



KETTLEBELL NEWS



QUESTION:

Will I get a full-body workout with kettlebells?

ANSWER:

Kettlebell training will work your body from head to toe without the need to isolate muscles or muscle groups. The human body does not work in isolation. All your muscles, joints, connective tissue come together to perform the task at hand - whether that's lifting kettlebells, breaking down a door at a structural fire, running for the end zone, or simply shoveling snow. In addition, you'll learn to move more explosively, generating real power, while burning fat and building muscle.

Happy Holidays!!!

Thank You to everyone that so generously donated to Community Mission Food Drive. You all helped to make this effort a huge success!!

Announcements



Featured Article TOP 18 BENEFITS OF WEIGHT TRAINING

1. WEIGHT TRAINING INCREASES LEAN MUSCLE MASS WHICH LOOKS GREAT AND RAISES YOUR BASAL METABOLISM... WHICH CAUSES YOU TO BURN MORE CALORIES 24 HOURS A DAY. YOU'LL EVEN BURN MORE CALORIES WHILE YOU'RE SLEEPING.
2. WEIGHT TRAINING CAN REVERSE THE NATURAL DECLINE IN YOUR METABOLISM WHICH BEGINS AROUND AGE 30.
3. WEIGHT TRAINING ENERGIZES YOU.
4. WEIGHT TRAINING HAS A POSITIVE EFFECT ON ALMOST ALL OF YOUR 650-PLUS MUSCLES.
5. WEIGHT TRAINING STRENGTHENS YOUR BONES REDUCING YOUR RISK OF DEVELOPING OSTEOPOROSIS.
6. WEIGHT TRAINING IMPROVES YOUR MUSCULAR ENDURANCE.
7. WEIGHT TRAINING WILL NOT DEVELOP BIG MUSCLES ON WOMEN...JUST LEAN MUSCLE!
8. WEIGHT TRAINING MAKES YOU STRONG. STRENGTH GIVES YOU CONFIDENCE AND MAKES DAILY ACTIVITIES EASIER.
9. WEIGHT TRAINING MAKES YOU LESS PRONE TO LOW-BACK INJURIES.
10. WEIGHT TRAINING DECREASES YOUR RESTING BLOOD PRESSURE.
11. WEIGHT TRAINING DECREASES YOUR RISK OF DEVELOPING ADULT ONSET DIABETES.
12. WEIGHT TRAINING DECREASES YOUR GASTROINTESTINAL TRANSIT TIME, REDUCING YOUR RISK FOR DEVELOPING COLON CANCER.
13. WEIGHT TRAINING INCREASES YOUR BLOOD LEVEL OF HDL CHOLESTEROL (THE GOOD TYPE).
14. WEIGHT TRAINING IMPROVES YOUR POSTURE.
15. WEIGHT TRAINING IMPROVES THE FUNCTIONING OF YOUR IMMUNE SYSTEM.
16. WEIGHT TRAINING LOWERS YOUR RESTING HEART RATE, A SIGN OF A MORE EFFICIENT HEART.
17. WEIGHT TRAINING IMPROVES YOUR BALANCE AND COORDINATION.
18. WEIGHT TRAINING ELEVATES YOUR MOOD.



Quote:

Dwell not upon thy weariness,
thy strength shall be according to the measure of thy desire

ChrisFit Minute

Two men were out fishing one day, strangers to each other but close enough proximity to see that while one was having no luck at all, the other was catching one fish after another. Curiously though, the first fishermen noticed that the man with all the luck and ability was throwing back all the big trophy size fish, and throwing back the really small fish, but keeping only a certain sized fish. The first man wanted to know not only how he was having so much good fortune but he just had to know why the man was throwing back all those huge trophy fish. He rowed over to him and asked him directly "why are you throwing away all those huge fish, and only keeping the smaller ones?" He expected some direct and deep answer from the man who was surely far more skilled than he at fishing prowess. The fisherman looked up at him and said: "it's simple, my frying pan is only this big"

Exercise doesn't have to be a chore. **Quick Tip** Try exercising with a friend, taking a new class, or trying a new type of exercise. Or, combine weekend fun or vacation time with exercise by going swimming, canoeing, playing Frisbee, or doing any sort of activity to get your heart pumping.

Client Recognition

ChrisFit would like to recognize these two ladies for their progress and hard work.
Keep it up, ladies!!!

