

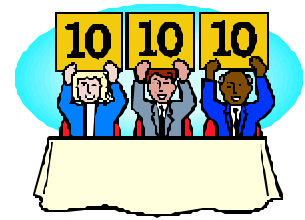


Newsletter

Just-Be-Fit

Volume 1, Issue 1

Get Results! Featured Clients...



“Success is a process not a destination...” by Deepak Chopra. Let’s celebrate the results of the process...

Congratulations to D.F. who began a training program and diet plan in late April within two months obtained some great results:

- Lost **12** pounds of body fat
- Lost **18.5** inches
- Increased strength — 15 more crunches than during her first crunch test; 8 more push-ups than her first push-up test.

Congratulations to S.T. who began training in late April as well, she also achieved some great results including:

- Lost **5** pounds of body fat
- Gained **2** pounds of muscle
- Lost **6.8** inches

- Discovered a way to manage cravings for sweets and chocolate

Congratulations to D.H. who’s been training since early May and after one and half months achieved some terrific results including:

- Reduced body fat percentage from 20.1% to **18%**
- Lost **6.6** inches
- Improved cardiovascular endurance
- Gained strength—increased the number of crunches and push-ups from original test
- Reduced resting heart rate to **52** beats per minute — it helps to wear a heart rate monitor on a regular basis!

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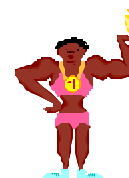
Get Results! – Featured Clients...



Congratulations go to P.M. for his great success; he began training in March to prepare for his college reunion and got some great results including:

- Lost **12** pounds of body fat
- Reduced his body fat percentage from 19% to **15%**

- Improved his strength in his back, chest, legs and arms
- Improved his ability to play other sports such as ice hockey
- Improved his flexibility.



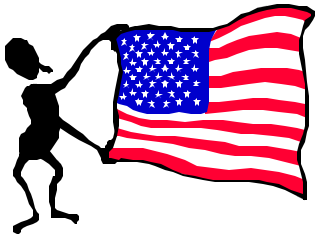
Get Motivated!

Quote from William James:

- *It is our attitude at the beginning of a difficult undertaking which, more than anything else, will determine its successful outcome.*

Key Dates to Note

- *July 4, 2002 – Happy Holiday! Enjoy your bar-b-que and eat healthy!*
- *July 11-14, 2002 – Mary M will be going to Las Vegas to help judge the National Women's Tri-fitness Athletic Competition – please see about rescheduling your sessions that fall during that time.*
- *Many clients are going on vacation, enjoy!!!*
- *Look for a Just Be Fit party coming this fall...*



July 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Fitness Tips

To step up your fat burning program, keep in mind the following:

- Increase cardio — make sure you are doing cardio and/or cross training/sport at least 3 times per week in addition to the personal training time for 30-45 minutes at a time
- Incorporate interval training into your cardiovascular workout; in other words alternate your training heart rate from 60% to 80% of your maximum heart rate during your workout (try to run or sprint to get HR to 80% for 30 seconds to 1 minute at a time during your work out session)
- Increase rest — take one to two days off from training per week to rest
- Contract your abs during every workout session and dur-

ing every exercise not just ab-specific exercise; if you spend the rest of the 15+ hour per day in which you are awake relaxing your ab muscles, try very hard to keep them contracted during your one hour training workout and 30-40 minute cardiovascular workout.

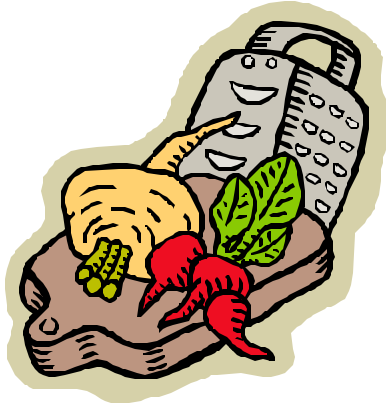
- Maintain good form during every exercise; before you lift the weight, put your body in the proper posture to get used to how it feels; if you don't keep good form not only is the risk of injury higher, but you may be training your body improperly and odds are, you will not like the results.



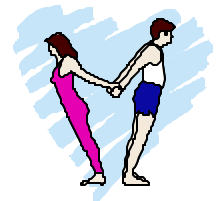
Diet Tips

Diet contributes 50% to 70% to the results of a successful weight loss plan. Remember the following tips to help improve your results:

- Allow yourself a “cheat meal” once a week; as long as you are strict during the entire week, one meal won’t hurt you in the long run.
- Make sure that you’re getting 5-6 small meals per day — every 2-3 hours; this helps increase our metabolism
- Don’t eat any starchy carbohydrates after 3:00 pm; our metabolism tends to slow down in the afternoon and our bodies store much of these starchy foods as fat
- Eat protein first when possible; then eat your carbohydrates



- Don’t skip breakfast!
- Indulge in fats — preferably the monounsaturated fat
- Avoid sugar, white flour, and saturated fats
- Switch grains and veggies (on food pyramid regarding the recommended servings); eat whole grains
 - Try liquid vitamin B Complex — take 1/2 teaspoon of vitamin B to get rid of sugar cravings and helps balance out most cravings
 - Eat carbs after your workout!
 - Avoid plateaus — make sure you’re making the right food choices, eating every couple of hours, getting the right amount of calories per meal, getting the proper nutrient ratios per meal, and training properly.
 - Track your meals and activity in the journal!



Free Sessions!

Client Referral Program

How it works:

- Refer 1-5 new clients who sign up for 12 weeks of personal training and you get one week free for each new client who signs up.
- Refer 6-12 new clients who sign up for 12 weeks of personal training and get 2 weeks free per client who signs up.

Name: _____ Referred By: _____

1 Free Session



JUST-BE-FIT
GET MOTIVATED, GET RESULTS!

For Appointment Call: 310-766-5163
Expiration Date: 12/31/2002

Fitness Products

Product:	Quantity	Price/item	Total
<input type="checkbox"/> Resistance Bands: travel kit		\$ 16.00	
<input type="checkbox"/> Resistance-Ball		\$ 25.00	
<input type="checkbox"/> Just-be-fit Tank Top (specify size)		\$ 19.00	
<input type="checkbox"/> 12-week Journal & Water Bottle		\$ 18.00	
<input type="checkbox"/> Sauna Shorts		\$ 15.00	
<input type="checkbox"/> Heart Rate Monitor		\$ 60.00	
			Subtotal: _____
			Tax: _____
			Total: _____

Method of Payment

Check _____ Name _____

Visa _____ Address _____

MasterCard _____

American Express _____

Phone _____

Credit Card # _____ Exp. date _____

Signature _____

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Mailing Address Line 4

We're on the web!

www.justbefit.com



Just-Be-Fit

Get Motivated, Get Results!



How about them Lakers!

Stay Hydrated!

Muscle & Fitness December 2001 article: "Take a hydration test: Drink 24 ounces of water. If you feel no urgency to visit the restroom within 45 minutes, you're likely dehydrated. Not only can dehydration compromise your work out, causing suboptimal workouts, but dehydration levels can influence metabolism. Dehydrated individuals tend to have a slightly lower metabolic rate, so drinking up is sound advice for the dieter."

Follow these hydration tips from Nancy Clark, MS, RD:

- Don't underestimate the amount of fluid you lose through sweat.
- Sip throughout your training session — drink about 8 ounces every 15-20 minutes
- Don't wait until you're thirsty to start drinking
- Keep a big bottle of water handy at your work area and drink throughout the day
- Don't substitute caffeinated coffee, tea or soda or alcoholic beverages for water
- Remember that illnesses like colds and flu can lead to dehydration — so drink even more when you are sick
- Athletes should consume more than the conventional eight glasses of water per day. Clark advises 1 liter for each 1,000 calories expended
- You also need more water if you spend a lot of time outdoors
- Start and end your day by drinking water; this helps make up for the water lost during respiration and perspiration when you sleep
- If you're drinking enough water, your urine will be plentiful and light in color, Clark adds. If your urine is dark and scanty, you probably need to drink a lot more water.

Source: Nancy Clark's Sports Nutrition Guidebook (Champaign, IL: Human Kinetics)

