

Take Control Fitness

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Newsletter

Adding Exercise into Your Day

It's a well known fact that the key to losing weight is to expend more calories than we take in. Sometimes that is easier said than done.

Easy Ways to Incorporate Exercise

There are many simple ways to incorporate fitness into our daily routine.

Here are a few examples:

- 1) Take a walk during your lunch break. By leaving your desk and getting some fresh air, you can increase productivity and help clear your mind.
- 2) Play with your kids. This can be simple games like capture the flag, tag or even chase. You can ride bikes or even jump rope. All have the benefit of some family time and show kids the importance of exercise.
- 3) Make plans to meet a friend to walk or perform exercise. When you are meeting someone, you are less likely to skip the session.
- 4) Get a dog. Dogs require exercise to be good members of any household. What better way to force yourself to get exercise. It is also a good routine to share with kids. It teaches them responsibility and gets them moving.



Advantages to Boot Camp

Boot Camps are a great way to jump start your workout routine. They offer cardio exercise while building strength and endurance.



Boredom is not a factor. Each class is varied. There is plenty of running, skipping, hopping and jumping. Bands are introduced to develop muscles and build strong bones.

Worried you aren't fit enough? The nice thing about boot camp is you can work at your own pace. Tension on bands can be shortened or lengthened, depending on the level difficulty needed. Exercises can be modified to fit any intensity level.

The most important reason for doing boot camp, though, is it is fun! Not only do you get a varied work out but you lose weight and inches too. See the side bar on the next page to get our class schedule. Get your butt in gear with a great workout.

Physical Activity Key to Weight Loss Management

*Information obtained from Roberta
Larson Duyuff*

Have you ever noticed that physically active people tend to not have weight problems? People who engage in physical activities are more successful at losing weight and keeping weight off. Physical activity is the most powerful tool in weight management.

A physically active lifestyle can offer great benefits too— from a healthy heart to strong bones and stress relief. There are many other benefits, as well.

It is important to have variety, balance and moderation, not only in your food choices but in your physical activities. By keeping this in mind, it makes getting fit less daunting. All it takes is at least 30 minutes of moderate physical activities daily to reduce health risks. Want to lose weight, step it up to 60 minutes. By finding activities you like, it makes it easier to stick with it.

Some ways to get variety doing everyday things are:

1. Raking leaves instead of using the mower – uses arm muscles, back muscles and limited legs. It also builds endurance.
2. Gardening – develops arm muscles.
3. Mowing the lawn with a walk behind mower – uses leg muscles.
4. Washing your car gets you bending and stretching. It also works your arms and shoulders.

The trick is to use “good old fashioned” locomotion where possible, instead of a machine.

Give Back While Losing Weight

Join the Biggest Loser and the Pound for Pound Challenge.

PLEDGE NOW TO MAKE A DIFFERENCE

For every pound you lose, Pound For Pound will donate 10¢ to Feeding America™ - enough to provide one pound of groceries to a local food bank. Report your final results between 4/1/09 and 5/5/09.

Help stop hunger.

To learn more about this program, or to join, go to www.biggestloser.com



About Me

My mission is to help people get fit.

Personal Fitness shouldn't be a mystery and I want to give people the tools they need to manage their health and well being.

My name is Colleen Cabral and I have been in the fitness industry for over 20 years. I have taught gymnastics for various levels and ages. I have worked with divers, cheerleaders, fitness professionals and other athletes. I have developed classes, programs and group strength training. I am a Certified Personal Trainer and a USA Gymnastics Certified Professional.



April's Class Schedule

**Monday/Wednesday 9-10 am
Boot Camp Class
Cape Cod Cheer Academy
150 Rosary Lane, Hyannis**

**Tuesday/Thursday 6-7 am
Boot Camp Class
Cape Cod Cheer Academy
150 Rosary Lane, Hyannis**

**Tuesday/Thursday 7:30-8:30 am
Boot Camp Class
Cape Cod Cheer Academy
150 Rosary Lane, Hyannis**

NOTE:

Since some of these are new classes, please call ahead and let me know you are coming. Each session is \$99. For every friend you bring and they join, I will give you \$20 off your session. Bring 5 and it is free!

Another way to Boot it is through a punch card. 8 classes are \$99 and you choose which one to go to. Just call ahead and make sure the class isn't filled.

Get your self in shape with a good boot in the butt. I hope to see you in Class!

PERSONAL TRAINING

Don't want to do class but want some help learning to exercise. I have personal training sessions available. Whether in your home or my gym, we can help get a workout routine that works for your lifestyle. Rates start at the first 2 sessions for \$50 then \$50 for individuals or a joint session (2 people) for \$60. Don't let fear or frustration prevent you from getting the results you want. Take Control and get healthy.