



To Your Health

News, updates and health tips from East Highlands Fitness

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There's a reason why celebrities and other highly successful people use coaches and trainers: **IT WORKS.**

And that is why so many people are turning to personal trainers to help them move from mediocre to excellent in their pursuit of health, fitness and weight loss.

More than 91% of people who start an exercise program quit early—even before their new routine becomes a habit, and 61% will give up within the very first week!

Why? Because changing your lifestyle is hard. In spite of all the infomercials and ads claiming that you can lose weight and transform your body in thirty days (or six weeks at the longest), the truth is, getting fit requires a lifestyle makeover that takes: **Time, Determination, & Support**. If any of these components is missing, the odds of success plummet.

The good news is that one component virtually guarantees the continued presence of the other two, and that is **support** - and support is the heart of what a good personal trainer provides.

A personal trainer helps with the **time factor** in two ways:

1. Finding time in your schedule to actually work out.

2. Sticking with your program long enough to reach your goals.

A personal trainer helps you look at your schedule and find ways to make fitness fit. A seasoned personal trainer has much wisdom in the area of time management and is a master at figuring out how to work exercise into even the busiest schedules. He/she can also design workouts that are both efficient and effective. Finally, a personal trainer can also provide the motivation that you need to keep going, long after you would have stopped were you working out by yourself.

Determination is also another area that a personal trainer supports you. At the beginning of your new fitness program, you have excitement, novelty, and the joy of discovery to keep you going. But eventually, what used to be new and fun becomes old and boring. If determination fades, you will find yourself wandering off track in search of the next exciting pursuit. **(continued on back)...**

Inspirational Member of the Quarter

At only 26 years old, Amanda Janus was battling addiction, liver failure, high cholesterol, high blood pressure, and had gained over 70lbs due to an injury she sustained while coaching gymnastics. It was time for a change, and she started the fight for her life. On her journey to find a healthy lifestyle, Amanda was in and out of gyms, and having trouble finding somewhere to call home. She was searching for a place that could



support her goals and new-found passion for health and helping others find health. Finally, she found her 'tribe' - as she calls it - at East Highlands Fitness. She started to regularly go the gym and even started a healthy water technology business of her own. With the love, support, and friendship from EHF staff and fellow members, and soon-to-be husband, Nate, she was able to reach beyond her goal weight and even see her abs on her wedding day! After losing the weight and "feeling fabulous" she started to work directly with her new best friend Carlie (EHF Personal Trainer) towards building muscle, forming a healthy relationship with food, and altogether using the gym to her fullest potential. Today, Amanda is kicking ass and taking names in and outside of the gym. She continues to help people with her amazing water technology business and attends the gym daily. All of us at EHF are proud to call her family and look forward to growing with her as she continues to crush her goals and inspire us all!

Fitness Tip of the Quarter



Going to the gym and getting through a workout is a huge part of building your best self. However, it's just as important to make sure you get the most out of your workouts. An often-missed principle of lifting is a strong contraction—or squeeze—at the top of every movement. Whether you're doing biceps curls, triceps press-downs, or leg extensions, squeezing as hard as you can at the top of the lift will help you build muscle. You don't need to squeeze for more than a second or two, but challenging those muscle groups to work that much harder will pay big dividends.

Many beginners focus too much on the first part of the lift (the concentric or lifting portion) and forget all about the lowering (eccentric) part. I know it's fun to watch your muscles flex, but letting the weight drop quickly and without control can be disastrous and often leads to injury.

During the eccentric phase of any lift, the muscle is acting like a brake, slowing the weight down against gravity. This is just as important as the contraction, or concentric phase, because your muscle is still engaged. You want your muscles to be

strong all the way through their entire range of motion, not just the first half of the lift.

If you cannot control the weight during the lowering phase, you're probably lifting too much weight. Lighten the load until you can control it on the way down again.

Why You Need a Personal Trainer (continued...)

Your personal trainer will help you keep you determined. He/she will remind you why you are doing what you are doing. He/she will get into your life and help you move past obstacles that arise, and they will talk you out of excuse-making. He/she will constantly hold before you the consequences of your choices. He/she will keep you moving forward.

And finally, a personal trainer **supports** you as your source for practical, step-by-step instructions for building health. Your personal trainer is an expert in the field of exercise science. While under the guidance of a personal trainer, you do not have to design your own program of fitness, constantly wondering whether you are doing the right exercises in the right way. *A personal trainer will create a customized blueprint that will help you achieve your goals.*

A personal trainer is your insurance policy against being another number in the appalling fitness drop-out statistics. Don't try to go it alone; we all need help.

Position yourself for success by working with one of the amazing EHF personal trainers and watch fitness and health become part of your life.

Nutrition Tip of the Quarter:



Bone Broth – to help fight the Flu??

Bone broth is a great addition to your diet during the cold and flu season. Not only does it help promote healthy digestion, it helps inhibit infection caused by viruses. Bone broth also contains high amounts of calcium, magnesium and other nutrients that promote strong, healthy bones, hair and nail growth and reduce joint pain. Anyone that has gut issues will be helped by the gelatin found in bone broth, which helps to heal your gut. The amino acids have anti-inflammatory effects by means of the chondroitin and glucosamine from the boiled down cartilage.

Choose a high quality broth, preferably from grass fed animals or make your own. Dr. Joseph Mercola has a great recipe on his sight at "<http://recipes.mercola.com/bone-broth-recipe.aspx>". Next time you roast a chicken, put that carcass in a slow cooker and ramp up your bone health and your immune system with the results!

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