

Richly Rewarding Living

Your Monthly Newsletter For Maximizing Life's R.O.I.™
"The more you put into it, the more you get out of it"

For Clients and Friends of Fit-4-Life, Inc.

Supplementation - Filling the Voids

According to USDA studies, less than 3% of Americans eat a balanced diet everyday. Fewer than 1 in 50,000 achieve recommended daily allowance (RDA) of ten essential vitamins and minerals. As a result, top medical associations and health organization now recommend supplements as "prudent" for complete nutrition.

The Challenge

Modern life presents many potential obstacles to long-term health:

- ◆ *Poor food choices:* Almost 90% of us have a diet that is poor or needs improvement.
- ◆ *Excess weight:* Increased risk of many long-term health problems.
- ◆ *Age-related changes:* The process of aging slows down the body's ability to utilize nutrients in the diet.
- ◆ *Confusion about the right supplementation:* With the wide variety of supplements on the market, it's no wonder that people aren't sure which nutrients to take and in what quantity.
- ◆ *Environmental challenges:* Poor air and water quality, as well as exposure to free radicals from pollution and the sun's powerful UV radiation, all have an impact on health.

Why should you supplement?

Besides the obvious fact that you aren't reaching the RDA of essential vitamins and minerals every day, research suggests that increasing the intake of specific nutrients may be helpful in the following ways:

- ◆ *Preventing deficiency diseases*
- ◆ *Promote optimal health*
- ◆ *Promotes the health of key body systems:* heart and cardiovascular system, breast, lung, prostate, bones, muscles, blood vessels, eyes, teeth, and gums.
- ◆ *Promotes healthy immune function*
- ◆ *Prevents free radical damage*
- ◆ *Reduces the risk of birth defects*

Small Group Bootcamp Gets A Makeover! Power Yoga Is Coming

Great New Workouts Added 6 Days A Week

Monday:

Cardio/Core Blast 5:00PM—6:00PM

Tuesday:

Women Only Bootcamp 9:30AM—10:30AM
Upper/Lower Body Sculpt 6:00PM—7:00PM

Wednesday:

Cardio/Core Blast 5:00PM—6:00PM
Power Yoga 6:00PM—7:00PM

Thursday:

Upper/Lower Body Sculpt 6:00PM—7:00PM

Friday:

Women Only Bootcamp 9:30AM-10:30AM

Saturday:

Power Yoga 8:00 AM—9:00AM
Upper/Lower Body Sculpt 9:00AM—10:00AM

We have unlimited monthly packages, 2 workouts/week, and 8 Class Pass Options, and Yoga is included in our packages or Yoga Only.

REGISTER Today!!
www.CherryHillBootcamp.com

Choosing the right supplements

Food supplements are not regulated or standardized by the Food and Drug Administration. This means virtually any product can be sold. As a result, assuming two brands of product are the same is a big mistake. *Choosing the wrong product can have strong negative effects on health.*

So what should the conscientious consumer do? It's just like shopping for healthy food options in the supermarket—you need to become a good label reader.

- ◆ Ignore flamboyant product names. Extravagant terms like 'extra strength' or 'meganutrition power' are used to just to sell the product and are usually empty catchwords.
- ◆ Look for nutrient amounts. Some companies will list a source, such as blue green algae or juice powder concentrate, but neglect to provide the amounts of many of the nutrients they claim to supply.
- ◆ Make sure the amounts are listed by percent of the Daily Value or DV, not just in mg or ug amounts. This allows you to compare amounts supplied by competing products and to determine whether the supplement provides nutrients in proper proportion to one another.
- ◆ Exercise caution with 'one-a-day' type tablets. Once a day supplement tablets rarely supply adequate amounts of all 24 DV nutrients. Some minerals such as calcium require quite a bit of bulk, one tablet containing all the nutrients in proper amounts would be very large.
- ◆ Watch out for supplements that contain artificial colors, sweeteners or chemical preservatives. We get enough of these in our everyday diets without 'supplementing' for more. Some of the most common are FD & C Red #40, FD & C Yellow #96, Shellac, BHT, BHA, and sucralose.

Keys to a good product

The keys to choosing a good vitamin supplement can be referred to as the 3 p's:

- ◆ *Purity* refers to the quality of the ingredients in a product. Choose organic/unaltered sources for their strong enzymatic action, balance, and phytonutrients.
- ◆ *Potency* refers to levels of nutrients that are strong enough to be effective. A good product should have at least 100% of the RDA for all essential vitamins and minerals. Check especially for 100% of Biotin, which is often left out of inferior products.
- ◆ *Performance* refers to the proof that the product actually gets into the blood-stream and delivers nutrients to the cells. Good products will have published 'peer reviewed' clinical studies proving their efficacy and 'bioavailability' or absorption.

6 Ways to Beat the Winter Blues

Does the change in seasons bring you down? Does lack of sunshine make you blue? Ready to hibernate 'til spring? Here's a few tips to help you beat those winter blues.

1. **Let the sun in.** The seasonal increase in darkness can have a negative effect on your mood. To fight this, open the blinds and window shades when you get up in the morning. Also, try to spend a little more time outdoors on sunny days, soaking up some sunshine rays can improve your mood.
2. **Enjoy a winter sport.** Find a winter sport you enjoy, and before you know it, you'll be looking forward to the cold weather. Whether it's skiing, skating, or snowshoeing, aerobic exercise boosts your endorphins to lift your mood.
3. **Exercise.** Aim for at least 3-4 times a week for 30 to 45 minutes. This can be an easy walk on the treadmill, extra laps around the mall, or even just up-and-down the stairs at work. Exercise helps your mind by releasing those 'feel good chemicals' that improve your mood.
4. **Eat a Healthy Diet.** What and when you eat has a great affect on your mood and energy. Avoid refined and processed foods (like white breads, white rice, and sugar). These foods are not only devoid of the nutrients your body craves, but they can zap your energy levels and can affect your mood. Try to incorporate more complex carbohydrates (whole wheat breads, brown rice, veggies, fruit) and drink plenty of water.
5. **Treat yourself.** Having something to look forward to can keep anyone motivated, even when winter seems endless. Plan something that's exciting to you—a weekend trip, a day at the spa, a party, or special event. If you plan something exciting, your mood improves when you're anticipating it and when the event actually comes.
6. **Relax!** You're busy. Work, family, friends, appointments, meetings—even if you enjoy being busy, everyone needs some time off. Don't be afraid to say 'no' to extra opportunities. Try to spend a few minutes each day doing nothing. Read a book or magazine, sleep in on the weekend, go to bed early, try some meditations, or take a yoga class. Relaxation can alleviate stress and leave you with calm energy. Mental exercises

Did You Know?

We offer a variety of fitness and nutritional services here at Fit-4-Life, including:

- ◆ **One-on-one Training**
 - ◆ **In-Home Training**
 - ◆ **Fitness Bootcamp**
 - ◆ **Small Group Training**
 - ◆ **Korr Metabolic Analysis**
 - ◆ **Nutritional Counseling**
 - ◆ **Corporate Wellness Programs**
 - ◆ **Corrective Body Treatments**
 - ◆ **Shaklee Supplement Distributor**
 - ◆ **Private Cooking Lessons**
- For a complete listing of services visit our web site:
www.personaltrainerincherryhill.com
Or just give us a call and we'll mail you an info-pak!
(856)751-0033

REFERRAL REWARDS!!!

I'd much rather pay you with free personal training sessions or lavish gifts than pay for advertising. Just refer us a friend, co-worker or family member who becomes a client and you WIN! **And the more you refer...the more you win.** There's no limit to my gratitude! Just tell the person you refer to use your name when they call or come in, and **we'll roll out the red carpet for them.** Seriously, we have a red carpet and we're not afraid to use it ☺.

CLIENT OF THE YEAR

The Client of Year 2010 is...

Millie DeShields

Congratulations!

Every month we choose one client who has done something exceptional and reward him or her. 4 amazing success stories Dan Frischberg, Joan Kerrigan, Kevin Kiene, & Millie DeShields we're eligible for our 1st ever Client of the Year. The votes were counted Millie Won!!

And don't forget, if you have any questions or concerns about your health, we're just an email or phone call away.

We're here to help, and don't enjoy anything more than participating in your **lifelong good health**. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email or call with your question and I'll do my best to address it in an upcoming issue (or with you personally).

I'd love to hear from you.

kevinhensel@fitlifeinc.com

856-751-0033



**Millie D., Full Time Parole Officer & Mom of 4
Lost 45 lbs, Over 30 Inches, & 10% Bodyfat**

Congrats Millie you are totally kicking butt, enjoy your FREE Month of personal training, just 13 more lbs. to go!!

DO YOU KNOW THESE PEOPLE?

Welcome New Clients!

Here are the new clients that became members of our fitness family this last month! We'd like to welcome you publicly, and wish you all the best!

**Dennis & Michelle Murray, Alfio Pennisi, Cathy Kramer, Michelle Sokoloff
Amanda French, Susan Phillips, Keith Wright, Michael Bollinger,
Lorrie Beck, Amy Spiegel, Peg Ugolick, Katherine Robinson, Marilyn Ruff**

THANK YOU! THANK YOU! THANK YOU!

Thanks to YOU, we're the hottest Fitness Training Business in town. Our clients and friends deserve great thanks for graciously referring us to family, friends and neighbors. *We couldn't do it without you!*

Referral Rewards: Win free sessions or lavish gifts for your referrals. Be sure to print your name as "Referred By" We'll "roll out the red carpet" for your referrals and treat them like royalty!

\$ Can You Put A
Price On Looking
& Feeling Great?

Fit-4-Life, Inc.

Guaranteed Results Personal Training & Boot Camp

www.PersonalTrainerInCherryHill.com * (856) 751-0033

\$ Can You Put A
Price On Looking
& Feeling Great?

Gift-A-Friend...Bring-A-Friend

Gift a friend of yours with this Certificate good for **1 free personal training session or one free week of fitness Boot Camp**. Or bring your friend with you (please call ahead to let us know) for a couple free buddy workouts!

We'll roll out the red carpet and treat your friend like royalty!

Referred By: _____ Friend's Name: _____

Gift Certificate Expires:01/15/2011



Fit-4-Life Turned 15 Years Old, The Party Was A Blast



The Fit-4-Life Team & The Ones Who Put Up With Us
Tanya, Matt, Kevin, Christina, & Dan



Party Foul No Napping At A Party
Millie D. and Al C.



Our 2 Biggest Losers Kevin K. and Dan D.
Lost over 280 Lbs. Between Them



Trainer Matt's Daughter Gabby(Right),
And Kevin Cooks Daughter



Our Wii-Fit Masters Gabby, Abby, & Sydney (Super Cuties)

See who won the 2010 Client of the Year, you won't believe the before and after photo. See all the videos at www.personaltrainerincherryhill.com



Kevin Hensel
Fit-4-Life, Inc.
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www.PersonalTrainerinCherryhill.com



You'd smile too if you just won Client of the Year

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Yoga Coming...Page 1**

Plastic Surgery Or No Plastic Surgery?

Here's Your Newest Issue of Richly Rewarding Living.

Fitness Bootcamp Added Workouts & Power Yoga Is Coming

Happy Holidays From **FIT**^{personal training}**4LIFE**

Dear Clients and Friends,

Winter is in full swing and it's that time of year again...*the holidays*. Really, *already*, where did the year go?


When did the holidays get so stressful, anyways? It's *supposed* to be a joyous season, a season of giving and enjoying friends and family. These days it seems to be a time of year we all get a little anxious about, maybe even dread...with all the deadlines for getting holiday cards written and mailed out on time, making the *perfect* gift giving list, fighting the crowds at the malls to shop, sticking to your budget, gift wrapping, parties, travel, etc...*whew*, it is a busy month!

Take a step back, take a deep breath. Don't get caught up in all the hoopla and hype and drive yourself insane all in the pursuit of the perfect holiday. Just like when you let yourself slack off in your health and fitness and gain just a *couple* of pounds - it is very easy and perhaps fun to indulge on that dessert or splurge on that high price shiny gift along the way, but in the end you'll have to work hard and make sacrifices afterward to get things back in order, and that's no way to start off the new year.

Just remember that the holidays aren't about the biggest and shiniest gifts and perfect parties - it's about celebrating a joyous season with those you love. (Not about waking up at 4:00AM to get 'door buster deals' and '30 -30% off all items in the store.')

The holidays are *really* meant to be a season of taking time to show your family and friends how much you **love, appreciate, and enjoy** their presence in your life. And take time to be thankful for all that you have in your life.

To Your Health,



P.S. We here at Fit-4-Life do wish you and yours a wonderful holiday season. Read on in this month's issue to learn why you should supplement, tips to beat the winter blues, and more.

Semi Private Training Coming in February HUGE PERSONAL TRAINING DISCOUNTS

30 Minute Workouts starting at \$22/workout.

Schedule your workouts when it fits your schedule Monday-Friday 6-9AM & 5-8PM.

Stay Motivated and Bring Out Your Competitive Juices

**Workout With (At Max) 2 New Friends
If no one else schedules you workout by yourself!!**

To Lipo Or Not To Lipo That is the Question

Recently I had a client ask if I thought liposuction was a good idea, and my answer surprised them. I think liposuction is a good idea, but only as the last piece of the puzzle. I live in the real world and sometimes you just can't lose it all on your own. If you have lost a serious amount of weight you are going to have extra skin and there's no exercise I can give you that will get rid of that. Sometimes you are just genetically predisposed to store fat in certain areas and since you can't spot reduce I can make you do 1 million crunches and that won't help you lose fat from your love handles.

I believe liposuction is a very beneficial solution as long as you have done your homework. You have to make exercise a part of your life and yes that includes strength training 2-3x/week and doing regular physical activity 4-6 days/week. You also need to fine tune your diet. You need to eat breakfast with protein every morning within 30 minutes of waking up then eat 4-6 small meals throughout your day every 3-4 hours to help stabilize your blood sugar levels and insulin levels. I wouldn't even consider liposuction until after you've been exercising and eating right for 1-2 years.

If you haven't changed your lifestyle and you get lipo, it's going to come back. Even though you are sucking out your fat cells during lipo and you cannot regrow new ones, you will actually make your remaining fat cells get bigger, so areas that were never fat before will be. God's cruel little joke. And if you are thinking that lipo is the spark that will help you get more active and eat healthy guess what you're lying to yourself. Why would you wait. If you get liposuction and then start exercising and eating better, you will lose more weight and inches so you'll have saggy skin and then you'll need another plastic surgery procedure. Believe me the last thing you are going to want to do after your lipo is starting to work-out because you'll be too sore. Lose the weight and inches now before the surgery so the lipo is less extensive and you can even do the skin tightening at the same time. .

So unless you've taken the steps to create a healthier lifestyle, you are just wasting your time, and money with lipo. Be smart and be safe and make sure you know the risks and only work with a board certified plastic surgeon.



I highly recommend Dr. Evan Sorokin of Delaware Valley Plastic Surgery (just in front of our studio on Rt 70). Trainer Dan who has lost over 140 lbs has scheduled his procedure with Dr. Sorokin for the upcoming New Year. Dr. Evan Sorokin is a Board Certified plastic surgeon with a wide range of experience in plastic and reconstructive surgery. He specializes in breast augmentation, liposuction, and abdominoplasty (tummy tuck). Dr. Sorokin and his staff are committed to [three core values](#): achieving the highest medical and safety standards, thoroughly educating patients, and developing a lasting patient relationship built on trust [Dr. Sorokin is board certified by the American Board of Plastic Surgery \(ABPS\)](#). Plastic surgeons certified by the ABPS have graduated from an accredited medical school and have completed at least five years of additional training as resident surgeons in programs accredited by the Accreditation Council for Medical Educa-

tion.

Call Dr. Sorokin at (856)872-4158 and get a 20% discount on facial or microdermabrasion procedures. For medspa type procedures they also offer Botox and Restylane, Juvederm, and Fillers. They also offer facials, skincare, microdermabrasion, dermaplaning, etc.....

