



CHRISFIT PERSONAL TRAINING

July 1, 2008

Dedicated to Healthy Lifestyles

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KETTLEBELL NEWS



In Case You Didn't Know.....



If you want results quick, kettlebell training is for you! Kettlebells are solid cast iron balls with handles that work your entire body as you go through dynamic kettlebell exercises. Instead of isolating single muscles or single muscle groups, kettlebell training delivers full-body fitness.



Contact Chris @ 818-0078
For More Info

ChrisFit Personal Training is pleased to offer a new service:

Online Training

Customized Personal Training for
\$5.55 per session!!!!

Contact Chris for more info or to sign up

Announcements



Featured Article High-Fructose Corn Syrup: Why Is It So Bad For Me?

By: Mayo Clinic Dietitian Katherine Zeratsky, R.D., L.D.

High-fructose corn syrup is a sweetener and preservative used in many processed foods. It is made by changing the sugar in cornstarch to fructose, another form of sugar.

High-fructose corn syrup extends the shelf life of foods and is sweeter and cheaper than sugar. For these reasons, it has become a popular ingredient in many sodas, fruit-flavored drinks and other processed foods. **Check your food labels. You may be surprised by how many foods contain high-fructose corn syrup.**

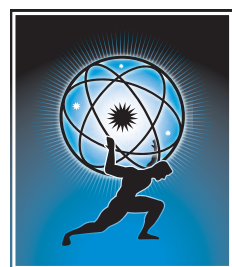
Some nutrition experts blame increased consumption of high-fructose corn syrup for the growing obesity problem. One theory is that fructose is more readily converted to fat by your liver than is sucrose, increasing the levels of fat in your bloodstream.

Americans consume large quantities of high-fructose corn syrup in the form of soft drinks, fruit-flavored beverages and many other processed foods. These types of foods are often high in calories and low in nutritional value. This fact alone is reason to be cautious about foods containing high-fructose corn syrup.

To reduce high-fructose corn syrup in your diet, read food labels. Avoid or limit foods that contain high-fructose corn syrup. Some other easy tips for cutting back on high-fructose corn syrup include:

- * Buy 100 percent fruit juice instead of fruit-flavored drinks.
- * Choose fresh fruit instead of fruit juices. Even 100 percent fruit juice has a high concentration of sugar.
- * Choose fruit canned in its own juices instead of heavy syrup.
- * Cut back on soda.

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Quote:

The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck!

ChrisFit Minute

Question:

What quad exercise is the most beneficial?

Answer:

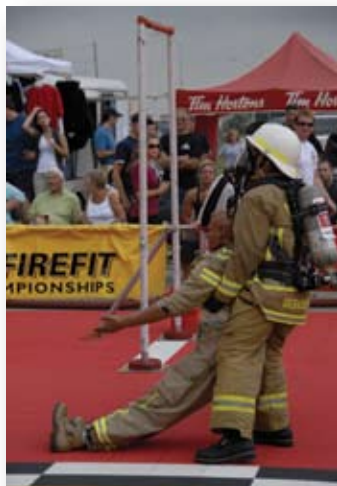
One exercise is proven to build muscle faster than just about any other: the squat. That's because the thigh muscles, are some of the largest muscles in the body and, therefore are some of the most important ones to exercise regularly. The squat in particular works every muscle in the lower body and requires most of the upper body muscles to stabilize the weight. It's truly a 'full body' movement. A common misconception is that squats are bad for the back and knees. But, when performed correctly and with the proper amount of weight, this is not true. In fact, if done with perfect form, they can help to strengthen these parts of the body. The bottom line is this: if you want more lean muscle mass in less time, start doing squats at least once per week. They are probably the best overall mass-building exercise you can do. Squats require a lot of effort and 'mental toughness' but the results are well worth it!



Quick Tip
If you have bathroom scale, you should either get rid of it or put it away for a while. Weight does not accurately reflect the level of your fitness. If you measure anything, it should be body fat, not weight.

Client Recognition

Angel Gebauer Recently Participated in the Brantford Combat Firefighter Challenge and Took 2nd Place Among Female Rookie Contestants
Congratulations Angel!!!!!!!



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