

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.

Cholesterol: The Good, The Bad, The Ugly...

What is cholesterol?

Cholesterol is a naturally occurring waxy, fat-like substance produced by the body's liver and other cells and found in certain foods, such dairy products, eggs, and meat.

The body needs some cholesterol in order to function properly. Its cell walls or membranes, need cholesterol in order to produce hormones, vitamin D, and the bile acids that help to digest fat. The body needs only a limited amount of cholesterol to meet its needs. When too much is present health problems such as heart disease may develop.

Types of Cholesterol

Cholesterol travels through the blood attached to a protein—this cholesterol-protein package is called a lipoprotein. Lipoproteins are classified as high density, low density, or very low density, depending on how much protein there is in relation to fat.

- ◆ Low Density Lipoproteins (LDL): LDL, also called 'bad' cholesterol, can cause buildup of plaque on the walls of arteries. The more LDL there is in the blood, the greater the risk of heart disease.
- ◆ High Density Lipoproteins (HDL): HDL, also called 'good' cholesterol, helps the body get rid of bad cholesterol in the blood. The higher the level of HDL cholesterol, the better. If your levels of HDL are low, your risk of heart disease increases.
- ◆ Very Low Density Lipoproteins (VLDL): VLDL is similar to LDL cholesterol in that it contains mostly fat and not much protein.
- ◆ Triglycerides are another type of fat that is carried in the blood by very low density lipoproteins. Excess calories, alcohol, or sugar in the body are converted into triglycerides and stored in fat cells throughout the body.

Cholesterol and Heart Disease

When too much cholesterol is present, plaque (a thick, hard deposit) may form in the body's arteries narrowing the space for blood to flow to the heart. Over time, this buildup causes hardening of the arteries (atherosclerosis) which can lead to heart disease.

To understand what happens, think about how a clog forms in the pipe under a kitchen sink. Like the buildup of grease in the pipe,

Fix Me I'm Broken: A Joint Survival Guide!

Must Attend FREE Educational Workshop (Open to the Public)

Date: Tues, November 9; 7:20PM—8:30PM

Location: Fit-4-Life Training Studio
 16 Rockhill Road, Unit B
 Cherry Hill, NJ 08003

Plenty of Free Parking

Presenters & Topics:

Kevin Hensel, President Fit-4-Life - *Cure Neck & Shoulder Pain in 10 Minutes or Less*

Dr. Lee Cohen, Sports Podiatrist - *Ultimate Joint Pain Solution, Your Feet*

Rob Calega, Owner Fleet Feet, foot care specialist - *Must Know Secrets To Find the Perfect Sneaker*

David Austin, Owner Relax the Back, Great Toys To Reduce Joint/Muscle Pain!!

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**Reserve Your Spot ASAP, Space is Limited
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the buildup of cholesterol narrows your arteries and makes it harder for blood to flow through them. It reduces the amount of blood that gets to your body tissues, including your heart.

When not enough oxygen-carrying blood reaches the heart, chest pain - called angina - can result. If the blood supply to a portion of the heart is completely cut off by total blockage of a coronary artery, the result is a heart attack. This is usually due to a sudden closure from a blood clot forming on top of a previous narrowing.

What causes high cholesterol?

Many things can cause high cholesterol, including:

- ◆ Diet. Eating too much saturated fat, trans fat, and cholesterol-packed food items can raise your overall cholesterol levels.
- ◆ Weight. In addition to being a risk factor for heart disease, being overweight can increase your cholesterol.
- ◆ Being inactive.
- ◆ Age—cholesterol starts to naturally rise after age 20.
- ◆ Family history, if family members have or had high cholesterol, you may also be prone.
- ◆ Diabetes. Poorly controlled diabetes increases cholesterol levels.
- ◆ Other causes—certain medications and medical conditions can cause high cholesterol.

How is cholesterol measured?

Your cholesterol levels are measured by a blood test. There are several kinds of tests—a simple cholesterol test, a direct LDL test, and a fasting cholesterol test.

'High cholesterol' is considered a measurement of 240 or above; 'borderline-high' is considered at 200 to 239; and 'best' levels are considered less than 200.

It's recommended that you have your cholesterol levels tested at least yearly, along with your annual physical.

What can you do?

Your best option is to live and maintain a healthy lifestyle to keep your cholesterol levels in check. Because cholesterol levels tend to increase with age, paying attention to diet and exercise is even more important as you get older.

If you have high cholesterol, you should look at treatment options to lower your risk of heart attack and stroke. The main treatments are lifestyle changes, supplementation, and medication. Even with the medication option, some lifestyle changes are important and recommended for everyone with high cholesterol.

Check out the tips to the right for easy ways to improve your 'cholesterol' health and the special insert for a natural solution to lowering your cholesterol.

6 Quick Tips to Lower Cholesterol

A few simple lifestyle changes can help lower your cholesterol levels and reduce your risk for heart disease.

Here's a few quick tips you can easily integrate:

1. Don't Smoke/Quit smoking. Smoking injures blood vessels and speeds up the hardening of the arteries. Smoking greatly increases a person's risk for heart disease and stroke. If you do smoke, quitting can help raise your HDL 'good' cholesterol levels and improve heart health.

2. Exercise. Regular physical activity raises 'good' HDL cholesterol and lowers 'bad' LDL cholesterol. Even moderate-intensity activities, if done daily, can help control weight, diabetes, and high blood pressure—all risk factors for heart disease.

3. Maintain a healthy weight. Losing those extra 5 to 10 lbs can lower your LDL and total cholesterol levels, as well as increase your HDL cholesterol.

4. Eat healthy foods. A healthy diet can help keep blood cholesterol levels down. Avoid saturated fat, trans fats, and foods high in cholesterol content. Other types of fats, such as monounsaturated and polyunsaturated fats, can actually lower blood cholesterol levels. Eating fiber can also help lower cholesterol.

5. Choose low-cholesterol foods. The American Heart Association recommends that you limit your average daily cholesterol intake to less than 300 milligrams. You can significantly lower your dietary cholesterol intake by keeping your daily intake of saturated fats low, and avoiding

foods that are high in saturated fats and that contain substantial amounts of dietary cholesterol.

6. Get a blood test. High cholesterol usually has no signs or symptoms, only a doctor's check will reveal it.

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:
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 MONTH

This month's client of the month is...

Shannon Humphreys

Congratulations!

Every month we choose one client who has done something exceptional and reward him or her with a

FREE Massage with Pam Kanski

(Corrective Massage Therapist - I highly recommend it!)

Watch for YOUR name here in a coming month!



"I've lost 48 lbs". Shannon Humphreys, 24, data entry at local medical management company. Shannon has been kicking some serious butt at our Small Group Bootcamps 2-3x per week starting back in July. We met Shannon at a local company, Premier Prizm Solutions. We were doing a Corporate Walk Fit Program, and Shannon took advantage of our FREE WEEK of Bootcamp Workouts. Growing up Shannon moved all over the country and her parents were pretty heavy, and she adopted their unhealthy habits. Not anymore!!

I'd love to take all the credit for Shannon's weight loss but she lost 29 lbs before she came to us and then started to hit a slump. She's down another 19 lbs after starting with us.

"I love being at Fit-4-Life, it's not the typical gym. I need someone to help push me in a good way. Here I don't feel like I'm being neglected and I'm not be pushed by a drill sergeant."

Shannon's Secret to success, *"To lose weight you really have to want it. If you really don't want to, you won't."*

Visit www.personaltrainerincherryhill.com for Shannon's video testimonial. You could be our next success story!!

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

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!

Sreekanth N. from Charlotte, NC ; Referred by Srikant U. (Thank You!)

Jade B. from Voorhees

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: 11/15/2010



Gym Rat Badge Winners

Maria C. another great weight loss this month

Sarah R. kicking butt on preparing for her FBI test!!

Welcome Back **Barb F.**, Bootcamp hasn't been the same.

Welcome Aboard **Takia Polnitz** our newest Intern

Yoga Coming Soon!!

Be Inspired!

"There is no happiness except in the realization that we have accomplished something." ~ Henry Ford



Team Fit-4-Life 10K McGuire Mud Run
Glenn & Millie DeShields, Me and Christina,
Evans & Joan Kerrigan



Our Mud Run Competition.
The Incredibles?
Not Fair

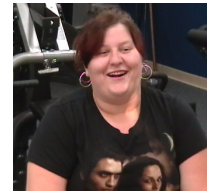


Team Fit-4-Life After Mud Mountain, Marsh Madness, and Swamp Drop. We survived, barely. Congrats Team!!

Glenn Deshields, Straggler Control said it best, *"This is what you put me thru on Saturday. And yes, still feeling it, sprained right ankle, pulled left calf, lower back strain, gulp of fresh squeezed mud water (from Kevin low crawling in front of me) and an outdoor shower with 500 of my closest friends!"* He loved it!!



Kevin Hensel
Fit-4-Life, Inc.
16 Rockhill Road, Unit B
Cherry Hill, NJ 08003
856-751-0033
www.PersonalTrainerinCherryhill.com



You'd smile too if you
Just lost 48 lbs...

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5 Great Ways To Exercise with Your Kids...Special Health Bulletin

Here's Your Newest Issue of Richly Rewarding Living. Open and Read Now to See if You Are The WINNER of A FREE Massage By Therapist Pam Kanski

Current Resident Or:

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Last Chance To Save 15%



FREE Month of Fitness Bootcamp

Fit-4-Life and Gym Source are partnering for a great savings opportunity. In the months of September and October, buy any treadmill or elliptical* at Gym Source in Cherry Hill and Gym Source will buy you a

month of boot camp at Fit-4-Life!

Get 15% off any treadmill or elliptical* and also take advantage of 0% financing for 6 months. Make sure to mention you are a client of Fit-4-Life to get the discount and FREE month boot camp.

Contact Katie Johnson at Gym Source 856-324-0981 or katiej@gymsource.com for more information. Visit the Gym Source web-site at www.gymsource.com. (818 Haddonfield Rd right across the road from the Cheesecake Factory in Cherry Hill).

*Cannot be combined with any other Gym Source offer, discount off MSRP, delivery and installation additional.

*Discount does not apply to the Octane Q35 elliptical or Cybex 425A model.

Five Great Ways To Exercise With Your Kids

Both of you get a trainer: If you have a good chunk of weight to lose or you need a little more challenge, get a trainer. Why shouldn't both of you get an age appropriate workout. Drop off your kids at My Gym located 1/2 mile down the road just off Rt 70 in Barclay Farms Shopping Center (for ages 0-13) then head over to us for a one-on-one personal training workout or bootcamp (we even offer 30 minute express workouts to get you in, get a great workout, and back to life). See My Gyms schedule of classes by visiting www.my-gym.com/cherryhill.

Relay Races: Set cones/markers 25 yards apart. Sprint down and back then do 20 sit ups (alternate holding each others feet—partner counts for you). Run backwards down and back then do 20 push-ups (or until failure, help each other pulling up by the waist). Side run down and back then do 20 prisoner squats (hands behind head) hold 5 seconds at bottom (Your partner counts for you). Super skip (high knee skip) down and back then do 30 second plank on your elbows and knees (partner counts it out for you). Repeat 1-2x times. Feel free to get creative and throw in cardio bursts i.e. jump rope, hula hoop, jumping jacks, mountain climbers, ski slalom (jump over a stick back and forth, elevate the stick to spice it up).

Video Games: Who says you can't get in a great workout playing a video game. Be prepared to work up a major sweat with these intense video games. Wii Fit—2 Man Run (race each other at the same time), Boxing (Have a family fight night), Obstacle Course, Dance Dance Revolution Hottest Party 3 (separate game not on Wii-Fit—totally worth the extra cost). New Sony Playstation Move—Gladiator Duel (awesome) and Beach Volleyball are a blast.

Karate: Most dojos offer child parent classes. If you don't laugh at them they won't laugh at you. Great way to improve balance, stabilization, self esteem, discipline (sensei's won't allow disrespect), flexibility, and strength.

Set Up A Fitness Challenge: See who can get in the most steps in a day by wearing a pedometer. At the end of the day, tally up the number of steps kids and adults took. The person who took the most steps that day gets a special treat or gets out of doing a chore which the loser has to do. Make it a daily event.

Don't forget that kids need an hour of exercise each day. Make it easier for them by joining in – and you'll enjoy some of the benefits too. If your kids aren't interested, have them just count for you and I guarantee next time they'll want to try it out.



Fitness Made Fun For Kids (Ages 0-13 years old)

Activities Include: Gymnastics, Games, Relays, Tumbling, Swings, Rides, and LOTS OF FUN!!

Click Here For Full Class Schedule (Based on Age)

Parent Participation & Independent Classes Available—Great for B-days, Moonbounce Rentals

Call To Schedule Your FREE CLASS or GROUPEVENT

170 Barclay Farms Shopping Center, Rt 70 East
Cherry Hill, NJ 08034
856-857-0200

www.my-gym.com/cherryhill