



February Client Spotlight Debbie Forrest

Ten years ago, as I was approaching my 50th birthday and experiencing all that goes with a woman of that age, the pounds were starting to creep up. I had for years belonged to a gym doing what I thought would result in shedding the pounds. Treadmill, elliptical and an occasional cardio class helped but did not give me the results I was looking for.

All that changed when I met Dominic Calpe! Through his methods of circuit training I was finally getting results.

With Dominic's move to BeFIT Health Studio I didn't hesitate to follow him. Meeting Justin and Jeremy was an added bonus. I love the synergy of these two great guys and the fitness studio model they've developed.

I participate in the group classes, the routines are never the same and it's always a challenge. Fast forward ten years and now as I approach my 60th birthday, I'm proud to say I'm a forever member with Dom and the BeFIT team. Like all women, I want to keep my girlish figure, but the most important benefit is good health, which is priceless. Thanks to the whole team at BeFIT!



Benefits of Volunteering (United Way Website)



Whether it is important to you to solve a community problem, advance a worthy cause or to develop as a person, volunteering offers many benefits in appreciation for the gift of your time and expertise. Volunteering can help you:

- Make important networking contacts
- Learn or develop skills
- Teach your skills to others

- Enhance your résumé
- Gain work experience
- Build self-esteem and self-confidence
- Improve your health
- Meet new people
- Feel needed and valued
- Express gratitude for help you may have received in the past from an organization
- Communicate to others that you are ambitious, enthusiastic and care about the community
- Make a difference in someone's life
- Improves the likelihood that children will volunteer as an adult

Volunteering Links:

- www.scps.k12.fl.us/dividends
- www.volunteermatch.org
- www.allforgood.org
- www.handsonnetwork.org
- www.seminolecountyfl.gov/guide/volunteer.aspx

Exercise of the Month

Prone Hip Circles (Forward/Backwards)

Benefits: Prone hip circles are great for strengthening the hips, glutes and the lower back. The emphasis of this movement is on maintaining proper core stability while engaging the hips to create fluid, full-range circular movements. For a complete workout, perform the repetitions in both the forward circular direction, as well as reversing the direction of rotation.

Demonstrated by Mark Cleborne



Brain Teaser

A grandfather and his grandson have the same birthday date.

For six consecutive birthdays the grandfather was a multiple of the grandson's age.



How old were each at the sixth of these birthdays?

Upcoming Events

Contact us for information

- | | |
|------|---------------------------------|
| 2/8 | Luv 2 Run 5k |
| 2/14 | Run Around the Pines 5k |
| 2/21 | Healthy Groovin' @ The Grove 5k |
| | Greater Maitland 5k |

January Brain Teaser Solution

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 |

Solutions

- TORTOISE
- ANTELOPE
- CHIPMUNK
- ANTEATER
- ELEPHANT