



Client of the Month
Sue Belsito



334A County Road
Barrington

September 2008

Inside this issue:

Soda Junkie 1

Client of the Month 2

Trainer Profile 3

In The News

FT Total Body Workout! 4



Soda Junkie

Now that the kids are going back to school here are some things to consider when handing over change for the soda machine:

Until the 1980's most of the calories, or food energy, found in soft drinks came from refined cane sugar or corn syrup. Since then, we have discovered a cheaper way to sweeten soda by using high fructose corn syrup (HFCS) – corn syrup that has been chemically altered and then added to pure corn syrup.

HFCS can now be found in almost all processed foods and is a culprit in promoting diabetes, hyperactivity, hypertension, and many other health problems.

Now, as far as soda is concerned, the RDA for added sugars is 10 teaspoons for a 2,000 calorie diet. One soda contains more than this in sugar, offers no vitamins, minerals, fiber, protein, or an essential nutrients and is loaded with food coloring, artificial flavoring, emulsifiers, and preservatives.

Soft drinks have a hand in some of the crisis faced in this country including obesity & type 2 diabetes. Some of the other health challenges it presents includes dental decay, problems with sleep, bone density issues, and cancer causing carcinogens.

Child obesity has doubled in the last 15 years. Between 1991 and 1995, American boys nearly doubled their intake of soft drinks. There was a study at Boston Children's Hospital that demonstrated that kids drinking at least soda daily will consume about 840 calories more than kids who avoid soda. Sugared drinks cause a rise in insulin which will promote hunger in adolescents, let alone that fast foods and other high calorie foods are typically consumed with soda. These are also the kids that face a higher risk of developing type 2 diabetes. Type 2 diabetes was traditionally an adult's disease. It's characterized by insulin resistance, which happens when your pancreas spend so much time secreting insulin to curb the constant rise in blood sugars (due to diet and lack of exercise) that the body will actually build a tolerance or insulin resistance. Children consume so much sugar and processed foods in addition to becoming increasing sedentary that they have beat their 'adult-selves' to the diabetes finish line.

Soft drinks are so acidic that they can actually eat away rust on a car. Imagine what this will do to tooth enamel...

Another well known ingredient in soda is phosphoric acid – which will leach calcium from the bones, lowering bone density, which can lead to osteoporosis and extremely weak bones. Not only does soda have several negative side effects, it has no positive ones. Between the calorie overload and the hyperactivity followed by energy crashes, what more can we say? Simply put, soda is bad.

I gotta go.
It's time for
my Lipitor

FITNESS TOGETHER

BARRINGTON

334a County Road
Barrington, RI 02806
Phone: 401-289-2330
Fax: 401-289-2332
E-mail us at:
ftbarrington@
fitnessstogether.com

We're on the web!

<http://www.ftbarrington.com>

CLIENT OF THE MONTH

Sue Belsito

Determination! Although there are many superlatives to describe Sue, I believe determination is apropos. The entire team at FT has had the privilege of training Sue and without doubt we have all agreed that she will try anything we throw at her, including medicine balls! We love those that give us 100% effort and she fits that criteria each and every training session. Sue, this award is well deserved and we hope you enjoy the gift! Best of luck with all of your fitness related and life goals, we know that you will achieve success regardless of what you set for yourself!



“Joining Fitness Together Barrington was one of the best decisions that I have ever made! Having been a member at traditional gyms, walking into Fitness Together was a breath of fresh air. The setting was welcoming, supportive, and extremely positive. It was everything that I was looking for. The accountability and the push from all of the trainers has helped me to strengthen my body, have more energy, and feel healthier overall. The people truly make this place an environment for people at all different fitness levels to feel suc-

Exercise the Right Way

Everyone has abs, even people who can't always see them because they're hidden under a layer of flab. That means that you don't need to do endless crunches to carve out a six-pack. Instead, you should spend most of your gym time burning off blubber. The most effective strategy is a one-two approach of weight lifting and high intensity interval training (HIIT) According to a recent University of Maine study, half an hour of pumping iron burns as many calories as running at a 6 min/mile pace for the same duration (and it has the added benefit of helping you build muscle). What's more, unlike aerobic exercise, lifting has been shown to boost metabolism for as long as 39 short, all-out sprints interspersed with periods of rest. For the best results, do a total-body weight-training workout 3 days/week, resting at least one day between sessions. Do an interval training session on the days in between.

-Men's Health Magazine, May 2008

KidFit Camp

Thank you to all the kids that participated in FT's Kidfit Camp. We hope you learned a lot and will carry the enthusiasm for fitness throughout life. We're looking forward to seeing you again next summer!

Semi-Private Training

10 weeks/ limit 6 people.
Tuesday & Thursday 12:45 - 1:30

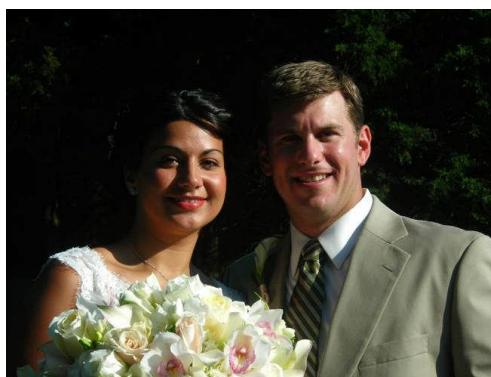
Pre-natal and Post-natal

Fitness Together is now offering specialized training for pre-natal and post partum women as well as mommy and me sessions for new moms. This is the most important time to stay on top of your health and fitness. It will only benefit you and your baby. Space is limited, so inquire today!

Intern

Fitness Together is looking for an intern. We are looking for someone working towards a degree in the health/fitness field. As you know, we like to work by referrals, so if you anyone who may be interested, please let us know. Thank you.

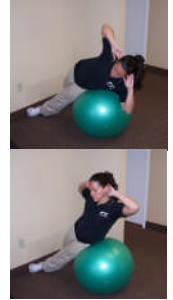
Matt Got Hitched!



Matt Gagliano, owner of Fitness Together Barrington, married the beautiful Nicole Mieli on Friday, August 22. Matt has had an eventful year and what better way to top it all off than with the perfect wedding. Best wishes to the both of you. Congratulations!

Stability Ball Oblique Crunch

- Place hip on the stability ball and feet against the bottom of the wall. Keep your feet apart, giving you more ground cover for stability.
- Place hands behind your head, and crunch upward using your obliques.
- Make sure your stable on the ball before beginning the exercise. Don't rush it and keep your core tight throughout.



Stability Ball Decline Pushup



- Set up in a push up position with feet on the stability ball and hands directly under the shoulders. Keep core tight throughout entire exercise.
- Lead with the chest and lower it towards the floor. Make sure to keep the naval pulled in throughout the movement. Push off the floor, returning to starting position. Repeat.

Stability Ball Back Extension

- Position your hips (not your stomach) on the ball so that you are in supine position. Keep your feet against the base of the wall and hands on your head.
- Drape over the ball and then extend upward toward the ceiling.
- Keep the movements slow and controlled. There should be no 'bounce' on the ball.



Resistance Run



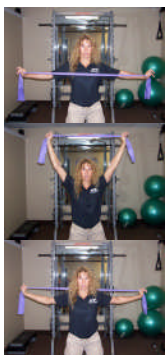
- Attach a super band (any band will do) to a secure anchor. Make sure the band is sturdy. Place the band across the hips.
- Keeping your core tight, start jogging/running away from the 'anchor'.
- Keep your knees tall throughout the run for the most benefit.
- Continue for 30-60 seconds.

Valslide Back Lunge

- Start with proper posture, core tight. Place one foot on a valslide (a furniture mover or magazine will work on carpet. A big fuzzy sock will work on tile or wood)
- Slide your foot backward into a lunge. Make sure to keep front knee directly above the foot and your heel planted.
- Pull your body upward to starting position using the hamstring and glute of the front leg. Make sure to keep proper posture throughout movement.



Theraband T/Y



- Start with proper posture and a tight core. Holding the ends of a theraband extend your arms out in a T (hands should be at shoulder height). Make sure there's good resistance in the band throughout movement.
- Raise arms overhead in a Y and then lower back into a T, behind the shoulders this time.
- Raise back into a Y and lower in front into a T. Repeat.