



CHRISFIT PERSONAL TRAINING

Dedicated to Healthy Lifestyles

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KETTLEBELL NEWS



The first session of Intro To Kettlebell will begin on Thursday, February 21 @ 7 pm



The next session of Kettlebell Hell will begin on Saturday February 23rd.



On March 8, Chris and Cathy will travel to Las Vegas to take part in an intensive kettlebell training program hosted by Kettlebell expert Mike Mahler.

Welcome to the first ChrisFit Personal Training Newsletter. In this newsletter you will find health, wellness, fitness and nutrition information. We hope you find this resource helpful to you as you progress through your own fitness journey.

Announcements

Featured Article

Taking It To The Limit: Why You Need To Know About Rhabdomyolysis

By Frank DiMeo

If you train at very high intensities, you should be aware of this condition. We'll use its abbreviated name: rhabdo. People who push themselves way beyond what their bodies are ready for might be candidates for this very painful, and possible fatal condition.

Here's a medical definition of rhabdo:

rhab·do·my·ol·y·sis"rab-dO-mI-'äl-&-s&s

noun the destruction or degeneration of skeletal muscle tissue (as from traumatic injury, excessive exertion, or stroke) that is accompanied by the release of muscle cell contents (as myoglobin and potassium) into the bloodstream resulting in hypovolemia, hyperkalemia, and sometimes acute renal failure

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This condition can be brought on by several factors, but we will focus on exertional rhabdomyolysis in this article. Just to be very clear about the focus of this article, I am definitely in favor of extremely intense physical training; but it must be done safely.

Rabdo CAN happen to people at any level of fitness, whether they are athletes or sedentary individuals. Here's the catch: they are at risk when they significantly exceed the limit at which their body can operate safely. Something that may be more common during this time of year is people starting to exercise after New Years. You know "the resolution" they made after several weeks of eating and drinking way too much. Many people flock to the gyms in January, and started an exercise program that is simply too hard for them.

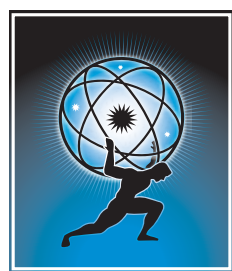
Since so few "trainers" or gym managers seem to even know that rabdo exists, they don't know the danger that is present.

A few simple guidelines given to these people prior to their workouts can be very beneficial to them, and it could prevent serious injury or even death.

- * It's a "given" that they should have a recent physical exam before they begin training
- * They should drink plenty of water before, during, and after their workout.
- * Keep the initial workouts fairly short.
- * Scale the exercises down to an appropriate level, don't try to set a PR (personal record) On the first day.
- * Monitor the color of their urine, if it gets really dark, it might be the onset of rabdo.
- * Extreme muscle soreness (well beyond the level of regular fatigue or soreness) that Persists for a long time might also be an indicator of rabdo.

It's much better to get Checked by a doctor than to try and guess if they've got this Condition or not. If the pain is excruciating, they need to go to the Emergency Room asap.

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Chris Quote:

"No One Ever Drowned In Sweat"

ChrisFit Minute

Question:

Why is it so important to lift weights?

Answer:

Weight bearing/resistance exercise is important for many reasons. Muscle burns calories, so the more muscle you have, the more calories you burn which makes easier to burn fat and harder to gain it. For every pound of muscle you gain, you will burn and extra 30-50 calories per day. In addition, a muscular body burns more calories during the same activity as a non-muscular body. It also helps to maintain bone density as we get older as well as the following: decrease your levels of stress and lower your risk of depression. Another interesting benefit of weight training is that it benefits the health of one's heart. Further, it will slightly lower one's resting blood pressure. Of course, this will result in a lower risk for heart disease and stroke and the NUMBER ONE REASON TO WEIGHT TRAIN.....The ability to change your appearance!!



Being fit isn't just about losing

fat, it is also about building lean muscle. To be successful, you need to incorporate protein, in some form, into most of your meals.

Quick Tip

Client Recognition

Let Chris E.'s Hard Work & Commitment Be YOUR Inspiration

Before....



After....



ChrisFit Personal Training - Chris Tybor AFAA Certified Personal Trainer - www.ChrisFit.net

What Will YOU Look Like In Six Months?

Please E-mail Ideas, Comments or Questions To Submit To jalind654@gmail.com

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