



CHRISFIT PERSONAL TRAINING

Dedicated to Healthy Lifestyles

April 9, 2008
Volume #1 Issue #4

KETTLEBELL NEWS



The next session of Kettlebell Hell starts on May 31st.



The next session of Intro to Kettlebell starts on May 15th.



Coming Soon.....
Outdoor Kettlebell

The ChrisFit.net website is always changing. Visit often!! New this month: an Article Section. Here you will find articles pertaining to health, wellness and fitness. Also new to the Store is The Gourmet Nutrition Cookbook and Lifeline Kettlebells.

Announcements



Featured Article

Coronary Heart Disease Part 3 of 3



Part 3: Fighting Heart Disease With a Healthy Lifestyle: Exercise & Fitness

Daily physical exercise is extremely important in the fight against heart disease. There are simple steps you can take to increase the overall amount of physical activity in your life and burn some extra calories.

At Home:

- * Do garden work such as raking or digging
- * Go for short walks - 10 to 30 minutes long and choose a hilly route
- * Walk or bike to the local store instead of driving
- * Stand up while talking on the phone
- * Park farther away so you will walk an extra distance
- * Keep home exercise equipment repaired - AND USE IT!!

At the Office:

- * Walk down the hall to talk to someone rather than using the phone
- * Take the stairs instead of the elevator, or get off a few floors early and take the stairs the rest of the way
- * Participate in, or start a recreation league at your company
- * Exercise before work
- * Schedule exercise time on your business calendar and treat it as any other important appointment
- * Walk around your building during breaks or lunch

At Play:

- * Plan family outings that involve physical activity like hiking, swimming etc..
- * See the sites in new cities by walking or biking
- * Walk at the beach rather than lying flat
- * Walk instead of using a golf cart

Be creative and add some additional activity to your days. Small changes can amount to positive results.

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Chris Quote:

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will.

ChrisFit Minute

Question:

How do I figure out my Target Heart Rate Zone?

Answer:

First determine your maximum heart rate (MHR) by subtracting your age from 220.

To determine your target heart rate zone, use the following:

Minimum HR = MHR x .55
Maximum HR = MHR x .80

Your working heart rate should fall within this range.

Note: More fit individuals can use .60 & .85



By now you should have stopped drinking soda but now it is time to stop drinking diet soda. Recent research has shown that artificial sweeteners in soda can interfere with the body's ability to determine calories consumed and therefore you may eat more than you need.

Quick Tip

Client Recognition

ChrisFit is proud to Acknowledge Kay who has worked very hard to improve her overall health. Great job Kay!!!!

Kay:

65 years of living and not always taking care of myself. We all live our lives thinking that we will go on forever and nothing can stop us. I have back problems but never let it stop me for very long. Then in September I had shoulder surgery. The pre-op blood work showed that not taking care of myself was catching up with me. I knew something had to be done. I was a little hesitant of starting a training regimen, but when I approached Chris and explained my problems he outlined a plan that would help strengthen my problem areas as well as give me an overall fitness workout. Within a short time I was starting to see results. Within two months I lost inches, built strength and felt better. When I went for blood work again all my numbers changed. Everything was looking good, all the bad numbers dropped and the good numbers rose even higher. My doctor and I were very pleased. Everything Chris does is geared for you; Chris has no "one size fits all" attitude when working out a program for you. Exercise, weights and diet - all just right for you.

Please Email Ideas, Comments or Questions To Submit To jalind654@gmail.com

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