



Welcome to my monthly newsletter. Here you will find some information on Wellness, Upcoming events, Fitness, Healthy Eating tips & What's New. I hope you enjoy it.
- Rhonda



Exercise or Extra Size?

IN THIS ISSUE:

- Exercise or Extra Size?
- Healthy Nutrition Tip
- Did you know
- Fitness Tips
- Now available for purchase.
Rhonda's New "Fitness from the Chin Up" DVD – Great Christmas gift!



Fitness is from the Chin UP!

DID YOU KNOW

**The Truth about. . . .
No Pain, No Gain.**
Courtesy of WebMD

"No pain, no gain is bad," says Jeffrey Berg, an orthopedic surgeon and team physician for the Washington Redskins. "When people start to exercise, there may be some muscle aches and pains, which are normal. But there are other aches and pains, such as joint pain, bone pain, muscle strains, and ligament or tendon strains, which are bad, and you should back off because they'll get worse if you ignore them."

Start slow, ease into an exercise plan to avoid injury," and always consult with your doctor before starting an exercise routine."

To exercise or not to exercise – That is the question! I can't stress enough the physical, psychological and spiritual benefits that come from exercise. Exercise will improve your mood, strengthen your spirit and create an enormous amount of wellness benefits for your body in the process. If you are sick and tired or being sick and tired, try exercise.

Crisp fall weather is made for physical activity — walking, running, biking, swimming are all fair game. They're excellent forms of aerobic exercise giving your heart a good workout.

No Time? Try Lunchtime Workouts

If your schedule is tight, try a 30-minute lunchtime workout. You'll lose the stress and anxiety and get a boost in energy. Getting away from work helps clear your mind and helps you refocus. You'll be calmer and more productive.

Circuit training is great for a 30-minute workout. If a gym isn't nearby, take a walk. Walk half an hour every day, and you can lose 10 pounds in a year — if you keep your diet healthy. A few more tips:

- Keep a workout bag at your desk: sneakers, gym clothes, basic grooming tools. Baby wipes help you clean up fast so you don't have to shower.
- Pack a lunch so you don't have to wait in food lines.
- Keep small pre-workout snacks on hand, like almonds, walnuts, string cheese, cottage cheese, oatmeal — so hunger won't slow you down.

As we head into the holiday season, these workouts are especially important. With a little planning, exercise can eliminate the stress that comes with the holidays. If you don't begin to exercise you will definitely expand an *extra size!*

UPCOMING EVENTS

Toys 4 Tots Holiday Fun Run, **Saturday, Dec. 5th** @ Fresno State Campus. I sure could use you on my team. **Stop by my gym, & sign up for "Team Rho Fit,"** by Nov. 23rd. Early registration is \$20. Bring a "new unwrapped toy" and take \$2 off the fee.

HEALTHY NUTRITION TIP

Eat to Beat Stress. The holidays are coming, along with food filled parties and family gatherings. An abundance of food, drink and holiday treats can tempt you to overeat. Here are some tips to help you not over eat:

1. Start with a nutritious breakfast of whole grains, fruit, dairy and good sources of protein such as eggs, lean meat or nut butter.
2. Have a healthy snack BEFORE a party or holiday dinner. This will ease your hunger and make it easier to eat sensible portions.
3. Eat slowly. Take your time to enjoy good conversation.
4. Allow yourself special treats; just try to balance your calorie intake with physical activity to prevent weight gain.

Have a Fitness question for Rhonda?
Email her at: rhofit@sbcglobal.net

