



KETTLEBELL NEWS



New Kettlebell Session Start Dates



Kettlebell Hell Saturday

October 18th @ 7:00 am



Intro To Kettlebell Thursday

October 23rd @ 5:15 pm



NEW

MORNING KETTLEBELL

Tuesday & Thursday
Mornings

Starts Tuesday

October 21st @ 6:00 am



www.ChrisFit.net

ChrisFit.net update

*Many New Articles have been added in the Article Section

*Lean Dessert Protein is now available in the Store

*Kettlebell exercises with photos and descriptions can be found in the Kettlebell Section

Announcements



Featured Article

10 Tips For A Physically & Mentally Balanced Life

By: Garrett J. Braunreiter, Success Coach

Every moment of every day, we have the ability to create for ourselves new beginnings and new challenges that will help us reach our full potential, and that all things are possible.

It's easy to get overwhelmed by negative thoughts, people, and circumstances, but we can take steps to understand what it means to live a balanced life. Vital health and peace of mind go hand in hand - you can't be physically super fit without being mentally super fit as well.

And more and more people today are interested in becoming truly healthy - not just physically - but mentally, spiritually, and emotionally as well.

Here are 10 tips to keep yourself in balance:

1. Exercise.

A well-rounded fitness routine includes strength training, aerobic conditioning, and flexibility. Critical to your success in staying balanced is to make exercise a TOP PRIORITY in your life - and staying committed to it. Being fit helps you to enjoy life. It increases mental sharpness and physical endurance. An energized body helps give you a positive outlook on life, plus you look great, feel great, and reduce your risk of disease.

2. Drink 8-10 glasses of water a day.

Water helps transport vital nutrients, regulates body temperature, eases digestion, keeps joints supple, cleans out your body, keeps skin healthy and young. Not drinking enough leads to dehydration, resulting in headaches, fatigue, dizziness, constipation, and foggy memory.

3. Life is perfect, even if you don't think it is.

God deals you a hand every day. What you get is what you get. Your job is to do the best you can with the hand you're dealt. That doesn't mean you have to "lie down and play dead." What can you do better to make your life MORE perfect? Know that you can create your dreams, no matter how difficult life can be at times.

4. Feel the fear and do it anyway.

Helen Keller once said, "Life is either a series of adventures, or it is nothing." We all have this shield of armor that protects us from some aspect of life. This shield is your comfort zone. And that comfort zone is a haven for disintegration. When you take off this armor, the only thing you're risking is GROWTH, a wonderful life, high energy, and a leaner body.

5. Be a daily visionary.

Visualize your goals and your dreams - every day. Visualize yourself already in possession of your wishes.

6. Feed your body well.

Your diet can help prevent illness and disease. Some 300,000 deaths per year are a result of poor lifestyle choices, and nutrition habits is one of those poor choices. 1) Eat at least 5 servings of fruits and veggies a day, 2) Eat at least 4 balanced meals a day, 3) Eat a variety of fruits and veggies - in different colors. These colors will give you a greater spectrum of valuable disease-fighting nutrients.

7. Live in the present.

Yesterday's gone. Tomorrow never comes. Be fully present each moment and free yourself from the ball-and-chain of yesterday and tomorrow. Everything is always in the present moment, so live it fully.

8. Live with integrity.

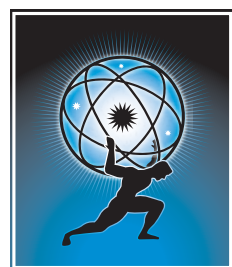
You talk the talk, but can you walk the walk? Being in integrity means you really are who you appear to be. How you live your life is reflected in your commitments, your values, your beliefs, your sense of right and wrong. When you live in harmony with what you believe in, you have peace and happiness flowing into your life.

9. Develop high self-esteem.

You already know how you benefit from a high self-esteem. People who you care about benefit, too. Let go of your emotional baggage, treat yourself with respect. Your attitude - how you think, feel, and act - mirrors how you feel about yourself.

10. Live respectfully.

You are NOT at the mercy of your circumstances. George Bernard Shaw said, "The winners in life look for the ideal circumstances, and if they cannot find them, THEY MAKE THEM." Are YOU letting your present results and circumstances control YOU? Are YOU making things happen?



Quote:

Self-pity is easily the most destructive of the nonpharmaceutical narcotics; it is addictive, gives momentary pleasure and separates the victim from reality

ChrisFit Minute

Why Should I Stretch?

Stretching is useful for both injury prevention and injury treatment. If done properly, stretching increases flexibility and this directly translates into reduced risk of injury. The reason is that a muscle/tendon group with a greater range of motion passively, will be less likely to experience tears when used actively. Stretching also is thought to improve recovery and may enhance athletic performance. Additionally, increased flexibility of the neck, shoulders, and upper back may improve respiratory function.

Static stretching is done by slowly moving a joint towards its end-range of motion. A gentle "pulling" sensation should be felt in the desired muscle.

This position is then held for 15-20 seconds. Do not stretch to the point of pain and do not bounce since this may cause injury to the muscle. Within 1 session, each subsequent stretch of a particular muscle group may seem to give progressively more flexibility. A set of 3 to 5 stretches is likely sufficient to get the maximum out of the routine. Alternate between agonist and antagonist muscle groups (eg. quadriceps and hamstrings), and alternate sides. It also is a good idea to start with the neck and progress down to the feet. This enables you to take advantage of flexibility gains from the previously stretched muscle groups. Stretching also should be done after the workout. The post-workout stretch is thought to aid in recovery. Cold packs can be applied to sore areas for those recovering from injuries.

If you have any back, neck, bone, or joint problems consult your doctor before beginning a stretching program. No stretching routine should be painful.

Pain indicates either incorrect technique or a medical problem. If in doubt, ask a qualified health professional.

Quick Tip

Jump rope exercises help to develop muscular and cardio endurance as well as helping you become more agile, coordinated and have stronger muscles. You can jump rope just about anywhere and the cost of equipment is minimal.

Client Recognition

This month's client recognition is the truly inspiring account of the life struggles and triumphs of Chris' client Sandra F. Please go to:

<http://www.chrisfit.net/test.php>

to read her encouraging story.

Irony

