

Specializing in Personal Training

Issue #7

FROM THE DESK OF THE OWNER

Bill Burnett

Cross Training: Part 1

**WHAT'S NEW AT
THE STUDIO**

- **Couldn't make it to the pot luck?** E-mail us your favorite recipe to be included in the Success Studio Cook Book!
- Watch for the announcement of our next Nutrition Discussion!
- **SPOILER ALERT!** New Group Exercise Classes are coming!! Keep Your Eyes Peeled!
- **Ring in Spring** with a Relaxing Lilac Scented Massage from Shelley! Schedule Your Appointment at the Front Desk

The staff at Success Studio combine the best of training, coaching and caring about their clients. They represent the best whether you are dealing with weight control as I was, or trying to add life to your years or years to your life. I relish the difference they have made in my life every single day!

-Janet Allaire

I want to spend some time discussing multiple disciplines or "cross training" and why I feel it is important. In particular, I want to talk about the disciplines of stretching and strength and how they really work together to give us ultimate health.

Having been a long time weight lifter, my belief in what weight lifting can do for people probably has led me to be one dimensional. However, when I reflect on the times that I was at my best, I realize that it was when I was multi-dimensional. In other words, back in the day I had a stretching discipline I had a much better cardio discipline all in addition to my weight lifting. Incorporating several disciplines into my fitness routine led to me being much more successful in reaching my goals.

As you know, one of the things we focus on is overall life style. Fitness is not an activity that you do for a little while then are able to break away from because you become fit. Our bodies continue to change and we continue to have physical issues that we need to work through. Looking at fitness as a lifestyle, then, our ability to maintain the pain-free level of activity and function that we would like is tied in to our ability to maintain multiple fitness disciplines and make it a priority.

I believe that we are fortunate to have a group at the Studio that can benefit from a discussion about how multiple disciplines in a fitness routine can lead us to success. As time passes, our bodies become shorter and tighter and as a result, our ability to move becomes limited. At the same time, our bodies also become weaker. If you think about what weakness and tightness does to our bodies, two things should come to mind - joint trauma and bone deterioration.

So often, if you have limited time for fitness, the stretching component is what we leave out. If you go out for a run and that's what you have time to do, you would then just get in your car and go on to the next thing. What happens to your body when you do that? Simply by sitting down, all of your muscles shorten up. When you get out of the car, instead of having nice warm muscles that are lengthened out, you have cold muscles that are shortened up. What does that do to your joints? Now your joints have been put in a bind because everything is shortened up around them. Over time, the impact on your body is cumulative.

(Continued on back)

As our bodies age, they are deteriorating, but there are other contributing factors, such as joints being under too much load due to tightness and also lack of strength. What can be done? First, get stronger. Strength adds space: as the muscles around the joint become stronger, they pull the joint apart, freeing it up so that the pad in between the two bones doesn't have as much load on it. Second, get more flexible. Flexibility allows those areas to open up, and it also gives the muscles freedom to move.

If we take the two disciplines of strength and flexibility and put them together, we gain improved joint health, we gain increased bone health, and we gain better overall function. Think about what that does for us in the long run. I had a period in my life where I took the time to do partner assisted stretches, which you have probably seen us doing with a lot of our Studio clients. What I gained was incredible - my muscles had space to grow, my joints were freed up, and some of the problems I had with my joints started to resolve. I continued to hold those joint problems at bay as long as I was stretching.

Next Month: Cross Training Part 2

Love Success Studio? Refer us to your friends, bring them in to try a class, introduce them to your trainer, and show them why you love it here!

C.O.R.E.

Conquering Obstacles and Redirecting Energy

C.O.R.E is a full-circle approach to total wellness. It is a holistic method that targets three key factors to total body balance: exercise, nutrition and life coaching. The art of exercise, the knowledge of proper nutrition and the management of stress in your daily life are critical to achieving balance and stability.

C.O.R.E. introduces you to a lifestyle change rather than a quick fix. You are guided for three months by a team of experts in each of the areas. One of our trainers will develop an exercise routine that fits with your personal goals. Amy Robbins, a registered dietitian, helps with your food choices gearing them toward your individual goals. Jana Burnett, a certified life coach, helps navigate through life's everyday stressors to help stay balanced and get past your plateaus.

For more information or any questions about the C.O.R.E. program call or e-mail us!

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