

# Fitness Newsletter

February 2016

Happy Valentine's Day to everyone! We have nothing but love for our TFW Family! In honor of February being Heart Health focused we are excited to share our new cardio classes for all TFW clients. We have been testing them in our Little Black Dress and Black Tie Project and they have been a hit! So we are opening these classes up effective immediately to all clients. No charge, no need to reserve your spot, just show up ready to sweat!

The times are Tuesdays and Thursdays at 6:30am, Noon and 6pm, Saturday at 8:15am.

We recommend coming 2-3 days per week. Also we have had several clients purchase the H7 Polar Heart Rate Monitor strap and download the free Polar Beat App to track heart rate and calories burned in their cardio workouts and resistance training workouts! You can find good prices on Amazon \$50-60 for the strap. If you need help setting it up, we are pros at it!

We hope you will test out these classes and let us know what you think!

Also I have nothing but love for all our Little Black Dress and Black Tie Project Participants! It has been so fun to watch you set goals and get after it. We are getting ready to celebrate your success at our Red Carpet Event! If you missed this challenge or just like having the extra push stay tuned for our next challenge in late Spring!

My last bit of love to share is Tony and I found out we are having a Baby Boy this June! We are half way through now and it is starting to feel more real. I have started to feel him more or at least what I think is him moving. During the ultra sound we saw him sucking on his fingers and a big yawn. It was so sweet and just made it even more real that this is happening.

I cannot express how much love we have for our TFW Family. These last 8 years have been a journey for sure but we are thankful to have the love and support of everyone. Keep pushing and driving forward each day and if you need anything we are here for you!

Happy Valentine's Day,

Arin



# TRENDING AT TFW

## 5 Fun Facts!

Honey does not spoil. You could feasibly eat 3000 year old honey.

When we breathe through our nose, we always inhale more air from one nostril than with the other one — and this changes every 15 minutes.

If you were to remove all of the empty space from the atoms that make up every human on earth, the entire world population could fit into an apple.

The woolly mammoth was still around when the pyramids were being built.

Written language was invented independently by the Egyptians, Sumerians, Chinese, and Mayans.

## Happy Birthday!

Angela Lord

Michelle Beitzel

Debbie Wilson

Jessica Demaree

Kyle Culmann

Margo Wininger

Erick Ponader

George Vosnos

Tiffany Robinson

Steven Johnson

Russ Newton

Ashish Kalgaonkar

Matt Street

Anita Harden

## Chipotle Honey Chicken Tenders and Sweet Potatoes

### 10 Ingredients

3 tablespoons olive oil, divided  
4 chipotles in adobo sauce, minced  
3 cloves garlic, minced  
2 tablespoons honey  
2 teaspoons apple cider vinegar  
1 1/4 teaspoons salt  
1 teaspoon cumin  
1/2 teaspoon cinnamon  
2 pounds chicken breast tenders (or chicken breasts pounded to 3/4-inch thickness, sliced into strips)  
6 sweet potatoes, peeled, cut into 1-inch cubes

### Directions

24 hours before you plan on eating: Mix 1 tablespoon olive oil, chilies, garlic, honey, vinegar, salt, cumin, and cinnamon together in a small bowl. Pour into a large Ziploc bag. Rinse chicken tenders, pat dry, and trim any fat, then place in the bag. Close the bag and squish around to coat chicken with marinade. Refrigerate for eight to 24 hours.

When ready to cook: Preheat oven to 400 degrees. In a large baking pan, toss together remaining 2 tablespoons olive oil, sweet potatoes, and an additional sprinkling of sea salt. Roast for 30 minutes, stirring once. Add marinated chicken tenders to the sweet potato pan, and continue to bake for 10 minutes, until chicken is cooked through (no pink in the middle) and juices run clear.



# CLIENT OF THE MONTH

## Carolyn Lyons

Carolyn started our program in September of 2015 and has now lost a total of 16 pounds . She is also down 5% body fat, and 11 and a half inches total! Carolyn started our program after being referred by one of our current clients, with doubts and hesitations. She knew it was time for a change in her health, but she also told me up front how much she hated working out. After following my recommendations and utilizing the tools we provided for her she has become an inspiration to others.

Not only has she pushed herself in her workouts each week but she has been tracking her nutrition and has logged consistently now for 138 days on My Fitness Pal! Carolyn has been a joy to coach. She genuinely cares about her health and her form when exercising. She comes in each week with a positive attitude ready to tackle each work out. It is safe to say that Carolyn has earned the recognition and title of Client Of The Month after all the hard work and effort she puts into her routine each and



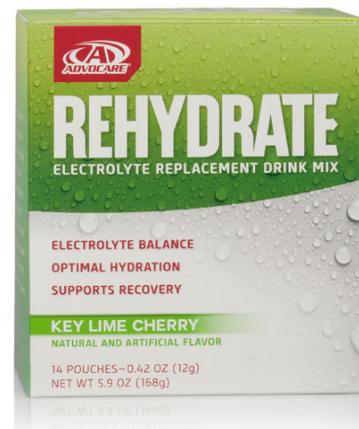
### AdvoCare Rehydrate

Electrolyte Replacement Drink Mix

AdvoCare Rehydrate™ provides the necessary nutrients to maintain proper metabolism, delay the onset of fatigue, and hydrates your body by re-establishing your electrolyte balance. Rehydrate has a 1:1 ratio of sodium and potassium, two of the most vital electrolytes that are lost when we sweat. Rehydrate can help prevent cramping by providing calcium, magnesium and L-glutamine to support the contraction and relaxation phases of the muscles. Overall, Rehydrate includes antioxidants, carbohydrates, electrolytes, Sustamine® and other nutrients that effectively promote optimal hydration and recovery.

#### Key Benefits

- Helps the body stay hydrated during physical activity
- Provides a full spectrum of crucial electrolytes for improved electrolyte balance
- Includes amino acids to help feed your muscles
- Fuels your body with carbohydrates for energy production and sustained muscle endurance
- Contains antioxidants to fight free radicals commonly produced during exercise
- Helps prevent cramping during and after exercise



\$19.95 per box  
(14 pouches)

### Arin's Favorite Drink! Fruit Punch!



### Flavors

- Fruit Punch
- Mango Pineapple
- Red Raspberry
- Key Lime Cherry
- Peach

\$59.95 per canister  
(1lb 7oz)

# 8 Reasons Your Cardio Workouts Are Not Working... And What You Can Do About It.

You have started doing cardio to burn fat and get in shape. Maybe you have started running every morning or taking a walk on your lunch break. Or maybe you began using the elliptical, stair climber or cardio classes at the gym. But no matter what kind of cardio you do, you are not seeing the results you want, and you are not sure why. Well, here are eight of the most common reasons why your cardio workouts may not be working and what you should do about it.

## 1. You have no goals and no way to measure and track your progress.

If you don't know exactly what you are trying to achieve with your cardio workouts, there is no way to tell if and when you have achieved it. It sounds brain-dead simple, because it is. But so many people make the mistake of having no goals, which leads to many of the problems in this list. You can avoid these problems if you simply set goals. Establish precisely what you want to achieve and put it in writing.

## 2. You have no plan or program to follow.

If you are just "winging it" when it comes to cardio that is like playing the lottery – the odds are against you. As the old saying goes, failing to plan is planning to fail. So, make sure you have at least a basic plan or program structure in place. Your plan doesn't need to be elaborate or complicated. In fact, it could be as simple as, "I'm going to walk every morning for 30 minutes." That's a plan. Or, if you've already established a regular cardio habit, it could be, "I'm going to push myself to do a little better every time I train." It could mean going an extra minute each workout, an extra quarter mile or a little faster, so you burn more calories than you did last time. Don't feel like you need to spend the next three months plotting out a sophisticated blueprint. Just create a simple plan you can stick with.

## 3. You are only doing cardio workouts and nothing else.

If you have a fat loss or body transformation goal, then cardio is one of the best strategies you can use. But cardio training alone is not the most effective approach for achieving fat loss while maintaining or building muscle. The superior approach would include strength training as well.

## 4. You are not training with enough intensity.

You are going to get from your cardio workouts only what you put into them. If you want great results, you have to put in a great effort. There are many ways to raise the intensity level of your workouts, but don't get lost in the details – the key is that you challenge yourself each and every session. You can go faster or longer, increase machine resistance, decrease the length of rest intervals, or push yourself a little harder in any other way you choose. Regardless, don't fall into the trap of simply going through the motions or clocking a certain amount of time. Many people fool themselves into thinking that they are working hard, when they're not even close to a moderate intensity level. This is why we have added in our TFW Cardio Classes! We have been testing them out and we are excited to keep them on our ongoing schedule and a benefit to your training package. There is no additional cost and you do not have to sign up for them, just show up ready to sweat!

### TFW Cardio Classes days and times:

**Tuesday and Thursday: 6:30am, Noon and 6pm, Saturday: 8:15am**

**\*We do recommend purchasing a Polar H7 heart rate monitor strap and downloading the Polar Beat App to track your heart rate and calories burned. Amazon.com has them for \$50-60**

## 5. You are not progressing in your cardio workouts.

Whenever you exercise, one of your goals should be to get better at what you're doing – whether it's cardio training, resistance training, sports, etc. And it's not just because it'll lead to a better performance in those activities. Fat loss, fitness and body transformation

depends on exercise progression. When you exercise regularly, your body begins to adapt, and as a result, you get better at those activities. You get stronger and build endurance, burn a little fat here and build a little muscle there, among other benefits. As a result, it takes a progressively greater challenge for your body to keep improving. One of your best strategies you can use to keep making progress is to keep upping the challenge in some way, shape, or form.

Here are five examples of how to progress in your cardio workouts:

1. Run a quarter mile longer each week (e.g. 2 miles this week, 2.25 miles next week).

2. Cycle for a minute longer each workout until you reach your goal duration (e.g. 45 minutes), and then increase the speed and or resistance slightly each week.

3. Add one more flight of stairs to your stair climbing workouts each week.

4. Set a goal to burn 10 more calories than your last workout on the elliptical machine.

5. Increase the incline on your treadmill by one degree each workout until you've maxed it out. Then, for your next workout, lower it down, but increase your speed.

## 6. There is not enough variety in your cardio workouts.

As stated before, your body adapts to whatever stimulus you impose upon it. For example, if you do a lot of walking, exclusively, your body will get better at walking by strengthening your legs, improving oxygen delivery, and so on. But if you specialize in any one activity for too long, there comes a point where you start receiving diminishing returns compared to when you started. Your progress may slow down or stall completely (i.e., plateau). You may even start to get worse results or experience symptoms of over-training. One of the best things you can do to avoid this problem is to incorporate more variety

into your cardio workouts. It could be different activities (e.g. cycling instead of running), or different training protocols (e.g. interval training instead of steady-state cardio). Or, it could be a mixture of things. The key is that if you're stuck, don't over-specialize in any one activity or protocol, and when you notice diminishing returns, change your approach accordingly. If a 45 minute walk isn't producing the results you want, try a 20 minute interval training workout that alternates walking with bursts of running.

## 7. Your cardio workouts aren't long enough.

In an industry fraught with 4-minute workouts and other quick-fix solutions, many people believe that you can get great results in minimum time. It is true that high-intensity cardio can improve heart health and cardiovascular conditioning with surprisingly short workouts, but here is the reality: Most people who subscribe to minimalist cardio approaches get minimal results, especially when it comes to fat loss. If you are performing very short cardio workouts (e.g. in the 5-15 minutes range), then you could be getting better results if you trained longer. You have to put in the time. Just keep in mind that there is a point of diminishing returns. Too much of a good thing can turn bad, and that's very true with cardio training. If

you are busy, by all means, do whatever you can in however much time you have available. When time is short, intensity is paramount. If you've only got 10 minutes



for cardio, then using every one of those 600 seconds to the maximum by pushing up the intensity is efficient training.

## 8. You are neglecting one of the basics (like calories in!)

Sometimes, your cardio workouts are not the problem. It is something else entirely that is sabotaging the great job you are doing in your workouts. For example, you could be doing cardio six days a week with an intelligent and balanced blend of longer steady-state cardio and shorter high intensity interval training. You could have the perfect level of intensity, duration, variety, and progression, among other things. Your

whole exercise program might be flawless. But, unbeknownst to you, you are eating at or above your daily calorie maintenance level, and that causes a plateau or even weight gain, completely undermining all that training you are doing – and your fat loss results. If you are not conscious of both calories out and calories in, you often stay perplexed and can't figure out why all that working out isn't working. The usual culprit is indeed excessive calorie intake, despite the high level of training. But there could be other simple, but often overlooked factors as well, such as food intolerance, an unbalanced macronutrient intake (insufficient protein), not enough sleep, and too much stress, among others. With an exponential rise in information sharing online today, we tend to get focused on what's new in the industry or fixated on trivial details of our nutrition and workout plans, instead of focusing on what really matters.

Remember the 80-20 rule – holds true in your fat loss endeavors: 80% of your results come from 20% of your actions. This is why it is so important to make sure you have the healthy lifestyle and nutrition basics in place before worrying about tweaking minor details of your workouts.

# Polar H7 Bluetooth Smart Heart Rate Sensor

Provides live, accurate heart rate to compatible mobile training apps, including Polar Beat. Uses Bluetooth Smart technology providing ECG-accurate heart rate to any Bluetooth Smart ready device utilizing standard heart rate profile.



\$58.98

## Spread the Word

Do you enjoy your workouts and accountability at Transformation Fitness and Wellness? If so, tell your family and friends so that they can join you. Here at TFW we love our clients and we are always looking for more who are just like you! Tell us about the people in your life or give them our contact info so that they can reach out to us themselves.



@TfWellness



@tfwellness



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# TRANSFORMATION



## FITNESS & WELLNESS

Transforming Lives With Educated Fitness Solutions