

WHERE FIT CAN HAPPEN TO YOU!

Fit Happens

Volume 1

September 2010 Issue

PERSONAL TRAINING & FITNESS STUDIO

Tips for Fall Fitness

FIT TIPS!

--Use smaller plates and bowls when eating a meal or snack. This helps control portion size, which will cut down on the number of calories you take in.

--Making simple nutritional changes like using reduced fat cheese, mayo, butter, sour cream, etc. will go a long way in helping you cut out

--Don't be afraid to change up your workout routine. Your muscles won't react as well if you always do the same exercises for each body part. Switching up the way you train on a regular basis not only keeps things fresh, it also helps your muscles grow.

Get Answers to all Your Fitness Questions by joining our blog at www.fithappenstraining.com

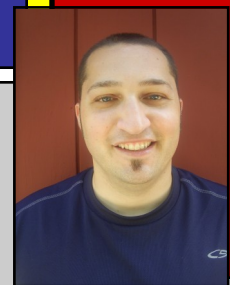
Don't forget to check us out on **FACEBOOK!**

Now that summer is over and the kids are back in school, it's a great time to get back into that exercise routine. Here are some tips to get you started: **Seize the Moment:** Lack of time is the single biggest reason people give for either not starting a workout program or giving up on one. Now that the kids are back in school, what better time to revisit your workout? Exercise doesn't have to take a lot of time. Coming to the gym and doing a 30-minute workout or 20 minutes of cardio is enough to get you back on track. All you have to do is make working out a part of your daily schedule;

Return to the Gym: Summer is when a majority of people stop going to the gym. With the beautiful weather, parties, vacations, etc. the summer months are when exercise can take a back seat for too many people. It's time to make your health a priority again. According to most studies, it takes at least 30 days to make fitness a habit in your life so if

you've been away from the gym for a while, it's time to get back and start a regular exercise routine. A well-rounded fitness regimen is important. While aerobic activity such as running or bicycling is good for your **heart, resistance training** is also a critical component of a balanced program, so be sure to take advantage of Fit Happens' weight lifting equipment; **Make Exercise Fun:** One of the great things about exercise is that it doesn't need to be done alone. Find a friend with similar fitness level and goals and work out together. Having a partner helps you both stay motivated. Boredom is the number one killer of good health and fitness regimens. Exercising with a friend puts the fun back into your workout.

Whats New!



My name is **Thomas Casale** and I am honored to be the **Head Personal Trainer at Fit Happens.** I

look forward to getting to know all the Fit Happens members and working with those of you that need help reaching your fitness goals. If you would like to sit down for a free consultation, sign up at the front desk or call me personally at 332-5448. I will go over your current fitness and nutrition routine and see where we can make adjustments to help you move forward and achieve the goals that have been evading you.

If you just need a jump-start, an entire new workout routine or want to go over your eating habits, set up a free consultation with me today and let's get to work!

NEW CYCLING OPPORTUNITIES FOR FALL!

ITZ Offers unlimited Spinning to all fit happens members. This includes options to any of the monthly scheduled classes and independent Spinning at off class times to better accommodate your important and busy schedules. September events include a 6-Week Beginner's Spinning Class, (separate from the

September monthly schedule) and the Spinning Instructor's Certification Days on September 11th and 12th. Anyone interested in becoming certified may sign up for either day on www.spinning.com Check out our newly redecorated gym, our variety of great instructors and diverse class times!

IN THE ZONE CYCLING



AN OFFICIAL **SPINNING** FACILITY