

TOP TEN REASONS TO GET FIT...

EXERCISE...

1. REDUCES FATIGUE
2. IMPROVES SLEEP PATTERNS
3. LOWERS BLOOD PRESSURE
4. IMPROVES MOOD
5. INCREASES METABOLISM
6. HELPS PREVENT OSTEOPOROSIS
7. IMPROVES CONTROL OF BLOOD SUGAR
8. HELPS PREVENT SOME CANCERS
9. MAKES YOU LOOK GREAT
10. MAKES YOU FEEL GREAT

Healthy Foods You Should Be Eating!

Add these healthy foods to your grocery list ...



- Broccoli
- Brown Rice
- Peanuts
- Avocados
- Blueberries
- Beans

GET FIT!

FALL 2008

Eat more to lose weight

Trying to shed those extra pounds but haven't been successful? Did you know that eating too few calories can lower your metabolism and prevent your body from burning the necessary calories to decrease fat stores? A common misconception is that the standard 2,000 calories per day is the right amount for everyone. In fact, the calories that are necessary for your body should be based on your current weight and activity

level and may mean you require more than this standard value. Eating too few calories causes your body to respond as if you are starving. In order to



prevent starvation, your body holds on to every calorie you eat, causing a reduction in your resting metabolic rate (a measure of how many calories your body burns at rest). Your metabolic rate is influenced by the number of meals you eat, the frequency of those meals, and the macro nutrient composition of those meals. In order to lose weight and avoid plateaus, you must combine proper nutrition and exercise.

Battle of the Sexes

Many of us are well aware of the many benefits that resistance training offers women - increase in bone mineral density, increase in fat-free mass, increase in muscular strength and endurance and the many other benefits exercise has been proven to provide. What many don't know is that in many ways females have an advantage over males in resistance

training programs.

Research has proven that females have much greater fatigue resistance than males.

In fact, these same studies show that fit women are capable of higher volume workouts, require less recovery time between sets, and overall require fewer rest days between workouts.



What does this mean? Women have the potential to do more work, enhance total fat metabolism and capitalize on the many benefits regular exercise can offer!

A Natural Pain Reliever for Arthritis

A recent study published by the Arthritis Foundation shows that it's possible to manage arthritis pain by moving more. While it may seem counterintuitive to those suffering from joint pain, physical activity is actually a natural pain reliever for most people suffering from arthritis.

The Arthritis Foundation Exercise Program, an eight week program focusing on keeping joints flexible and strong, was used in this in-depth study. Study participants exercised twice weekly, for one hour. Findings included a decrease in pain and fatigue, an increase in upper and lower extremity function and an increase in strength. Participating beyond 8 weeks resulted in reduced stiffness.

Start with a minor change, such as taking regular 10 minute walks, and reduce the impact of arthritis on daily activities. Then, gradually introduce stretching and resistance based training into your program and begin to recognize the increased benefits of exercise.



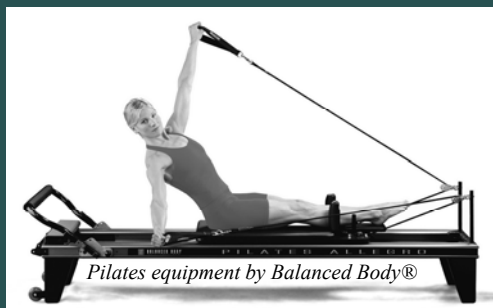
Regular walks can reduce the impact of arthritis.

The Pilates Promise

With over 5 million Americans participating in Pilates, it has become a popular method of exercise in the United States. Pilates was created in the 1920s by Joseph Pilates as an alternative form of rehabilitation for soldiers. It's success soon transferred this form of exercise to the dance world and eventually, today, into mainstream fitness programs.

The Pilates "method" focuses on flexibility, strength, stability and body awareness, without building bulk. It focuses on core muscle strength and spinal alignment, making Pilates a great choice of exercise for those who have suffered from back pain, knee pain and other ailments which can make more traditional exercise challenging, if not painful. For those

just looking to get in shape and stay fit, Pilates exercise creates stronger, longer, leaner muscles and enables participants to move with grace and ease. The key is a knowledgeable instructor who can make proper exercise modifications for participants of varying levels and backgrounds.



The Pilates Promise...

In 10 sessions, you'll feel the difference

In 20 sessions, you'll see the difference

In 30 sessions, you'll have a whole new body

Small Changes Add Up to Big Rewards

Choose several changes and stick with them through the end of the year...the goal is to make the changes permanent.

1. Say NO to soda
2. Add steps to your day
3. Always eat breakfast
4. Give up one bad habit
5. Exercise during TV commercials
6. Get a good night's sleep
7. Keep a food diary
8. Get moving...5 miles+ per week
9. Add fitness variety
10. Find a fitness partner
11. Add fish to your diet
12. Set fitness goals
13. Learn something new
14. Say NO to fast food
15. Increase your aerobic activity
16. Register for a fitness event
17. Stay hydrated
18. Reduce alcohol consumption
19. Don't skip meals
20. Take time to think