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**My business continues to grow through your referrals.
Many thanks for your continued trust and confidence.**

Whole Body... Fitness

10 Reasons to Move

Exercise makes you sharper, happier, and healthier. Get ready to transform your life!

By [Delia Cabe](#)

Have you ever vowed to ring in a new year by starting to exercise--only to end up too busy, tired, or achy? The right motivation can make you 70% more likely to keep it up for the long haul, reports the American College of Sports Medicine. But focusing only on weight loss can cut your odds of success by over half, say researchers. A better inspiration: the amazing health rewards you get by being active. A stronger heart and lower cancer risk are two well-known benefits. Here, more that are guaranteed to motivate.

1. Improve Language Skills

A single treadmill session can make you brainier. Exercisers who ran just two 3-minute sprints, with a 2-minute break in between, learned new words 20% faster than those who rested, in a University of Muenster in Germany study. Getting your heart pumping increases blood flow, delivering more oxygen to your noggin. It also spurs new growth in the areas of the brain that control multitasking, planning, and memory.

Do this Add a bout of exercise, like running up and down the stairs, before trying to memorize anything--say, Spanish phrases for your trip to Mexico.

2. Get All-Natural Pain Relief

It may seem counterintuitive, but rest isn't necessarily best for reducing pain and stiffness in the knees, shoulders, back, or neck. Healthy adults who did aerobic activity consistently had 25% less musculoskeletal pain than their couch-bound peers, says Stanford senior research scientist Bonnie Bruce, DrPH, MPH, RD. Exercise releases endorphins, the body's

natural pain reliever, and may make you less vulnerable to tiny tears in muscles and tendons. Staying active can also provide relief for chronic conditions such as arthritis: In a University of North Carolina at Chapel Hill study, arthritis sufferers experienced 25% less pain and 16% less stiffness after 6 months of low-impact exercise like balance and strengthening moves. Most people start to feel improvement within a few weeks, says study author Leigh Callahan, PhD, an associate professor of medicine at UNC.

Do this Practice yoga or tai chi twice a week; both increase flexibility and range of motion and reduce pain.

3. Be Happier at Work

An active lifestyle may help you check off extra items on your to-do list, says a study from the University of Bristol in the United Kingdom. On days staffers participated in on-site fitness activities, they reported thinking more clearly, getting more done, and interacting more effectively with colleagues. You'll be less likely to miss work due to illness, too. Research shows that people who participate in vigorous leisure-time physical activity (such as jogging or bicycling) just once or twice a week take about half the sick time of those who are more sedentary.

Do this Sign up for workplace fitness classes. None on-site? Ask HR to designate a room for a noontime yoga session, using DVD or videotape instruction. Or recruit coworkers to go for a lunch hour power walk.

4. Feel Sexy at Any Size

A good workout practically ensures a better body image. A Pennsylvania State University study found that women ages 42 to 58 felt more attractive after 4 months of walking or yoga even if they didn't lose weight. Exercise can also put you in the mood for love by increasing blood flow to the genitals. University of Washington research found that just one 20-minute cycling workout enhanced sexual arousal up to 169% in women. And the benefits stand the test of time: A Harvard study of swimmers found that those over age 60 were as satisfied sexually as those decades younger.

Do this Try 20 minutes of aerobics before a romantic evening. To feel good naked anytime, walk or do yoga daily.

5. Lower Dental Bills

Flossing and brushing, it turns out, are not the only keys to a healthy smile, says Mohammad Al-Zahrani, DDS, PhD, a former associate professor at Case Western Reserve University. Exercise plays an important role, too. In his recent study, Al-Zahrani discovered that adults who did 30 minutes of moderate activity 5 or more times a week were 42% less likely to suffer from periodontitis, a gum disease that's more common as you get older. Working out may thwart periodontitis the same way it does heart disease--by lowering levels of inflammation-causing C-reactive protein in the blood.

Do this In addition to staying active, get a twice-yearly dental cleaning (or more often if your dentist says you are at high risk for gum disease).

6. Slash Cold Risk 33%

Moderate exercise doesn't just rev your metabolism--it boosts your immune system, too, helping your body fight off cold bugs and other germs. Women ages 50 to 75 who did 45 minutes of cardio, 5 days a week, had a third as many colds as those who did once-weekly stretching sessions, a University of Washington study found.

Do this Stay active, but don't overdo it. More than 90 minutes of vigorous exercise, such as running, most days may actually reduce immunity.

7. Reach the Deep-Sleep Zone

Say good night to poor sleep. Women age 60 and older who walked or danced for at least an hour, four times a week, woke up half as often and slept an average 48 minutes more a night than sedentary women, according to a study in the journal *Sleep Medicine*. That is good news for the many women who toss and turn more as they get older. As you age, sleep patterns start shifting, so you spend more of the night in lighter sleep phases, says Shawn Youngstedt, PhD, an assistant professor of exercise science at the University of South Carolina.

Do this Aim to exercise for at least half an hour, even if it's after a long day. Evidence suggests that for most people, light to moderate activity in the evening won't disturb sleep, though trial and error will tell you what works for you.

8. Beat Bloating The next time you feel puffy around the middle, resist the urge to stay put. A study from Spain's Autonomous University of Barcelona suggests that mild physical activity clears gas and alleviates bloating. That's because increasing your heart rate and breathing stimulates the natural contractions of the intestinal muscles, helping to prevent constipation and gas buildup by expediting digestion.

Do this Walk or pedal lightly on a bike until you feel better.

9. See Clearly

What's good for your heart is good for your eyes. An active lifestyle can cut your risk of age-related macular degeneration by up to 70%, according to a *British Journal of Ophthalmology* study of 4,000 adults. This incurable disease makes reading, driving, and seeing fine details difficult, and it's the most common cause of blindness after age 60.

Do this Keep active by walking at least 12 blocks (about a mile) a day, and wear UVA/UVB-blocking sunglasses during outdoor activities all year long.

10. Enjoy Instant Energy

If you're among the 50% of adults who report feeling tired at least 1 day a week, skip the java and go for a walk. University of Georgia researchers who analyzed 70 different studies concluded that moving your body increases energy and reduces fatigue. Regular exercise boosts certain fatigue-fighting brain chemicals such as norepinephrine and dopamine, which pep you up, and serotonin, a mood enhancer.

Do this Take a 20-minute stroll for a quick pick-me-up, or aim for 40 minutes of activity daily for a sustained lift. *Prevention Magazine 2009*

JOIN the Whole Body Fitness Team!

If you are interested in a career change to fitness and health, please contact me to discuss what it takes to be a Personal Fitness Trainer! I am looking to add to my team!

Lisa Dougherty, Owner 949-378-4505

Whole Body Fitness Outdoor Exercise Classes

Fitness and fun for all ages and fitness levels



This class is about your own personal fitness progress and success, so challenge yourself at your own pace. Held every **Saturday 9-10am at the Newport Back Bay** (Irvine Ave at University Dr in Newport Beach)

Call Brittany (949) 413-3727 or email wbfteam@yahoo.com to RSVP.

Join us at our outdoor exercise class!

Coupon for free class

[Link to Bootcamp page](#)

Whole Body... Nutrition

Eat More to Lose Weight

By Hana A. Feeney, MS, RD, CSSD of Canyon Ranch



Believe it or not, a weight-loss program that overly restricts calories will set you up for failure, as will a skipped meal. There is a point at which cutting calories will work against weight loss because consuming too few calories (or too few meals) leads to increased appetite and low satiety as your body prevents starvation. You will find it hard to implement your healthy eating goals when you're feeling hungry and dissatisfied. And you will suffer from cravings, ultimately causing you to fall into under-eating and over-eating cycles.

Your body will make a choice: lose body fat or lose muscle. An inadequately fueled body will choose to drop calorie-burning muscle rather than fat. Excessive loss of lean muscle mass leads to weight loss without improvement of body composition or health. This leaves you frustrated and ever-battling your weight.

Ever think that there could be a more pleasurable and successful way to manage your weight? There is...and it's simple: eat high-volume foods more often.

Create an eating plan to control your calories and make sure you're eating balanced meals and snacks. A consistent eating pattern will control your energy level, appetite, cravings, blood glucose and insulin levels. Plus--eating regular meals and snacks help you practice portion control and fuel your resting metabolism.

Be Aware of Your Personal Needs

Be aware of your personal needs. Your resting metabolic rate can be roughly estimated by multiplying your body weight (in pounds) by 10. This is the minimum number of calories that your body needs to lose weight. Consuming fewer calories than your resting metabolism is counteractive. Your total daily needs are your resting metabolic rate plus the calories burned in everyday living and in exercise. Divide your calories evenly throughout the day so that you fuel your body every three to five hours.

- For example, a 145-pound woman's resting metabolic rate is roughly 1450 calories. Factor in calories of everyday living and exercise, and she needs about 2000 calories to maintain her weight. 1450 calories is her minimum and 2000 calories is her maximum.

Breakfast Is KEY

Start the day with a well-balanced breakfast that includes a lean protein-rich food along with whole grains and veggies or fruit. High-quality protein at breakfast will help control your appetite all day. Breakfast starts your metabolic engine and is associated with successful maintenance of weight loss. Without it, you are prone to overeating later in the day. Even when mornings are rushed, choose one of these tasty, quick breakfast ideas.

- Poached omega-3 enriched egg, on sprouted grain toast with tomato slices drizzled with a tiny bit of olive oil (to save time, use a pre-cooked hardboiled egg)
- Low-fat cottage cheese with berries, sprinkled with ground flaxseeds on 100 percent whole grain crackers
- Smoothie made with frozen berries, frozen mangos, silken organic tofu, low-fat plain yogurt and cinnamon (place in the fridge the night before)
- Egg whites scrambled with broccoli, nitrate-free chicken sausage and feta, stuffed into a whole grain pita
- Hot oatmeal or quinoa with apples, cinnamon and pecans (make a large batch to reheat throughout the week)

Snacking

A well-timed snack will prevent that late afternoon crash and overeating at meal time. Plan to snack. Keep healthy options accessible to avoid the candy dish. Healthy but high-calorie snacks such as nuts and dried fruit should be consumed in small amounts. Prepare these snacks ahead of time so that they are ready when you need them.

- Jicama and low-fat ricotta cheese mixed with basil and oregano
- A small apple with almond butter
- Low-fat plain yogurt with granola and berries, drizzled with honey and sprinkled with cinnamon
- Snack baggie of dried blueberries, walnuts and bran flakes
- Cherry tomatoes and red bell pepper hummus

Eat More to Consume Less

Nourish your body with quality foods that you can eat more of such as foods that are high in volume, but low in calories. This will help to fill your plate and your stomach without overdoing the calories. Load half of your plate with colorful vegetables and fruits and one-quarter of your plate with whole grains, starchy veggies or legumes. The other quarter is for a moderate portion of higher calorie protein-rich foods. Use this concept to cut calories and create balanced meals. For example:



- Add minestrone soup to a half turkey sandwich at lunch.
- Add a sliced apple to your afternoon snack to eat fewer crackers and cheese.
- Add a colorful salad to dinner and eat half your entrée

Calorie restriction and skipping meals may seem like the clear path to weight loss, and you may lose weight using these strategies, but your weight loss will be slow and frustrating. More importantly, you will lose valuable muscle mass and ultimately you are sure to regain

the weight you have lost. Fuel your metabolism and nourish your body with high-quality, nutrient-dense foods to stop battling your weight and lose fat forever.

Active.com Nutrition Health & Nutrition article, 1/18/10

Whole Body Fitness Specials

Providing Excellent Personal Fitness Training and Nutrition Services in Newport Beach/Orange County since 1999



Why work with a Personal Fitness Trainer?

When you hire a personal trainer you are not just purchasing their physical presence and guidance through your workouts but also their education, experience, knowledge and expertise with program development and design.

A Personal Trainer will conduct an initial fitness assessment by gathering your lifestyle history and listening to what you want to accomplish. Your trainer will then create a personalized fitness program custom tailored around your specific needs and goals.

Once your program is created, your trainer will explain methods, principles and reasoning behind every aspect of your program's design and execution.

As you progress, your trainer will monitor your improvements and fine-tune your program as needed by making the necessary adjustments in order to help you advance to the next level.

Because your trainer has a vested interest in your success, they are just as motivated about your pending body transformation as you are. Together, you will work side by side as a team in a joint effort to ensure you achieve the personal and fitness goals of your dreams.

[Link to our Specials Page](#)



Attention WBF Clients

We are offering a **WBF Referral Special** where you chose your reward!!



For every new client you refer that purchases a training package of (10) sessions or more you will receive **2 FREE training sessions**

OR



a Resting Metabolic Test from Fitness Wave

"What kind of old age are you planning?"

Business Spotlight



Avant Garde Ballroom

4220 Scott Place
Newport Beach, CA 92660
949-442-7600

<http://www.avantgardeballroom.com/>

*WBF Trainer Jennifer Tsai with instructor
Michael Wirtanen dancing the cha cha cha.*

According to ACE FitnessMatters magazine, ballroom dancing burns between 250 to 400 calories per hour. Plus, according to WBF Trainer Jennifer Tsai, it's really fun! Owner Andre Bonderman established Avant Garde Ballroom 14 years ago in Newport Beach and today it is home to 30 independently contracted dance instructors and features 40 group classes every week. The studio caters to any type of partner dance, from formal Latin and Standard ballroom dances like the rumba and the waltz to club dances such as salsa and argentine tango. On any given day professional level dancers may share the floor with beginners taking their first lessons. Jennifer took her first lesson last summer and was hooked! She is now preparing for her first ballroom competition.



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At Theo Chocolate, we are changing the definition of "quality" by uniting creative excellence that results in deliciously award-winning chocolate with our unwavering commitment to changing the way the cocoa industry conducts business. At Theo, we believe there is no luxury in products that benefit us today, while jeopardizing future generations ability to meet their needs. When you taste our chocolate you will experience our passion and integrity in every luscious bite. We promise, there is something for everyone from the adventurous "foodie", to those seeking the simple comfort of a delectably creamy milk chocolate bar.

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Whole Body Fitness Success Story

New WBF Trainer Jennifer Tsai's story...

aka "how I loved Whole Body Fitness so much I joined the team!"

I first found Whole Body Fitness last year as I was searching for a trainer for my mom. My mom has a Multiple Sclerosis. This medical condition makes her feet hurt when she stands for long periods. Lisa Dougherty was one of the few trainers I found who advertised specialization in special medical needs and I thought she and my mom might be a good fit. After a few sessions with Lisa, my mom suggested that I might enjoy working out with Lisa too...and that's how it all began.

Working with Lisa has been a wonderful and rewarding experience. I've always loved running and will do cardio any day of the week, but I absolutely do not like to do weights. In fact, in the entire year I've trained with Lisa I cannot think of a single instance where I picked up a weight when she was not looking. When I first started I also had a sore knee that was constantly aggravated by running. An orthopedic specialist recommended strengthening my quadriceps (upper leg muscles), but I wasn't quite sure what exercises to do. My ultimate goal was to run a half marathon but I doubted I'd ever accomplish such a long run without my knee bothering me.

Less than a year later I can now boast toned arms (which I never thought I'd have!), more lean body mass, and an injury-free half marathon under my belt. I have gotten many unsolicited compliments from friends who say I look leaner and fitter. My mom even commented that my posture was better, thanks to balanced muscles that are now strong enough to stop my shoulders from slouching. For the first time in my life I feel really in shape and it's great! Training has strengthened my quadriceps and other leg muscles, helping to stabilize my knee during runs. Along with orthotics I was able to run the full 13.1 mile race with no knee pain - amazing!

The decision to leave a full time job as a software engineer and become a personal trainer wasn't easy. Many extreme life events converged to bring me to this path. What really sold me in the end is that after a day in the office and sitting in front of a computer for 8 hours I left feeling completely drained. Working out at the gym, in contrast, gave me energy and always I left feeling ready for more. I figured I love getting to know people and working out so why not take this opportunity to combine both into a new career? I absolutely look forward to being part of the Whole Body Fitness team. My goal is to help people of all health and ability levels (go mom!) improve their fitness and quality of life.

March 25, 2010

[To read other Success Stories click here](#)

"Do or do not. There is no try."
Yoda

Robin's Runners Corner



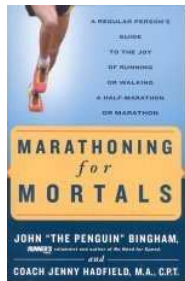
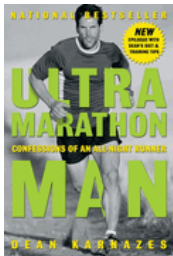
The Runner's Report



By Robin Rutherford

As some of you know, I completed my first marathon last October by running the Nike Women's Marathon in San Francisco. What an amazing experience it was to have my husband and family there with me that weekend as I check an item off my "bucket list!" I have to say that the day of the marathon was filled with excitement and joy...I savored every mile (especially the mile where they passed out chocolate!) and I was ecstatic as I ran to the finish! No emotional breakdown or collapse at the end for me...just sheer happiness as I completed 26.2 miles in one piece. I couldn't wait to see my family and tell them all about it...plus, I wanted to show them the awesome finisher's necklace I received from Tiffany & Co.!! What I'd rather forget is the grueling 6 months it took to prepare for that day. No sleeping in on Sundays for me, I had to get up early to beat the summer heat each week and log in the long miles needed to train properly. However, when I reached the finish line with all my body parts still working properly, I knew that it was time spent wisely!

I would have preferred to train with a running group, but due to my schedule I ended up training for the marathon on my own. Here are a few of the books I read to help guide me along the way:



Marathoning for Mortals Ultramarathon Man Marathon!

By John Bingham & Dean Karnazes & Jeff Galloway

During my training, I tried A LOT of energy and hydration products! I tasted many different gels, drinks, sports beans, and sports chews. I concluded that it was all a matter of personal taste. For me, gels were too messy and I ended up with sticky fingers whenever I used them. I had better luck with sports beans and chews; however, I found some brands

stuck in my teeth more than others. Same with sports drinks...some were too sweet and others had no flavor at all. My advice is to take time to experiment with as many products as possible and make notes on which products work the best for you!

I became a big fan of Cliff, so here are some of the products I have tried and liked while I was training:



(Protein bites)



(Electrolyte replacement)



(Energy/fuel during the run)

FOR UPCOMING RACES IN ORANGE COUNTY and for Running Meet-Up groups...please check out the [OC Activities Calendar](#) tab on our Home page!

BUST OUT

Escape the treadmill and hit the road—safely.

By Jeff Galloway

When runners first move to pavement after months of hibernating indoors on the 'mill, they're in for a shock. Treadmills help you run because the machine provides the forward motion. When you run outside, you have to push against the solid ground, which requires more energy and puts a different stress on your ankles, feet, and legs. These steps will help you make a safe, enjoyable transition to the great outdoors.



EASE INTO IT Start by going outside once a week. If you've been running continuously for 30 minutes on the treadmill, when you head out, run one minute and walk one minute for 30 minutes. On the second week, add another outdoor run and increase the run/walk ratio to 2:1. Gradually decrease your indoor time as you increase your outdoor time.

SLOW DOWN I believe that many treadmills aren't properly calibrated and tell runners that they've run farther and/or faster than they really have. When you start running outside, you might feel frustrated because you're running slower than normal. Here's how to compensate: If you run a nine-minute-per-mile pace on the treadmill, start your outdoor runs at 11 minutes per mile. After 10 minutes, speed up to 10 minutes per mile—which is likely equivalent to the pace that you were running inside.

REDUCE THE MILEAGE If you slow down and add more walk breaks, you will probably be able to cover the same distance you've been logging on the treadmill. But feel free to cut your mileage back a little as you adjust.

PREPARE FOR BAD WEATHER Layered technical [gear](#) can keep you comfortable even if the weather changes during your run. Remove a layer before you start to sweat.

RACE MISTAKES TO AVOID

Look--and run--like a road-racing vet by avoiding these three common newbie mistakes.

By Kristen Wolfe Bieler

From Runner's World published 6/8/07



Mistake: Too fast, too soon

"Most [first-time racers](#) go out too fast and are miserable by the second mile," says women's running coach Jane Serues. Even veteran runners get caught up in the race-day enthusiasm--and other faster racers.

Easy Fix:

"Start out at a comfortable pace," says Serues, "a pace where you're not killing yourself and can still converse with deep breaths in between sentences. No huffing and puffing." Then try to run each mile just a little bit faster, so that your last mile is the fastest. "A strong finish leaves a better taste in your mouth than a great first mile with a cross-eyed finish," says Chris Carmichael of Carmichael Training Systems.



Mistake: Too much food

RW columnist [Jeff Galloway](#) says many first-timers eat too much before a race, particularly the night before. Carmichael agrees. "You don't need to carbo-load for a 5-K," he says. Most people have enough stored energy in their bodies to run a 5-K without taking in any additional calories.

Easy Fix:

"Eat less than normal before the race," says Serues. Try small meals the day before, and something as simple as a banana and a glass of skim milk on race morning. "The key is choosing something easy to digest," says Serues. "Not ham and eggs, which your body has to work hard to break down."

Mistake: Too little warmup/cooldown

Your body needs to [warm up](#) properly before it can run well at the higher intensity required to race a 5-K. And a postrace cooldown helps you recover more quickly so that you'll feel better the day after the race.

Easy Fix:

Include a 15-minute warmup before the race, and a 15-minute cooldown afterward, says Carmichael. For both, mix walking and jogging to help ease into and out of your race pace.

BEST AND WORST PRE-RUN FOODS

By Christine Luff, About.com Guide

Updated February 28, 2009

About.com Health's Disease and Condition content is reviewed by our [Medical Review Board](#)

If you have had issues with [gastrointestinal distress](#)¹ during or after your runs, the foods you're eating in the 24 hours before your runs may be the culprit. Here's a guide to what you should and shouldn't eat before your runs.

FOODS TO AVOID

Try limiting or eliminating some of these foods before running to see if it makes a difference:



High-fiber foods: Whole-grain foods, vegetables, legumes, and fruits that are high in fiber can cause [gastrointestinal distress or diarrhea](#)².

High-fat foods: Foods with a lot of fat -- such as fried foods, cheese, hamburgers, or bacon -- digest slowly and will feel like they're sitting in your stomach.

Caffeine: Coffee or other caffeinated beverages can cause stomach issues or diarrhea.

SAFE FOODS

These are the best types of pre-run foods to help avoid gastrointestinal distress during or after running:

Low-Fiber Fruits and Veggies: If you really want to eat fruits or vegetables before runs, zucchini, tomatoes, olives, grapes, and grapefruit are all low in fiber.

Safe Dairy: Some people have issues when they consume [dairy products before runs](#)³. Soy, rice, and almond milks generally don't contain the sugar lactose, which can be tough to digest. You can also try acidophilus milk and yogurts with live cultures, which contain bacteria that help with digestion.

Refined Carbs: Processed white foods, like regular pasta, white rice, and plain bagels are good choices. Although they're not as nutritious as whole grain and unprocessed foods, they're easier on your stomach because the whole grain is already broken down.



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Whole Body Fitness... Events in OC

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**"You can't do anything about the length of your life
but you can do something about its width and depth"**

Evan Essar

Whole Body Fitness
**Providing Excellent Personal Fitness Training and Nutrition
Services in Orange County since 1999**

Whole Body Fitness offers a variety of services that include:

Personal Fitness Training
In-Home or Offsite Training
Lifestyle Weight Management
Pre & Post-Natal Fitness
Teen Fitness



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call Lisa Dougherty at (949)378-4505 today!**

