



Client of the Month  
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## July 2008

### Inside this issue:

- 4th of July in Bristol 1
- Client of the Month 2
- Trainer Profile 3
- In The News 3
- FT Total Body Workout! 4



### There's nothing like the Fourth of July in Bristol, RI.

As we're all about to celebrate the history and independence of this great country, I thought I would bring to you the history of fitness in the United States and the presidents who emphasized it's importance.

Early leaders in the United States were very much aware of the need for exercise and fitness. Benjamin Franklin recommended regular physical activity, including running, swimming, and basic forms of resistance training for optimum health. President Thomas Jefferson was a fitness fanatic when it came to exercise: "Not less than two hours a day should be devoted to exercise, and the weather shall be little regarded. If the body is feeble, the mind will not be strong".

Unlike Europe, the educational process in the United States focused primarily on intellectual matters and not at all on physical education. Schools concentrated on teaching traditional subjects including reading, writing, and arithmetic. The public education system remained this way for the better part of the nineteenth century. I will address in more detail the history of Physical Education in the U.S. in the August newsletter.

During the Industrial Revolution, advancement in industrial and mechanical technologies replaced labor-intensive jobs. Rural life changed to an urban lifestyle, consequently decreasing levels of physical activity. The industrial revolution brought about lifestyle improvements, but it also brought about unexpected and unwanted health conditions such as cardiovascular disease, cancer, and Type II diabetes, which were never before prevalent.

Fitness in the 20<sup>th</sup> century was strongly advocated by the presidents of the United States. Theodore Roosevelt, who is thought to be the most fit president to occupy the oval office, was a great influence to the citizens of the United States and encouraged them to be physically active.

As a child he battled with asthma, which he overcame with a rigorous exercise program. His personal experience fostered an immense desire for exercise, especially outdoor activities.

After the draft for WWI, statistics were released revealing that 1 out of every 3 individuals drafted were physically unfit for combat. This generated a heightened interest in fitness which quickly faded during the Roaring Twenties – regarded as the most frivolous time in history, and the Great Depression – when the stock market crashed.

It wasn't until after WWII when nearly half of all draftees were rejected or given non-combat positions due to their lack of fitness, that fitness began it's comeback with the help of Jack LaLanne. LaLanne is credited with the introduction of many pieces of exercise equipment as well as being the originator of the 'jumping jack'.

In 1956 President Eisenhower held a White House Conference which resulted in the formation of the President's Council on Youth Fitness and the appointment of the President's Citizens Advisory Committee on the Fitness of American Youth. It was during this time that emerged agencies such as the American Health Association (AHA), the American Medical Association (AMA), and the American College of Sports Medicine (ACSM).

President John F. Kennedy was a major proponent of fitness and its health-related benefits to Americans. Kennedy spoke openly about the need for American citizens to improve their fitness levels, including writing an article in Sports Illustrated entitled "The Soft American." He said, "We are under-exercised as a nation; we look instead of play; we ride instead of walk". Kennedy prompted the federal government to become more involved in national fitness promotion. Since President Kennedy's role in the White House, physical fitness and education has been addressed by all U.S. Presidents, and although there has been an awareness of the importance of a fit nation, very little has been accomplished in becoming a fit nation. If Jimmy Carter can be an avid bike rider at the age of 78, what are the rest of us capable of?

"Physical fitness is the basis for all other forms of excellence." – J.F.K.



"I must be eating right. I'm narrow at the top and wide at the bottom, just like the Food Pyramid!"

### FITNESS TOGETHER

#### BARRINGTON

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# CLIENT OF THE MONTH

## Julie Beitle

Julie has been with us at FT Barrington since January. From the minute she walked in the door Julie was ready to make the commitment to a new lifestyle. Since then she has lost over 55lbs. and re-gained strength to parts of her body she never thought possible because of past athletics injuries. The special thing about Julie is her work ethic. She is responsible for every positive change that has occurred. Julie understands that to really see results it takes more effort outside the doors of FT. Six days a week she wakes up and does a workout on her elliptical trainer before she starts her day, even on days that she comes in for an FT workout. We congratulate Julie on her achievements and respect her hard work. Good luck, and keep it up.



“Fitness Together is wonderful!! Their motto 1 client – 1 trainer – 1 goal was exactly what I had been looking for. I felt uncomfortable going to a regular gym. I really needed the accountability of a trainer waiting for me to arrive ready to put me through the paces. I struggled with the ups and downs of weight loss and various sports injuries so I wasn’t sure of what kind of program would help me the most. I really needed to lose weight and strengthen my whole body. With my prior injuries, I didn’t think I could do certain exercises but Andy has shown me what exercises to do and the right way to do them. All of the trainers are so knowledgeable, fun and encouraging. I have really enjoyed working with all of them. Andy in particular has been great in helping to push me and to help me get that last push up or dreaded inverted row!!! Between his sprint workouts at home and my sessions at Fitness Together, I have lost 26 pounds and 21 inches since January. Also, I have decreased my blood pressure medicine and have become much stronger. I feel great and look forward to continued success at Fitness Together.”

## Corn and Green Bean Salad



- 8 ear(s) corn, on the cob
- 12 ounce(s) beans, green
- 3 tablespoon vinegar, cider
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, black
- 3 tablespoon oil, olive
- 1/3 cup(s) onion(s), red
- 2 tablespoon parsley

1. Husk and silk corn. In a covered 4-quart Dutch oven, cook corn in enough boiling salted water to cover for 5 to 7 minutes or until tender; drain. When cool enough to handle, cut kernels from cobs (you should have about 4 cups kernels).
2. Meanwhile, in a covered medium saucepan, cook beans in a small amount of boiling salted water for 3 to 5 minutes or until crisp-tender. Drain; rinse under cold water. Drain again.
3. In a large bowl, combine cider vinegar, salt, and pepper; whisk in oil. Add corn kernels, green beans, red onion, and parsley; toss to coat. Cover and chill for 2 hours.

# Client Appreciation Day

We know how hard you work! Now relax...on us.

## Saturday, July 19

Sign up for a 15 minute chair massage at Fitness Together  
Brought to you by our friends at Time to Unwind, located in Bristol.  
Please make sure to sign up for your time slot.

### Semi-Private Training

10 weeks/ limit 6 people.  
Tuesday & Thursday 12:45 - 1:30  
'Why munch at lunch when you can crunch'

### Living Balance

**Alternative Health/Weight Loss  
Hair Analyses, Metabolic Typing,  
and Adrenal Stress Exams**  
New website: [www.livingbalance.us](http://www.livingbalance.us)

### FREE Kidfit Camp

4 weeks/ limit 12  
Monday & Wednesday 8am-9am at Haines Park  
Starts July 16. Ages 12 and under.  
Please call the studio to sign up your kid(s)

**COUPON**

### Workout with a Friend in July

Share your Fitness Together experience with a friend or family member! If they become the next member of our extended family they will receive \$100 off their initial package and you will receive 4 FREE sessions!

# FT Traveling Program

## Nicole's Shoulder Matrix

- Starting with tall posture, tight core, and feet hip width apart, hold dumbbells at shoulder height.
- Alternating arms, press DB upward at about a 45° angle.
- Alternating arms, press DB laterally at about a 45° angle.
- Alternating sides, pivot to the left (right foot pivots) and press DB upward at about a 45° angle.
- Return to starting position and repeat.



## Reaching Lunge with Rotation

- Start in a reaching lunge position with a medicine ball. Make sure your back knee is bent and your arms are extended as far out in front of you as you can maintain.
- Pull your back knee up in front of you towards your chest while rotating with the medicine ball over that leg.
- Send your leg back into lunge and reach forward with the medicine ball. Repeat.

## Plank Pushup

- Start by lying prone in a plank position with your hands clasped. On your elbows, core tight and neutral alignment through your spine.
- Lean forward bringing your chest to your palms.
- You should feel a slight burn in the shoulders.
- Return to starting position and repeat.



## Single Leg Toe Touch

- Start with proper posture, tight core. Bend left leg to 90°.
- Squat down on single leg and reach for your right toe with your left hand.
- Return to starting position & repeat, keeping the left leg bent throughout the exercise.
- Switch sides and repeat.

## Side Plank with Hip Abduction

- Start on one side with a tight core and top arm fully extended with a dumbbell in hand. Extend other arm straight up holding dumbbell.
- Maintaining a tight core, elevate top leg using your abductor muscles (outer thigh).
- Return leg to starting position and repeat.

