

We Change Lives!

June, 2015

Volume 1, Issue 12



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There is nothing more frustrating than putting in the work and effort in hopes of losing pounds and inches or improving your health. Only to fail, fail, and then toss in the towel and quit. I have been there. Let me share some of my mishaps. I am sure you can relate to some and hopefully not all.

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I remember what it was like struggling to get the scale to move a pound only to have it go up by two pounds. Or deciding maybe I should try jogging...sure jogging must be what is missing...only to make it 30 yards or so, dizzy, light headed, short of breath, and my mesh shorts trying to cut my legs off at the crotch. Oh and I can't forget realizing I was doing no leg exercises and tried every leg machine in the gym. On my ride home I stalled my stick shift car four times at the first stop light out of the parking lot. Clearly every leg machine equals your leg shaking uncontrollably off the clutch at stop lights. Lesson learned.

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So I picked only one leg machine to do next visit to the gym. The squat machine looked simple and a guy my age was effortlessly using it. When he was done I gave it a shot...I got in the machine, starting to squat down, and kept on going right down to the floor. My former fat self was shut in the machine with all the meatheads having a hearty chuckle. I climbed out the side of the machine and left...happy I could at least drive home with out stalling the car this time.

Frustrating. Yes, absolutely! It does not have to be this way. I have helped countless avoid the frustration and reach their health, wellness, and weight loss goals. What are your frustrations? I would be happy to try and help you out if I can. Contact me at EatbyColor.com or social media. If I can save you the embarrassment and frustration I will. Would love to hear from you!

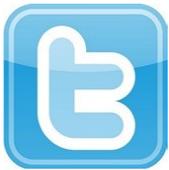
This is an excerpt for “Get Fit and Live Healthy, **A Collection of Keys to Your Success from a Gym Owner and Trainer**”

- The Truth about Gym Memberships from a Gym Owner
- Why Your Husband Loses Weight Faster and Easier Than You if You Are Female
- Stay the Course, Don't Jump Out of the Boat
- Secret to Traveling and Reaching Your Goals
- The Real Secret to Losing Weight is to Make Exercise FUN!
- Do this to Boost Your Immune System
- Get Balanced and Enjoy Long Term Health and Wellness

[Interested in learning more you can find the book on Amazon today for Kindle. Print to follow \(here at the club\) as well as Nook, and iBook.](#)



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This article is the courtesy of Raymond M. Binkowski former fat guy, author of “Eat by Color”, personal trainer and owner of FitWorkz. Its intent is to be shared. If sharing the previous following statement MUST be included any time this article is reproduced in part or entirety. So please feel free to share, you just might change a life!

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Daily Motivation



All of us have wonderful and meaningful reasons why we work-out...family health, teach/show our kids to instill healthy habits, relieve stress, and many other reasons. Whatever the reason is or whatever your motivation is, be sure that you are still doing it for YOU! We all can be “accepting” of criticism from family, friends, co-workers comments that may be judgmental of our lifestyles or how we look. If you are willing to make a change, be sure it is something YOU WANT TO DO, not what some-one else said you should do (unless it’s your doctor). The next step to that is, make sure you are dedicated to what you are doing. Create a plan, get a timeline, set some small goals, and hit the ground running from that point! Going in to a new lifestyle requires a “road map”, and it’s difficult to get to where you want to go without a planned route. Tell a friend, family member, spouse, and/or a co-worker what you’re doing as well. It makes the journey more realistic, and people will be holding you accountable. Just remember, you don’t need to do it for any other reason than for your own benefit. That will be your BIGGEST motivator of all.

What a great Father’s Day Gift Idea!

Stability:
Can you provide a stable base in order to produce consistent power in your swing?

Mobility:
Are you flexible and mobile enough to create a dynamic swing through a full range of motion?

Posture:
How are you holding your body on and off the course?

Proprioception:
Can you maintain your balance as you complete the swing?

Coordination:
Can you bring it all together to execute your best swing?



“Fit to a T”
A Golf Performance Workshop

Where: Fitworkz Gym located at 1690 Sycamore Road in Dekalb, IL

When: 6:30pm June 8th, 6:30pm June 16th, 9:00am June 18th, 6:30pm June 24th, 8:00am June 25th, and 8:00am June 30th

Cost: Only \$19.99!

Gift Certificates and Massage also available

Tim's Thoughts



This month I'd like to discuss the aspect of my job that I find most challenging, which is getting my clients to rest. We often get stuck in the same old notion that "more is better", case in point: money. However when it comes to strength training or any other form of intense exercise, sometimes less is more. Without adequate rest, the body will fail to repair itself and build that lean tissue you're striving to achieve. Remember, for every 1 pound of lean muscle we can add onto our body that equals an additional 3500 calories your body will burn at rest! But it will take forever to achieve that extra pound of muscle if we're training 5-6 days a week for an hour each day along with only getting an average of 5-6 hours of sleep at night and living

off of our next energy drink.



Contrary to popular belief, the body only repairs itself during the hours we sleep, so even a 15-20 minute nap during the day can have a profound effect on your training. Optimally, you should aim for 7-8 hours of sleep at night or more if you can! Another cause for concern would be the effect that a lack of sleep and overtraining can have on your hormones. If we consistently over train and have irregular sleeping patterns, the hormones we naturally want elevated, such as testosterone and human growth hormone (which play key roles in muscle repair and recovery), are decreased past normal levels. Not only will those important hormones start to decrease, but the hormones that we naturally want at lower levels, such as cortisol (stress hormone), will increase past normal levels. High levels of cortisol production can be associated with nagging injuries, irritability, lack of focus, decreased appetite, and slower recovery from training to name a few. So go ahead and hit that snooze button! Your body will thank you.





Here is an excerpt from Chapter 3 on the power of insulin and how to control it.

Insulin is a storage hormone. In a generic sense insulin can be seen as a school bus that transports nutrients to the different tissues of the body. This makes insulin very necessary to our existence. Though necessary, the continual elevation of blood sugar and insulin can lead to insulin resistance. This roller coaster effect across a lifetime can lead to insulin dependence via prescription pill or injection. This is called Type II or Adult onset diabetes.

In addition, when insulin levels are elevated the body

cannot easily burn fat due to the hormonal relationship between insulin and hormone glucagon. So we have an inversely proportional relationship of the following: insulin levels up, (glucagon down) fat burning down and insulin levels down (glucagon up) fat burning up. Real simple, when insulin is elevated, glucagon is down, and fat burning is down. If we lower or control insulin and in doing so raise glucagon more fat is burned!

It is like a children's teeter totter. When insulin is elevated (from lots of simple carbs or sugar) you cannot burn fat!

www.eatbycolor.com

Recipe of the Month: Shredded Chicken Ranch Tacos

Tacos are always a family favorite; their quick, easy, and tasty. This summer, quick and easy are generally the go-to requirements for the next meal. Try this delicious Shredded Chicken Ranch Taco to add a twist to an old favorite.

Ingredients:

2 lbs boneless, skinless, chicken breasts
 1 packet ranch seasoning
 1 packet taco seasoning
 Chicken bouillon
 Water

Directions:

Wash the chicken and place in your crock pot. Add taco seasoning, ranch seasoning, and chicken bouillon (1 cube). Add 1—1.5 cups of water. Turn the crock pot on low and set your time for 5-6 hours, or when chicken easily shreds. Serve on your favorite Fold-It (in place of tortilla) and enjoy grilling. Dinner is served!



Sports Performance Training



3 Day FREE Try Out!

Experience our training for 3 days in one week. Why Try Out...we want you to try us out. Make sure we are a good fit for you.

Call today for the **FREE 3 Day Try Out** at (815) 756-1188!

Running Mechanics Day

- Faster 40 Times
- Increased Endurance
- 10 Yard Separation on Court, Field, Track, or Ice
- Increase Vertical

Plyometric Day

- Faster Direction Change
- Improved Balance while Moving on the Court, Field, Track, or Ice
- Stability to Make the Play

Junior Weightlifting Day

- Safe Lifting Form
- Proper Lifting Mechanics to Increase 1 Rep Max
- Increased Force and Power Production

There is **NO Cost** for our **3 Day Try Out!** Parents are encouraged to watch each of the Try Out sessions.

Call today at (815) 756-1188 and train FREE! Get off the bench and into the game! Take that starting spot. Your teammates and competitors are here now TRAINING! Sign up for your **FREE Try Out** today!

Enjoy these Benefits:

Speed, Get Fast

Vertical, Jump Higher

Injury Prevention, Don't Get Hurt

Confidence, Improved Self Esteem in Sport and Life

Power and Strength, Increased 1 Rep Max

Lifting Mechanics, Learn to Lift Correctly at an Early Age

Endurance, Play the End of the Game Like the Start of the Game

Summer Training Hours (June 8—August 15)

Sports Performance AM (M—F) 9:00, 10:00, 11:00; Saturday 10:00, 11:00

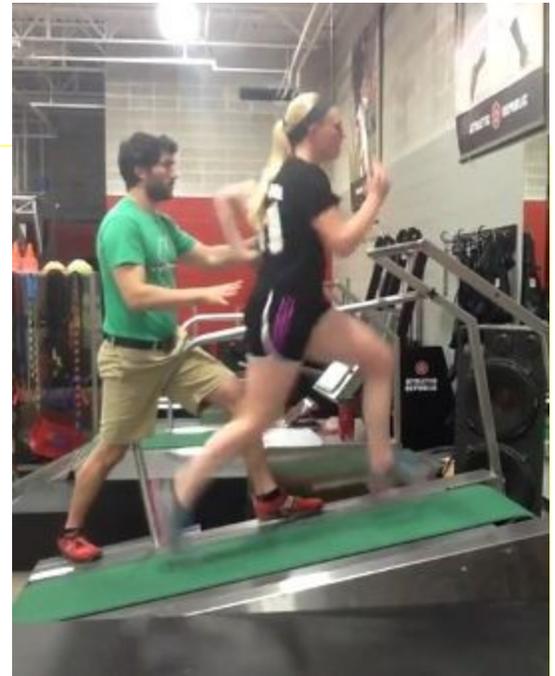
Sports Performance PM (M, W, F) 3:30, 4:30, 5:30

Sports Performance PM (Tu, Th) 3:30, 4:30, 6:30

Jr. Lifting AM (M, W, F) - 10:00

Jr. Lifting PM (M & W) - 3:30

Jr. Lifting PM (Friday) - 5:30



Free Training & Classes: June Buddies

June 2015

Sun

Mon

Tue

Wed

Thu

Fri

Sat

| | | | | | | |
|----|--|----|---------------------------------------|----|----|--|
| | 1 | 2 | 3 <i>In Sync</i> 9:30am | 4 | 5 | 6 <i>Friendly HIIT</i> 10:00am |
| 7 | 8 <i>Double your Chances with EBC</i> 4:30pm | 9 | 10 <i>Two More Reps</i> 9:30am | 11 | 12 | 13 <i>Double Trouble</i> 10:00am |
| 14 | 15 <i>Bridal Boot Camp</i> 4:30pm | 16 | 17 <i>Double Trouble</i> 9:30am | 18 | 19 | 20 <i>In Sync</i> 10:00am |
| 21 | 22 <i>Tank Top Arms</i> 4:30pm | 23 | 24 <i>Friendly HIIT</i> 9:30am | 25 | 26 | 27 <i>Two More Reps</i> 10:00am |
| 28 | 29 | 30 | | | | |

Free Training

All training sessions are FREE to members, and \$10 for non-members

Double Trouble: Double the fun, double the work. That's what you'll experience using battle ropes during this free training session. Learn about the various types of movements and routines you can do with the battle ropes, and how it is a great alternative to cardio machines!

Friendly HIIT: It is truly a love-hate relationship with HIIT training, but it is one that you'll hate to love. Learn what HIIT training is, and why it is beneficial to your training. Go through a HIIT session with the trainer to get the concept and build your own HIIT program.

In Sync: Getting in a great workout session may require some strategy. Knowing what your body is capable of, as well as getting motivated to get through the workout completely takes time and dedication and knowing YOU! Attend this free training session where the trainer will take you through a dynamic warm up and what are great motivators to get you through the best workout, every time!

Two More Reps: The power of motivation! That is what this free training session is all about. Work with the trainer and how a little bit of extra words of encouragement can get you through some extra reps in your workout. If you already do 10 push-ups, dig deep and do 12! You arm curl 3 sets of 15 reps, get in 17 reps! You are stronger than you first believe.

Classes

Cost—\$10 for members, \$20 for non-members

Bridal Boot camp: Bridal season is here. A wedding is approaching, and you are dreading that time where you'll need to find a dress or suit. Attend this one hour class where we'll show you various exercises that will not only get your heart rate up, but will be the best workout you'll experience and get you wedding ready in that dress or suit.

Double Your Chances with Eat by Color: Working out is one piece of a big puzzle in finding healthy and permanent weight loss. Another large portion is nutrition. Attend this 1 hour workshop where it will be part lecture and part hands on about proper nutrition: portion, when to eat, workouts and food, food shopping, what to eat sparingly, etc. Learn about Eat by Color and how it can be a part of you and your family's lifestyle, and not just a temporary diet.

Tank Top Arms: As the weather heats up, the layers come off, and you are wanting to work on certain areas that get you noticed for summer—abs and arms. This 1 hour class will give you the workouts you're looking for to get those great abs and arms for your tank top or swim suit. Using body weight exercises, kettlebells, and TRX, this class is very informative and will give you the information you need to get you going on your summer look.

Sign up for our Large and Small Group training on MindBody. Personal training is also available.

schedule subject to change

| | Sports Performance | Evolution | Next Step | Small Group— Reformer (Pilates) | Small Group |
|------------------|--|---|------------------|--|---------------------------|
| Monday | 9:00am, 10:00am, 11:00am, 3:30pm, 4:30pm, 5:30pm | 5:30am, 7:30am, <u>8:30am</u> <i>(Platinum)</i> , 12:00pm, 5:30pm, 7:00pm | | 10:30am | 4:30pm, 5:30pm |
| Tuesday | 9:00am, 10:00am, 11:00am, 3:30pm, 4:30pm, 5:30pm | 10:00am, 3:15pm, 5:30pm | 4:15pm | 9:00am, 12:30pm | 5:00pm, 6:00pm, 7:00pm |
| Wednesday | 9:00am, 10:00am, 11:00am, 3:30pm, 4:30pm, 5:30pm | 5:30am, 7:30am, <u>8:30am</u> <i>(Platinum)</i> , 12:00pm, 5:30pm, 7:00pm | | | 4:30pm, 5:30pm, 6:30pm |
| Thursday | 9:00am, 10:00am, 11:00am, 3:30pm, 4:30pm, 5:30pm | 3:15pm, 5:30pm | 4:15pm | 10:00am, 12:30pm | 5:00pm, 6:00pm, 7:00pm |
| Friday | 9:00am, 10:00am, 11:00am, 3:30pm, 4:30pm, 5:30pm | 5:30am, 7:30am, <u>8:30am</u> <i>(Platinum)</i> , 12:00pm | | 9:30am | 3:30pm, 4:30pm |
| Saturday | 10:00am, 11:00am | 8:00am, 9:00am | 9:00am | | 7:00am |