
Lisa Lewenthal

I'm one of those people who used to sign up for memberships at large gyms, thinking that I actually had the discipline to go on a regular basis. After wasting a lot of money, I realized that I needed a different approach.

While it was a bit more expensive, I knew that I needed a personal trainer - someone with whom I would make a commitment, who called me out when I was eating poorly, who was interested in my health; but, most importantly, who expected me to show up and give it my best each and every session!

When Justin and I began our journey together I had just completed several months of physical therapy for a damaged rotator cuff. I was so weak that he couldn't even add weights to the weight stack - just pulling the bar was difficult. To top it off, I was constantly out of town for work, so was unable to train with any consistency. After returning from each long trip, I'd feel like we were starting back at ground zero.

A few years ago, when I felt that we were really making good progress, an old injury (dislocated pelvis) flared up. I was in constant pain, which restricted what I was able to do during my training sessions. Justin persevered, tailoring my workouts, so as not to exacerbate my issues.

I was fortunate to find an amazing chiropractic doctor whose goal was to fix me. I believe the key to our success was that she and Justin understood my issues and agreed on the approach. Justin incorporated very specific exercises into my workouts that were focused on strengthening my problem areas. I'm so fortunate to have had two such knowledgeable professionals who were willing to collaborate on my behalf.

Fast forward 10+ years from the day Justin and I began working out. I'm so much stronger, feel healthier and, due to a job change, I am finally working out on a regular basis, three times a week. What a difference!

Make Laughter a Habit
(Mayo Clinic Article)



Laughter is about being present. When you laugh you enjoy the here and now. There are therapeutic benefits to laughter and for this reason it is one of the 12 Habits of Highly Healthy People.

Research shows laughter offers us health benefits in four health dimensions: physical, intellectual, emotional and spiritual.

Physical health

- Laughter is like "internal jogging." It temporarily increases your heart rate and blood pressure, followed by muscle relaxation and a decrease in blood pressure.
- It may boost the immune system and promote healing.

- It burns calories – 60 to 120 calories an hour over your resting metabolism.

Intellectual health

- Laughter can create a positive effect which in turn may influence attention, institution, creativity and imagination.
- It has been found to enhance employee morale, resilience and belief in one's abilities in the workplace.

Emotional health

- Laughter is a great positive coping skill.
- It can reduce stress by providing a positive way to look at a problem.
- It solidifies friendships and makes people feel included.

Spiritual health

- Laughter is a universal language and can be an interfaith experience.
- It fosters connection and compassion.

Of course, it's important to distinguish between laughter that heals and laughter that hurts. Consider how you can bring more gratitude, acceptance, and laughter into your life and lives of those you touch.

Exercise of the Month

Crossover Stretch

Benefits: This stretch is great for targeting the hips, iliotibial (IT) band and the lower back. The key to this move is to bring the knee across the body, just a few inches, while keeping both hips down. You may want to avoid this stretch if you have knee problems.

Demonstrated by Tina Thomson



Brain Teaser

Take a word from the first column, and a word from the second column, to create 5 sets of eight letters. *Unscramble each of these sets of letters to identify 5 animals?*

Column A	Column B
SOOT	TENT
TONE	THEN
MUCH	TIRE
AREA	PALE
LEAP	PINK

Upcoming Events

Contact us for information

- 1/1 NEW YEAR's DAY
- 1/11 Debary Dash 5k/10k
- 1/17 Police Athletic League 5k
- 1/24 Seasons 52 Park Ave 5.2k
- 1/29 Me Strong 5k
- 1/31 Lady Track Shack 5k