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**Sign-up Today!**

## Commit to Get Fit – GOALS & REWARDS April 11 - June 14 Registration starts April 11

**C**ommit to Get Fit is our annual spring campaign that helps members and staff, strengthen and renew their commitment to their health and fitness goals. It is designed to add motivation and variety to our lives while empowering us with knowledge and fun to succeed. This year we are focusing on your GOALS and REWARDS. Our goal is to provide you with more educational classes (otherwise known as Lifestyle Awareness Classes) in order to give you the information to make better choices in life- for better nutrition, well-being and overall whole body wakefulness and vitality.

Lifestyle issues are more important than ever. We are all aware that the way we live our life will determine the health of our body, mind and spirit. Every action we take is subject to effect us in some other part of our living. We should be awakening to the fact that the way we treat our self, both physically and mentally, will influence the quality of life we can expect to enjoy. The greater our awareness of lifestyle issues such as: the importance of good nutrition, varied exercise, and inner peace- the greater our potential to enjoy life. Beginning to recognize that there are changes we wish to make in our lifestyle is often the beginning of a whole new way of life and being in our world. Awareness is the key to change! By tuning into ourselves and natural creativity we can heighten our awareness of our habits and make informed choices to better affect our lives!

This year there are fewer points to earn but the reward is more meaningful.

*The steps are still as easy as 1, 2, 3...*

- 1. Pay the \$10 sign up fee.**
- 2. Exercise a minimum of 15 times.**
- 3. Earn at least 10 points**

*Complete the 3 easy steps and receive a CTGFT-Shirt and win your money back in Spa Dollars!*

Lifestyle Awareness Classes: Be sure to check out the trainers' bulletin board for dates, times and more information. Classes will be meeting at the big, purple couch! Sign up at the front desk!

### **SMART Goals:**

Learn how to create goals that inspire you to take action with Monique Coombs. This class will be taught in three parts throughout CTGF. You will learn how to create a goal, adapt a goal, reward a goal and set a new goal. Her goal, as well as the rest of the WFS Staff, is to help you achieve your goal at the end of CTGF!

### **Vitamin D:**

The secrets of Vitamin D aren't so secret anymore. Learn how vitamin D can affect your sleep, mood and bones- Maggie Pierce will be teaching the benefits of Vitamin D.

### **Nutrition for Your Skin with Kathy Cost**

Learn how the things you put on your skin and in your body will affect your skin's appearance.

### **What to look for in any Nail Salon**

Have you heard horror stories about nail fungus, drills, cuts, sanitation and just poor service? Learn from our professionals what to expect when seeking professional nail services.

### **All You Ever Needed to Know About Running**

What do you wear? How much do you need to drink? What should you eat? What do I do with my arms?? Brenda Day and Joan Reynolds will be answering all of your questions.

### **Workout to Be Lean**

Learn from Kathy Cost how to get lean and how women build muscle.



### **Studio Hours**

Mon – Thurs 5:00 am–8:00 pm  
Fri 5:00 am–7:00 pm  
Sat – Sun 8:00 am–2:00 pm

### **Childcare Hours**

Mon – Fri 9:00 am–12:00 pm  
Sat 8:00 am–11:00 am

**HEARTBEAT** is published by **WOMEN'S Fitness Studio & Spa**, a health and fitness center located at 21 Stanwood Street, Brunswick, Maine. Membership inquiries or requests for inclusion on our mailing list can be made by calling 207-729-5544.

Visit our website for class schedules and other current events.

[www.womensfitnessstudio.org](http://www.womensfitnessstudio.org)

## **NEW! BodyCombat Personal Training sessions with Leslie.**

**A**re you intimidated by taking class? Did you know you could burn an average of 500 calories in each class? Do you need a change in your workout routine? Would you like to see better results with your overall fitness?

- Perfect your technique to avoid injury
- Power your punch to increase lean muscle
- Execute your moves to burn more calories
- Feel the impact to define your upper body, hips and gluteus

**Let's get started! Sign up for an appointment with Leslie today!**

## **Are you ready to be a Lifestyle Makeover Challenge Contestant?**

**L**ast year we had such a huge response to our Lifestyle Makeover Challenge that we're bringing it back again! We chose 3 finalists who were pushed, pulled and pampered over the course of three months all while working toward their own personal Lifestyle goals. These 3 lucky ladies were all winners as they developed & maintained new habits & created healthier lifestyles that worked best for them. If this sounds like the right fit for you, be on the look out for more information in the Times Record coming again this fall!

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**Les Mills: Master the Moves!**

All of our instructors will be doing technique classes around some class times to help you improve your form in Pump, be more flexible in Flow, jump higher in Step and keep your balance in Combat!

**Diet vs. Non-Diet Thinking**

Monique Coombs will be talking about the difference between focusing on weight loss and focusing on improving overall health.

**Shoulders and Back Health**

Betsy Hagan, Personal Trainer, recently certified with The American College of Sports Medicine has attended advanced education focused on shoulder and low back health. She will be sharing her knowledge on these two common pain locations.

**Overcoming Plateaus and Piffalls**

What happens when you cease to get results in your workout and diet? Let Jen Novaria share with you some tips and plans to overcome obstacles in your regime.

**How to Say No to Other People- And In Turn Say Yes to YOU!**

Why is it difficult as women for us to say no to other people? We end up denying ourselves the love and attention that we need- from our self. Join Maggie Pierce in a short lecture and discussion on the difficulties of saying no and how to overcome them.

**More classes to be announced weekly during Commit to Get Fit!**

*Your input is important to us.*

*If you want to learn more about something- make sure to drop a suggestion in the comments box (located in the locker room).*

*We will also be doing spa demonstrations and body compositions throughout Commit to Get Fit.*

**Get Active America!**

Women's Fitness Studio & Spa is participating in IHRSA's national health promotion campaign that will attract Americans to health clubs during May. The 'heart' of Get Active America! is to encourage people to be more active. Each year tens of thousands of consumers around the country visit IHRSA clubs throughout Get Active America! week. Take this opportunity to bring in a friend, family member or co-worker and help them "get active". May 12-18, 2008

**Stop by the front desk to register & learn more.**

**Simple Summer Steps = a Fitter Fall and a Happier Next Year**

After a long hard Maine winter, don't fall into the trap of believing you can maintain or improve your fitness level by just taking your cardio workouts outside for the summer. Our research shows that those who abandon their strength training workouts, will lose muscle mass and potentially gain those unwanted pounds back that you have worked so hard to lose this spring! While cardio strengthens your heart, it leaves joints and connective tissue vulnerable to overuse injuries. Strength training on the other hand, supports overall muscular strength, helps prevent osteoporosis, arthritis pain and builds muscle mass, which burns those calories. Not only is a strength training workout, such as lifting in the gym, BodyFlow or BodyPump class a necessary complement to your outdoor cardio, it is a great way to mix up your training and avoid becoming bored with one type of exercise.

**THE BOTTOM LINE:**  
 Make "YOU" your first priority this summer and strength train at least two times per week!

**Boot Camp**

Why not consider our summer boot camp?! We all live busy lives but having scheduled workouts and people to workout with helps us stick to our goals. Our boot camp program will include fitness games, plyometrics, drills and much more!

Look for more information on the trainer's bulletin board as the summer gets nearer! We will supply suggestions, education and strategies as we address the three key areas of the book.

**Women on the Move-5K, RUN~WALK~CRAWL**

Women's Fitness Studio and Spa Women will be hosting our 10th annual Women on the Move 5K, Run/Walk/Crawl on Saturday, June 14th. This year's race will benefit the American Heart Association's Go Red for Women Campaign. Heart disease is the #1 killer of American women. So, please join us on June 14 in the WFS parking lot to run, walk, crawl, volunteer, or cheer!

**Register at the front desk.**

**And be on the lookout for some running groups and seminars during Commit to Get Fit!**

**Reap the Rewards of Personal Training**

Our training department is growing! Be on the lookout for some new trainers! We have a great new group of certified trainers making their way onto the floor to join senior trainers: Jennifer Novaria, Tracy Geyer and Monique Coombs.

**Why more trainers you may ask?**

The work of a majority of personal trainers focuses on increasing and/or maintaining their clients' fitness levels, assisting them in weight loss and overseeing their strength-training and cardiovascular activities. Strength training, in particular, has received increased recognition in recent years because the lack of strength is now known to be a risk factor for disease, especially for older populations.

Personal trainers wear many hats, serving not only as coach, but also as confidant, role model, educator and a major source of motivation and encouragement.

Some people may want constant supervision two to three times a week, which makes them more likely to stick to their program because they are accountable to someone else for their exercise time. Others may prefer to see a trainer only on occasion to update their exercise program, or for periodic fitness testing to receive feedback on their progress.

It is the novice exerciser, however, who may find a personal trainer most valuable. Working with a personal trainer for a few sessions is often all it takes for some people to feel comfortable with independent exercise.

The following describes the most common services offered to those beginning an exercise program:

- 1. Fitness evaluation**  
*This is a series of tests designed to assess cardiovascular fitness, body-fat percentage, flexibility, muscular strength and endurance.*
- 2. Personalized exercise program**  
*An individualized exercise program is designed based on the individual's fitness evaluation results and personal fitness and health goals.*
- 3. Supervised exercise**  
*Personal attention during exercise is the primary function of personal trainers. Clients are given a detailed orientation that addresses the aerobic, strength and flexibility components of the exercise program, and are educated about the fundamentals of strength and aerobic training, as well as the proper and safe use of equipment.*

**Spring Launch**

High Energy & Motivation is what our launches offer. Break through your fitness plateaus with the latest fitness techniques and music. If you have never taken a class before, this is the perfect opportunity to meet our entire Les Mills team!

<b>Friday, April 11th</b> 5:30pm BodyFlow <i>Experience places you will go with the memorable routine.</i>	<b>Sunday, April 13th</b> 8:15am BodyPump 9:45am BodyCombat 11:15am BodyFlow
<b>Saturday, April 12th</b> 8:15AM BODYCOMBAT <i>Unleash and get ready for a workout that will leave you feeling Empowered.</i> 9:45AM BODYPUMP <i>Cleverly structured, full-body workout powered with uplifting music.</i> 11:15AM BODYSTEP <i>A perfect class for hooking newcomers into the program.</i>	<b>There is too much fun to be had, so stop by the front desk &amp; sign up! Space is limited!</b>

**How is Your Energy Level?**

Do you have trouble exercising at noon or after work even though you're truly committed to exercise and it's the only time you have to work out? Do you feel so exhausted that you just can't face the gym? Your diet - rather than simple sloth - may be the problem.

If you tend to skip meals in an attempt to save calories, you may be robbing yourself of important fuel for your workout. While skipping meals may temporarily make your stomach feel flatter, doing so can also leave you feeling tired, irritable and unfocused. Then you'll be tempted to forego your noontime workout, or go home, eat and stretch out on the couch in front of the TV after work. If, however, you follow some simple, sensible dietary practices throughout your day, you'll get that workout done. And rather than feeling lightheaded and exhausted afterward, you'll be energized and refreshed.

**You'll keep your motivation to exercise if you:**

- Have a glass of juice to boost your energy before a morning workout.
- Eat a breakfast that includes whole grains and fruit or fruit juice.
- Eat small, frequent small meals and snacks during the day to maintain your blood sugar.
- Make sure to have a light, healthy snack an hour before your noon or after-work workout.
- Stay hydrated, keeping a water bottle at your desk at work.
- Limit - or eliminate - the amount of caffeine in your diet.

If you want to know exactly how you should eat to reach your health and fitness goals, stop by the front desk and set up a consultation with an APEX Fitness Professional (Fit Pro). You'll learn how to eat healthy for your lifestyle based on your goals and preferences.