

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.

You and Your Gut

Did you know that the health of your gut effects your entire body?

Did you ever wonder why the thought of speaking in public or going for a job interview ties your stomach in a knot? Or why your stomach feels like it flips when your overjoyed?

Like the brain, the gut is highly sensitive and full of nerves, so when a stressful or emotional event occurs, it has a profound effect on the digestive system.

How your gut works

The term 'digestion' actually covers a collection of bodily processes that combine to "unlock" the value of food—both physically and chemically—to yield nutrients that can be absorbed and utilized. Most food can't be used by the body in its natural state, so an intricate process occurs in the digestive system to convert everything you eat into a form that can then be absorbed and transported throughout the body.

When your digestion system is working properly, the result is a general well-being and balance, which includes mental alertness, higher energy levels, a strong immune system and healing and repair throughout the body when illness or infection arises.

When the balance is lost

We know that any system can develop glitches, and digestive disruptions or disorders can and often do have a major impact on our health. Surveys suggest that digestive upsets that can't be attributed to a specific condition or disease are quite common. In one survey, almost 70% of those responding reported having at least one of 20 different symptoms—including discomfort, indigestion, belching, and bloating—in the last three months.

These types of problems can create a domino effect: When our digestion is poor, we have less access to nutrients and energy—resources that are necessary for healing. So dysfunction in the digestive tract often doesn't just remain there—it can results in symptoms anywhere in the body, including allergies, arthritis, asthma and chronic fatigue.

What causes an imbalance in the digestive system?

Poor digestion, poor absorption, and unhealthy bacteria in the gut

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lie at the root of most common digestive complaints and many other chronic conditions as well. The culprits may include certain “problem” foods such as beans or dairy, eating meals high in fat, habitually eating too fast or too much, and even eating while under stress. Other factors include:

- ◆ *Getting older.* The muscles of the GI tract may become less efficient, and you may be taking longer to digest your food. Some research suggests that older individuals may not be able to handle the digestion of high fat foods as well as when they were younger. And medications can also affect digestion, leading to constipation and other problems.
- ◆ *Poor mealtime habits.* Digestion can suffer when you continually eat on the go and in a rush. When food is not chewed well, salivation may be inadequate and food grinding may be incomplete. As a result, carbohydrate digestion may not get the jump-start it needs before reaching the stomach.
- ◆ *Poor food choices.* Heavy, fat-laden meals can take longer to digest. The digestion often associated with greasy foods may also be partly explained by the production of gases when fatty acids and stomach acid are neutralized in the small intestine. If trapped, this gas may contribute to bloating and discomfort.

How to keep the digestive tract in check

- ◆ *Exercise.* Regular physical activity stimulates digestion and promotes re-absorption and elimination of gas.
- ◆ *Drink plenty of water.* Water helps stimulate the flow of digestive juices and eases the passage of wastes.
- ◆ *Consume adequate fiber.* A diet high in fiber aids digestion and promotes regularity. If your dietary fiber intake is low, remember to increase the amounts you consume gradually to allow your body to adjust.
- ◆ *Avoid overeating,* particularly late at night and meals high in fat. A large meal that is rich in fat can be difficult to digest because fatty foods tend to stay in the stomach longer. Overeating prior to bedtime can also cause pain and bloating because lying flat can trap gas in the stomach and intestine.
- ◆ *Manage stress.* Stress can also play a big role in how well your digestive tract functions. Keeping stressful situations in perspective and maintaining positive outlets for stress relief is probably some of the best advice anybody can follow to protect both their digestive tract and overall health.
- ◆ *Relax and enjoy your meals.* Negative emotions can negatively affect digestion—witness the common expression ‘my stomach is in a knot’. Taking time to enjoy a meal can actually help the digestive process.

7 Excuse Busters

We’ve heard them all...excuses. Here’s a few of the most common diet and fitness excuses and how to break them to stay on track.

Excuse #1: “I’ll do it tomorrow...” Start right now. Your diet and fitness program needs to be something you can live with forever, not something you put off because it doesn’t happen to be convenient for you. You need to come up with ways to make your diet and fitness convenient and automatic.

Excuse #2: “I’m too old.” You’re never too old to start exercising. The research is clear: Exercise will help you live longer, with significantly increased mobility and independence. Overall, exercise will help to improve your quality of life.

Excuse #3: “It’s useless—my genetics are working against me.” You can lose weight. It’s very rare that a person can’t lose weight and get in reasonable shape for his or her body type.

Excuse #4: “Cook dinner? Please! I don’t have time.” Even if you don’t have time to buy healthy food and cook at home, you can still make eating healthy convenient and quick. For example, check out your local health foods market for a ‘hot foods bar’ or premade meal options. Or try batch cooking—pick one day of the week to prepare an entire week’s worth of healthy meals.

Excuse #5: “It’s raining, so I can’t go for my morning walk.” You’re not made of sugar, so you won’t melt. With many indoor options, bad weather is not a hindrance to your fitness routine.

Excuse #6: “I travel all the time.” If you travel often, you need to weave healthy eating and physical activity into your lifestyle. Try: Find healthy restaurants where you’ll be (ask the hotel concierge or manager for recommendations; and many restaurant menus are available online); Get moving; Opt for a hotel suite with a kitchen.

Excuse #7: “I’m too tired.” This is an often misused one. If you’re like most people, you’re not getting enough sleep. Research shows that lack of sleep can cause weight gain by increasing appetite; and also, when you’re tired you’re less likely to make the healthiest food choices. Set up your environment and routine for sleep success, go to bed earlier and aim for 7-8 hours of sleep.

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**
- ◆ **Massage Therapy**
- ◆ **Shaklee Supplement Distributor**
- ◆ **Private Cooking Lessons**

For a complete listing of services visit our web site:
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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!

Julia Fink, Paula Teachey, Elizabeth Krchnavek,
Kim Klemmick, Rhonda Deola, Susan Parker,
Renee Lewis, Michelle Berk

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!*

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

Referred By: _____ Friend's Name: _____

Gift Certificate Expires:12/15/2010



Gym Rat Badge Winners

Great job **Claire R.** keep up the hard work—diet is the key!

Ellen O. our most committed bootcamper!! Nice job.

Karen O. hang in there, Bootcamp gets easier. You're back on the fitness wagon.

Yoga Coming Jan!!

Be Inspired!

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." ~ Harriet Tubman

You are cordially invited to celebrate

*Fit-4-Life's Grand Re-Opening
and
Client of the Year Contest*

*On Friday Evening
December the 10th
6 P.M.—8 P.M.*

*16 Rockhill Road, Unit B
Cherry Hill, NJ 08003*

*RSVP Before December the 7th
www.CherryHillVIP.com (More Details Inside)*



Kevin Hensel
Fit-4-Life, Inc.
16 Rockhill Road, Unit B
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**Healthy Holiday Gift
Guide...Special Insert**

Here's Your Newest Issue of Richly Rewarding Living.

Current Resident Or:

Holiday Survival Fitness Jumpstart Package (\$264 Savings) See Inside

FIT-4-LIFE HEALTHY HOLIDAY GIFT GUIDE

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You're Invited To Fit-4-Life's 15th Anniversary Party



Come Join The Fun On Friday, December 10th from 6-8PM for Cocktails, Tasty Bites, Client of the Year Contest, Grand Re-Opening, Wii Fit Battle Royale, & Special Event Only Training Discounts!!

Dear Valued Friend of



It's hard to believe that in a few short months we will have been in business for 15 years.

Let's have some fun!! Great Food, Great Cocktails, And Great Friends

Come Help Us Celebrate Our 15th Anniversary Party

- ◆ Check out our new **Make-over - new equipment**, new layout, great new services -you won't recognize the place. I went all out!!
- ◆ First ever **Client of the Year Contest**. Your votes will help choose the winner. See and hear their inspiring stories.
- ◆ **Wii Fit Battle Royale!!** Boxing, running, tennis can you beat the champ?
- ◆ Event Only **5-15% Personal Training Discounts** (Up to \$500 in savings)
- ◆ Chef Christina (aka my wife) will be creating her culinary delights with delicious, healthy appetizers
- ◆ Try my famous Espresso Martini and new Chai Teaini recipe. Don't worry I'll also have beer and non-alcoholic beverages.

When: Friday, December 10th; 6-8PM

Where: Fit-4-Life, Inc, 16 Rockhill Road, Unit B, Cherry Hill, NJ 08003.

Who: Everyone is welcome to attend the fun old friends, new friends, and soon to be friends. I'd love for you to bring your family and friends so we can finally meet who we've been hearing about for so long. Even if you haven't seen you for years we'd love to see you again. It's a party!!

How: You **MUST** RSVP by Wednesday December 8th. Check your calendars and book the babysitter asap because I'm not expecting there to be any open spots available and we'd love to see you there.

To RSVP visit www.CherryHillVIP.com

It's going to be a great night, I really hope to see you there. Thank you for all of your support through the years.

Committed to your success,
Kevin Hensel, Owner Fit-4-Life