



GET FIT!

SPRING 2009

AN APPLE A DAY...

Eating an apple will help you stay awake better than a cup of coffee!

The natural sugar found in an apple is more potent than the caffeine in coffee.

ABCs of Fitness

Physical fitness is often divided into the following categories:

- Accuracy
- Agility
- Balance
- Body composition
- Cardiovascular endurance
- Coordination
- Flexibility
- Strength
- Power
- Speed
- Stamina

Are you physically fit?

Call FIT Works to schedule a comprehensive evaluation of your current physical fitness.

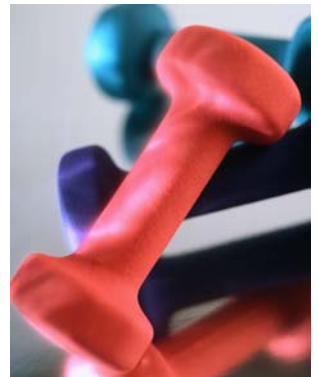
Budget Fitness: Low Cost Ways to Shape Up

Taking exercise seriously and becoming healthier does not have to mean an expensive gym membership. You can get fit without breaking your budget with some of the following tips.

1. **Small investments, big rewards:** Inexpensive purchases such as a stability ball, resistance bands, and dumbbells can be used for a variety of strength training exercises.
2. **Be a bargain shopper:** Check with your city recreation department and inquire about classes at local churches and schools. Great deals on gym memberships abound this time of year!
3. **Make good use of everyday activities:** Take the stairs rather than the elevator, park farther away from your destination, take a walk in the neighborhood. Aerobic based activity, the key to weight loss, is at your fingertips.
4. **Get your workout AND your chores done:** Mowing the lawn, raking leaves, cleaning the house at an increased pace, and even gardening all count toward your daily exercise...not to mention leads to a spotless house!



Getting FIT doesn't have to break the bank!



Water Works! Experience the HydroWorx® Difference



The world's best personal trainers, athletic trainers and physical therapists use the state-of-the-art HydroWorx

pool to supplement land based fitness programs.

Aquatic-based training can work for almost anyone looking to start a fitness program despite orthopaedic concerns. The HydroWorx pool has an adjustable water level so that as the water level is raised, the body becomes more buoyant and the amount of weight-bearing is

decreased. The result is less pain and less stress on the joints.

If you currently suffer from arthritis, fibromyalgia, knee pain, low back pain, or you have had to stop exercising due to pain, contact FIT Works to experience the HydroWorx difference for yourself!

Wellness on the Web

There is a wealth of health and wellness information on the internet, but not all sources are reliable. Here are a few sites we trust:

[National Institutes of Health](http://www.health.nih.gov)
www.health.nih.gov

[Exercise is Medicine](http://www.exerciseismedicine.org)
www.exerciseismedicine.org

[Exercise Prescription on the Net](http://www.exrx.net)
www.exrx.net



Healthy Foods You Should Be Eating!

Go Green!

Try adding these healthy, seasonal foods to your grocery list ...

- Basil
- Asparagus
- Collard Greens
- Green Beans
- Romaine Lettuce



Seasonal Eating

Eating foods when they are in season offers the most flavor and nutritional value when the foods are most affordable! For the greatest freshness, look for foods that are locally grown.

GET FIT!

Exercise of the Month: *the Bridge*

The Bridge

Primary Muscles Worked:

Glutes, Spinal Erectors, and Hamstrings

Why you should try it:

The Bridge is one of those fundamental exercises that teaches your body how to stabilize and recruit those glute muscles that are too often neglected.

How to do the Bridge:

Lie flat on your back with your knees bent, pointing up at the ceiling and your arms at your sides. Draw in your stomach, flatten your back and roll up from the pelvis to the shoulders one vertebrae at a time. (Imagine your spine as a string of pearls and you are lifting up one pearl at a time.) Raise your pelvis up toward the ceiling until your body is about a 45 degree angle relative to the floor.

Return to the start position and repeat for 2 sets of 10 repetitions.



The Bridge strengthens the small stabilizing muscles of the spine.

Osteoporosis - Millions of Americans are at Risk

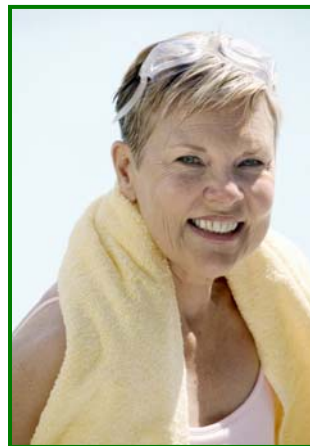
The facts...

Osteoporosis is a disease in which bones become fragile and more likely to break. More than 30 million women and 14 million men are currently afflicted with this disease and even scarier, the life-time risk of an osteoporosis related fracture is 1 out of every 2 women and 1 out of every 4 men.

The most common sites for fracture include the wrist, spine, and hip. A hip fracture almost always requires major surgery, can impede the ability to walk and in some cases, can even lead to death. Fractures of the spine can lead to decreased height, chronic pain, and in some cases, deformity.

The good news...

Osteoporosis can be treated and prevented! One of the best ways to treat and prevent osteoporosis is EXERCISE.



Are you at risk?

Check your risk factors...

- Female
- Family History
- Post-menopausal
- Caucasian/Asian
- Small boned
- Smoker
- Sedentary
- Advanced Age

Exercise is medicine...

When you exercise you don't just build muscle and endurance, you also build and maintain the amount and thickness of your bones.

Exercise for Osteoporosis includes:

Weight bearing exercise:

walking, dancing, stair climbing

Strength Training:

circuit machines, free weights, resistance tubing, water exercise

Flexibility Training:

regular stretching, Yoga, Tai-chi

Safety first...

Keep exercise for osteoporosis safe by consulting your doctor prior to beginning an exercise program. Choose low-impact aerobic exercise and avoid exercises which require bending and twisting of the trunk, such as crunches, sit-ups, toe touches and some aspects of Yoga and Pilates.