

We Change Lives!

October, 2015

Volume 2, Issue 3



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Ray's Special

Technology and Your Health, Wellness, and Weight loss Goals

Technology continues to change the world we live in. Everything in life is impacted. From the commute to work and blue tooth and Pandora to the replacement of the PC by the mobile device, technology is everywhere. This includes the world of fitness. The list of tech devices in the fitness world goes from pedometers to GPS to heart rate monitors to wearable devices that even measure our sleep! Technology can be an incredible tool to help you reach your goals faster. It can also be just more gadgets and junk in drawers and closets. The key is using tech in the former and avoiding the latter.

Here are some tips:

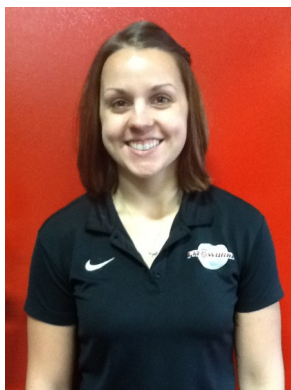
- 1) **Get educated.**...learn what you NEED from your tech. Do you just want to easily monitor heart rate or will you be clicking off miles on a daily run? Some devices don't do enough and others too much. Learn what you need! A base Fit bit might fit your needs and the Apple watch overkill. Be sure you do not under or over buy.
- 2) **Learn your device.** Learning to use the device is critical and many never take the time to do so.
- 3) **Combine technology.** Use your wearable device with exercises from [YouTube](https://www.youtube.com/playlist?list=PL1111111111111111). ([youtube.com/FitWorkzDeKalb](https://www.youtube.com/playlist?list=PL1111111111111111) has over 600 videos!) Use your new Fitbit to compare calories burned with traditional exercise with calories burned doing functional training exercises learned from YouTube.
- 4) **There is an App for that!** There are over 1 million for Apple devices alone. Again what you need from an app? Will it hold you accountable, if you never use the app it is useless.

Just remember that technology does not replace getting up off your butt and executing!



Meet Our New Team Members

Alayna Beckham



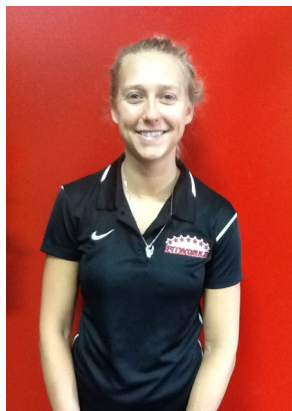
Education: A.S. Science from Sauk Valley Community College; currently pursuing B.S. in Nutrition

Favorite Cheat Meal: Peanut butter, pizza, and tacos—I cannot pick just one!

Hobbies: Cooking and spending time with family and friends

Quote to live by: Your only competition is the reflection in the mirror

Bryanna Phelan



Education: B.S. Kinesiology Northern Illinois University

Favorite Cheat Meal: Anything Chocolate & pizza!

Hobbies: Spending time with family and friends; catching some extra Zzzzzz...

Quote to live by: Everything happens for a reason. It may be unclear in the moment but have faith and trust the journey.

Courtney Milburn



Education: B.A. Multimedia Project Manager & Massage Diploma

Favorite Cheat Meal: Pizza

Hobbies: Soccer & any outdoor activities

Quote to live by: Live life as if it was your last day!

Tim's Blog

Women and Weight Lifting: What it means to be Toned

The claim that lifting lighter weights for more repetitions will give you that desired toned look is one that we're all too familiar with. Walk into any gym nowadays and you'll typically see the women in particular lifting a light weight for what seems like repetitions to infinity. Although this gym fallacy has been regarded as common lifting knowledge for decades, it couldn't be further from the truth.



For starters, let's begin by discussing where the word "toned" came from. Today, "toned" is defined as giving greater strength or firmness to the body or a part of it. "Toned" originated from the Latin word "tonus" and was originally defined as tension. When referring to tonus in a sentence regarding muscle tissue it was typically described as increasing the overall tension of the muscle tissue. So how does this apply to weight training? The best way to increase the tension of your muscle tissue is to lift HEAVY weights (which are different based on each individual), not light ones. Not only will you have more luck on your never ending quest to become "toned" but heavy lifting is

more metabolic as well, meaning you'll receive much greater cardiovascular benefit, build more muscle, and burn more fat.

The last point worth mentioning is that lifting all the weight in the world still won't necessarily give you the toned look you want if your nutrition isn't correct. The true reason all of those models in the magazines have that toned, defined, hard, (insert adjective here), look is because they have a low body fat percentage which is achieved through proper nutrition (see [Eat by Color](#)). If you've been weight training for awhile, chances are you're toned by the legal definition but don't look the part because your hard work is hidden by a layer of body fat.

So what are the takeaway points here ladies? Eat right and don't be afraid to lift heavy weights!

For the Weekend Warrior!

Is your schedule packed tight throughout the week, that you are short on workout time? Do you enjoy running 5K, 10K, Scarecrow Walks, Kite Festivals, or any other type of weekend fitness fun activities? Then JOIN US as we take you through an effective workout plan for the "Weekend Warrior" in you! **Every Wednesday in October at 6:30pm**, learn proper stretching & warm-up techniques, quick cardio workouts, and quality lifting techniques in this 4 week program to help you be the **BEST WEEKEND WARRIOR** you can be, all while still **HAVING**



FUN! You and your group of friends will have the best time of the week with our trainers as they take you through a series of training to keep you on your feet at all times and keep you moving through the fall season. Sign up at the front desk or call the club for more information. First session starts Wednesday, October 7th. Price is \$40 for members, and \$50 for non-members.

October - Fall into Fitness Free Training & Classes

Click on the calendar below to view the full schedule and description of this month's free training and class schedule. Any level of membership, including trial members and non-members, can sign up for any of the free training and classes. Sign up on MindBody or at the front desk and let us help you change your life!

Fall into Fitness - Free Training and Class

October 2015

Free Training—
Member: FREE!
Non-member: \$10

Class—
Member: \$10
Non-member: \$20

Please sign up 24 hrs before scheduled time.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 CropFit 11:30am	3
4	5 New Season Resolutions 4:30pm	6	7 The Glory Days 9:30am	8	9 Farmer's Push & Pull 11:30am	10
11	12 CropFit 5:00pm	13	14 EbC Food Harvest 9:30am	15	16	17
18	19 EbC Healthy Harvest 4:30pm	20	21 CropFit 9:30am	22	23 EbC Food Harvest 11:30am	24
25	26 The Glory Days 5:00pm	27	28 Farmer's Push & Pull 9:30am	29	30	31