



KETTLEBELL NEWS



New Session Dates:



Kettlebell Hell:
Saturday, July 12
@ 7 am



Intro To Kettlebell:
Thursday June 26
(time yet to be determined)

ChrisFit Personal Training would like to welcome Cathy Logue to the team. Cathy will be offering training sessions in the evening. Contact Chris @ 818-0078 for more info and visit the bio section of www. ChrisFit.net to read more about Cathy.

Announcements

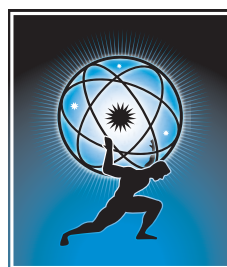


Featured Article

Obesity Contributes to Global Warming:
By: Michael Kahn



Obesity contributes to global warming, too. Obese and overweight people require more fuel to transport them and the food they eat, and the problem will worsen as the population literally swells in size, a team at the London School of Hygiene & Tropical Medicine says. This adds to food shortages and higher energy prices, the school's researchers Phil Edwards and Ian Roberts wrote in the journal Lancet on Friday. "We are all becoming heavier and it is a global responsibility," Edwards said in a telephone interview. "Obesity is a key part of the big picture." At least 400 million adults worldwide are obese. The World Health Organization (WHO) projects by 2015, 2.3 billion adults will be overweight and more than 700 million will be obese. In their model, the researchers pegged 40 percent of the global population as obese with a body mass index of near 30. Many nations are fast approaching or have surpassed this level, Edwards said. BMI is a calculation of height to weight, and the normal range is usually considered to be 18 to 25, with more than 25 considered overweight and above 30 obese. The researchers found that obese people require 1,680 daily calories to sustain normal energy and another 1,280 calories to maintain daily activities, 18 percent more than someone with a stable BMI. Because thinner people eat less and are more likely to walk than rely on cars, a slimmer population would lower demand for fuel for transportation and for agriculture, Edwards said. This is also important because 20 percent of greenhouse gas emissions stem from agriculture, he added. The next step is quantifying how much a heavier population is contributing to climate change, higher fuel prices and food shortages, he added. "Promotion of a normal distribution of BMI would reduce the global demand for, and thus the price of, food," Edwards and Roberts wrote.



Quote:

"If you do not change what you're doing today, your tomorrow will be no different than yesterday."

ChrisFit Minute

Question:

How can I keep my heart rate up while weight training?

Answer:

If you want to benefit from an aerobic workout while weight training, try supersets. This simply involves taking two exercises (not for the same muscle group) and performing one after the other with minimal rest. We recommend pausing for a maximum of 45 seconds between sets and/or machines. The continuous effort helps you achieve an aerobic state. Chest and back and biceps and triceps are excellent body parts to super-set.



Quick Tip

Water not only fills you up and lessens your appetite, it prevents those "hungry horrors" we all encounter when our blood sugar drops and we reach for cookies, candy, ice cream, fries or other high-calorie treats. Water also flushes out the system, rids the body of bloat and toxins and rosies up the complexion.

Client Recognition

Kristen Gamby

In two weeks lost:
6.5 pounds
5 inches
2.5% body fat

Alicia Mann

In two weeks lost:
3.5 inches
2% bodyfat

Great Job Ladies!!

