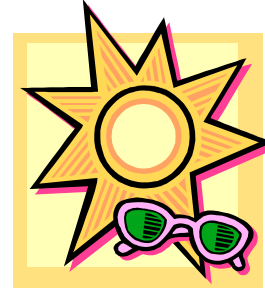




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**My business continues to grow through your referrals.  
Many thanks for your continued trust and confidence.**

## Whole Body... Fitness

### Tips for Exercising in the Heat Stay safe and stay cool

By Paige Waehner, About.com

About.com Health's Disease and Condition content is reviewed by our Medical Review Board

Most of us can't wait until it's warm enough to take our workouts outside, but exercising in the heat after a long winter can be tough on the body. When temperatures rise and the humidity soars, we run the risk of:

- Dehydration, which can lead to fatigue, dizziness and muscle cramps
- Fainting - If you're not used to exercising in the heat, you may experience a drop in blood pressure that can lead to fainting
- Heat exhaustion or heat stroke
- Sunburn
- Heat rash



You may be excited to get out, but your body needs time to adapt to exercising in hot and humid environment. Use these tips for exercising in the heat.

#### 1. Stay Hydrated

The most important part of exercising safely in the heat is to stay hydrated. When you're dehydrated, you not only risk fatigue and poor performance, you also risk more serious problems like heat exhaustion or heat stroke.

#### General Guidelines

- Drink about 2 glasses of water 2 hours before your workout.
- Sip water throughout your workout, about 8 ounces every 15 minutes. Carry a hydration pack for convenience



- Consider a sports drink if you're exercising for more than an hour or you're working out in extreme heat.
- Continue to drink water after your workout to replace any fluids lost.
- If you're exercising for a long period of time, weigh yourself before and after your workout and drink 2 cups of water for every pound of fluid you've lost.

## 2. Wear Sweat Wicking Clothes

What you wear when you exercise in the heat can make or break your workout, especially if you're out for a long walk, run or bike ride. The keys to staying comfortable, cool and safe include wearing:

- Lightweight, comfortable clothes - Check for any seams, tags or other things that could lead to chafing or a rash
- Sweat wicking fabrics - Cotton absorbs sweat, making clothes heavy and uncomfortable. Breathable fabrics help sweat evaporate, keeping you cooler and drier
- Clothes that are light in color - Light colors reflect some of the sun's energy away from you, keeping you cooler
- A hat to protect your head and shield your eyes and face from the sun

Don't forget to choose performance socks as well to keep your feet cool and dry.

## 3. Ease Into Summer Exercise

What we sometimes forget in our first summer workout is that exercising in the heat is harder on the body than exercising indoors. You may find that your heart rate is much higher during hot weather as your body sends more blood to the skin to cool you off. For that reason, it won't take long to get to a high intensity, which may leave you drained and exhausted.



Give your body time to adapt to the heat by:

- Starting slow - Allow for extra warm up time to get a feel for the heat and adjust your intensity
- Shortening your workouts - It's better to leave your workout with extra energy than to spend days recovering from heat exhaustion
- Listening to your body - if you feel dizzy or faint, stop, get into a cool environment and drink fluids

## 4. Exercise in the Morning

Midday is the hottest time of the day for exercise, which puts you at risk for dehydration, heat illnesses and just plain bad workouts. Consider working out in the morning before things heat up. There are other great reasons to exercise in the morning:

- It's easier to stick to your exercise program
- You get your workout in before the day gets out of control
- You'll have more energy for the rest of the day
- You get your metabolism going, which can help with weight loss

You can also consider splitting your workouts, doing part of it in the morning and part of it at night when the weather is cooler. You get the same benefits as continuous workouts and another way to beat the heat.

## 5. Protect Yourself with Sunglasses and Sunscreen

Most of us wear sunscreen when we're at the beach or pool, but how many of us head out for a run and remember the sunscreen?

When you prepare for your workout, put your sunscreen nearby so you don't forget it and put it on at least 30 minutes before your workout. Look



for sunscreens that:

- Offer protection of at least SPF 15
- Provide protection from UVA rays
- Are sweat and/or water-resistant

Learn more about the best sunscreens for exercise.

Don't forget, a good pair of sunglasses will protect your eyes from UV rays and make it easier to see where you're going. Look for Lightweight, durable frames and a comfortable, no-slip fit.

Source:

CDC. Sunscreen: How To Select, Apply, and Use It Correctly. April 26, 2002 / 51(RR04);17.

## 6. Stay Cool

Stay cool on the hottest days with these tips:

- Put your water bottle in the freezer overnight for an ice-cold treat during your workout
- Try the EverCool Bandanda - soak it in water and wrap it around your neck to stay cool
- Wear your swimsuit and plan your walking or running route so that you pass by your local pool. Swimming is great cross-training and you get to cool off
- Try water workouts - Use an aqua belt to keep you afloat as you run laps
- Exercise indoors - When it's too hot to exercise, this is a great time to try exercise videos, fitness classes at the gym or boredom buster cardio machine workouts

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[Link to Bootcamp page](#)

## Whole Body... Nutrition

### Grab-and-Go Snacks

By Alla Byrne

The best way to avoid derailing your diet when you're on the go is to plan ahead. We've tracked down the best portable options, many of which you may already have in your fridge or pantry, so you'll be prepared next time hunger strikes.

#### **If you're going to work...bring vegetables and fruits**

It's easier to resist the morning-meeting muffin basket or the afternoon trip to the vending machine if you come to the office prepared. Fruits and veggies make for healthy, low-calorie snacks that are perfect between meals. If you're craving crunch, reach for carrot sticks or sliced cucumber. Satisfy a sweet tooth with your favorite in-season fruit. If you need an extra afternoon pick-me-up, dip your veggies in hummus or spread peanut butter on an apple or banana.



#### **If you're going on an airplane...bring nuts**

You never know when your next meal will be when you're traveling, so be sure to pack snacks in your carry-on. You want something that will travel well. That means no leaky, smelly or refrigeration-required foods - your seatmate will thank you! Nuts are high in protein, so they'll keep you satisfied longer. Just remember, they're also high in fat - albeit the good kind - so pay attention to portion size or look for single-serving packs.

### **If you're going on a car trip...bring granola bars**

Healthy dining options can be limited when you're on the road. To avoid pulling over at a fast-food restaurant, pack granola bars. This fiber-rich treat will keep you satisfied for the long haul. Even if you're not going on a road trip, keep a supply in your glove box in case you get stuck in traffic and need a pick-me-up.



### **If you're going to the gym...bring an energy bar**

Heading to the gym famished will cause your workout to suffer. An energy bar provides the fuel you need to power through a sweat session. Just be sure to look for one that's low in fat and calories, but high in fiber. Stash these in your gym bag to prevent arriving at the health club hungry.

### **If you're going to the movies...bring light microwave popcorn**

You can reach your daily calorie quota with a large, no-butter added, movie theater popcorn. Resist the temptation of super-sized popcorn from the concession stand by bringing your own bag from home. You'll get the same satisfaction from light microwave popcorn and besides cutting calories, you'll also be saving money.



### **If you're going shopping...bring a low-fat cheese stick**

When you're at the mall and hunger strikes, don't fall prey to the food court. Throw a light cheese stick in your purse and you'll have a protein-rich snack that will tide you over until your next meal. Plus, you'll feel more confident trying on clothes after making a healthy choice.

*Shape* magazine

## **Lose weight healthfully & successfully**

For permanent weight loss, you need to learn sound and healthy eating habits. While fad diets may take the weight off, they don't teach you how to keep it off. With my Lifestyle Weight Management program you're learning a way to live, not just a way to diet.



My goal is for you to have a successful experience in making positive changes for a healthier lifestyle in the areas of nutrition and exercise in 2009 so that you will enjoy the benefits of for the rest of your life.

[Link to LWM section of services page](#)

## **Whole Body Fitness Specials**

**Providing Excellent Personal Fitness Training  
and Nutrition Services in Newport Beach/Orange County since 1999**



### **Why work with a Personal Fitness Trainer?**

When you hire a personal trainer you are not just purchasing their physical presence and guidance through your workouts but also their education, experience, knowledge and expertise with program development and design.

A Personal Trainer will conduct an initial fitness assessment by gathering your lifestyle history and listening to what you want to accomplish. Your trainer will then create a personalized fitness program custom tailored around your specific needs and goals.

Once your program is created, your trainer will explain methods, principles and reasoning behind every aspect of your program's design and execution.

As you progress, your trainer will monitor your improvements and fine-tune your program as needed by making the necessary adjustments in order to help you advance to the next level. Because your trainer has a vested interest in your success, they are just as motivated about your pending body transformation as you are. Together, you will work side by side as a team in a joint effort to ensure you achieve the personal and fitness goals of your dreams.

[Link to our Specials Page](#)

"What kind of old age are you planning?"

***Business Spotlight***

**Only Jump Ropes**



For a cardio vascular workout that will literally take your breath away nothing quite compares to the benefits of jumping rope.

**Website:**

[www.onlyjumpropes.com](http://www.onlyjumpropes.com)

\* \* \* \* \*



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## Dog Lovers



### Keeping Your Dog Healthy During the Summer Months

If you are a dog owner, you no doubt consider your little furry friend as more than just a pet. Dogs can quickly become a member of the family, more like a child than a possession. With this in mind, you would likely want to make sure your fuzzy friend is happy and healthy throughout the year. Once a dog begins to get out of shape from a physical perspective, he or she is open for all sorts of medical issues. Healthy pets can be a difficult goal to achieve, particularly within the winter months. The secret to keeping your dog healthy is simply a matter of creating the right pattern of exercise in the summer months to offset the wintertime when the pet cannot get out and play as much.

Of course, this leaves us with the question of how to get your dog to effectively exercise during the summer months. After a cold season of staying mostly indoors, dogs generally get used to simply laying around on a constant basis. Nevertheless, with the proper tools and armed with the right knowledge, you can easily entice your pet into a healthy exercise regime early in the year.



You can begin by offering your dog a fun outlet for exercise. Even the laziest dogs like to get out and play on a regular basis. The most commonly used form of play exercise is that of playing fetch. Simply toss a toy around and let your dog chase it and return it to you. You don't have to invest a lot of energy while at the same time your dog is getting good effective exercise. If your dog doesn't like to chase that same old tennis ball around, offer something a little different for them. Squeaker toys are a very popular choice. When the dog bites down on the toys, they emit a loud squeaking noise that gets the dogs' heart racing. These come in various forms, such as balls, sticks, and even those shaped like bones and animals. Remember, it is safety first with your pets, so only play fetch in areas that are fenced in or a good distance from heavily trafficked highways.



An option that many people choose is the simple process of walking your dog. This has two positive angles. First, your dog gets plenty of exercise and gets to sniff around a bit, and secondly, you get a bit of healthy exercise yourself. The only tips that you will need when it comes to walking your dog is that of carefulness and equipment. No matter how well-trained a dog is, they are still prone to curiosity. Taking this into consideration, always walk

your dog on a leash. All too often dogs are known to see something across the street that entices them to cross the road, such as cats, squirrels, or even other dogs.

Most people are completely oblivious to the fact that the type of collar and leash is a vital part of walking a dog safely. Often, dog owners will choose the cheapest option for these, such as plastic or other forms of cloth-like material. In reality, one needs a fine leather collar and leash. Leather tends to maintain itself for long periods of time even after being exposed to harsh weather. Other materials will weaken after getting wet. Even with a leather collar and leash, however, it is important to exchange the old ones for new ones at least every couple of years.

Another health issue that dogs face in the summer months is that of ticks and fleas. Depending upon the region in which you live, this can sometimes become a serious problem, and can lead to further health issues such as diseases. It can be difficult to provide your dog with a decent exercise routine while protecting him or her from ticks and fleas. The problem here presents itself with the fact that there are literally thousands of flea and tick products on the market today. Some are effective and others are not. One of the more popular flea and tick brand names used by professional dog trainers and owners is that of Adams. Adams provides a good variety of anti-flea and tick options such as shampoo, sprays, foggers, and other options, all pet friendly.



When it comes to keeping your pet healthy for the whole year, the summer months is your key outlet. Starting out in the exercise during the spring season, do not start out where you left off during the prior summer. Simply keep in mind that when you are exercising your dog after a long winter, he or she will likely not be in pique shape starting out. Start your walk slowly for short distances and do not attempt to play any physically exhausting games for too long in each session. Each week add a little more to the exercise regime until you both get to the level of health that you want your special pet to be.

Life can be fast-paced and most pet owners usually find that exercise time and outdoor fun for their dogs is usually the last thing on their list of priorities. Before taking this attitude, sit and think about all the good times you've had with your dog. Isn't your pet worth the time and effort to keep them healthy?



Watch "Fitness Wave - the Movie" to see Lisa and learn more about hydrostatic body composition testing

## Whole Body ... Motivation

**Trade in those excuses for workouts that will leave you feeling strong, energized and ready for more.**

### Top Five Exercise Excuses BUSTED!

**By Kasia Kurek**

Feeling too tired? Swamped with other commitments? That won't work on us. Here's how to get past even the most stubborn (and creative!) fitness red lights and continue on your way to a healthy lifestyle. It's your Top Five Exercise Excuses BUSTED!

#### 1. "I'm too tired."

Prepare for your workouts by getting seven to eight hours of sleep the night before and properly fueling your body with lots of water (throughout the day, as well as during and after your training session) and clean eating.



Make it easier on yourself by following your internal body clock. Do you get a burst of energy first thing in the morning? Schedule your workouts soon after waking up. Can't drag yourself out from under those covers? Plan for an evening session instead.

#### 2. "I don't have enough time."

Schedule your workouts at the beginning of the week and follow through as if you were making a doctor's appointment.

Even if you can't fit a full-body workout between grocery shopping and work, penciling in a couple of short, intense exercise sessions is better than nothing at all. Got 10 minutes before that meeting? That's ample time to work on your new body.

### 3. "I'm too embarrassed to work out in front of others."



Build your confidence (and your muscles!) at home by incorporating DVD and online workouts like the ones here. Do your research in fitness magazines like *Oxygen*, and consider a couple of at-home personal training sessions to get you started with strength training. If that isn't an option, try moves that use your own body weight for resistance. Once you're ready to ramp up your program, sign up for a gym membership and feed off the company and support of other women who can relate.

### 4. "I get bored."

Keep things interesting by switching up your workout every few weeks. Change the order of the exercises, drop in a new move or try a new location or different time of day. If you still find yourself zoning out on the treadmill, pack your iPod with new, upbeat tunes or enlist a fitness buddy for a new approach. Keep yourself – and your body – guessing.

### 5. "I'm not seeing any changes in my body."

It might take several months for clearly visible results, so stick with your workouts. And remember that the number on the scale is not the only measure of progress. Has your waist measurement changed? Can you run longer without losing your breath? Has your blood pressure improved? Track your health, not just the scale, for a better indication of how you're stacking up.

-*Oxygen* magazine



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## Whole Body ... Health

### Reasons to Ditch the Scale

#### The Scale is Lying to You

By Paige Waehner, About.com

About.com Health's Disease and Condition content is reviewed by our Medical Review Board

#### Is the Scale Lying to You?



While the scale can tell you how much you weigh, there's something more important you need to know: Your body composition<sup>1</sup>. While many of us focus on how many pounds we're losing, what's more important is how much *fat* we're losing, something the scale can't discern. Losing weight may make you happy but, what if you found out you were losing muscle, not fat? Losing muscle lowers metabolism and, eventually, contributes to a loss of mobility and power.

This is one instance where the scale can lie, especially for new exercisers beginning a strength training program. It's possible to lose inches without losing weight<sup>2</sup>, which means you're getting results even if they aren't showing up the way you're used to seeing them.

I often hear this question from readers who mention losing inches while the scale doesn't move. They wonder, "Why haven't I seen any results?" If you're experiencing this, one question to ask yourself is: Why do you believe the scale over your own experience? If you're buying smaller clothes, you're losing fat no matter what the scale says.

Too often, we believe what the scale is telling us rather than what's in front of our own eyes, leaving us discouraged and frustrated rather than celebrating success.

### **Keep it or Ditch it?**

Are you losing inches, fitting into smaller sizes and slimming down? If the answer is yes, that's a good sign that you're gaining muscle and losing fat, which is exactly what you want. Instead of the scale, try other ways to track your progress<sup>3</sup>:

- Get your body fat tested<sup>4</sup>
- Take your measurements<sup>5</sup> at different areas of the body to see where you're slimming down
- Go by how your clothes fit
- Keep a fitness journal to keep track of your weights, exercises and strength gains



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