

January Newsletter

For Clients and Friends of



Seeing Your New Year Resolution Through

I Hope you had a great Holiday Season. Nothing beats getting the family together, eating, drinking and having a merry time. Now you have the New Year to look forward to. What's important is you make it a year to remember because it *will* fly by. With that in mind, I am going to show you how to stick to your New Year's resolutions so you can make 2010 the most productive, rewarding and fulfilling year of your life... Whatever your resolutions are, here's how to achieve them...

Make a 30 Day Challenge - At least say you'll TRY it for 30 days... In your mind that's easy to digest, right? You can do that. The trick is that after 30 days the habit will be set into you and it will be easy to keep on going.

Journal - A great way to stay committed is to keep a little resolution journal. At the end of the night, note your progress for the day and what your goals are for the next day. Planning like this gives you a clear guide to success.

Don't Give Up When You Slip Up - Yes, you will fall off the wagon. The trick is to get back on quickly, don't risk losing all the hard work you've done so far. Acknowledge you messed up and move forward fast before you can allow yourself to "justify" failing.

Be Realistic - If you set unrealistic goals you won't

achieve them, you'll get upset and you'll give up. Be REALISTIC, set goals you can achieve.

Take one small step a day, and by the end of next year you'll realize you've come pretty darn far.

One At A Time - Don't try and bite off more than you can chew. Shedding pounds is the most popular resolution - - But that's a lifestyle change which is a big thing. So until you are well and truly underway, don't add another resolution to your list. So many people give up on their resolutions so quickly. And that's a great shame. Stick to yours and see it through. Make 2010 a life changing year. You'll be glad you did.

Top 10 New Year's Resolutions

- Make more time for family and friends
- Start exercising
- Quit smoking
- Get organized
- Get out of debt
- Help others
- Volunteer more
- Quit drinking
- Lose weight
- Learn Something New





New Year's Resolution Humor

Starting a Diet

My friend Kimberly announced that she had started a diet to lose some pounds she had put on recently.

"Good!" I exclaimed. "I'm ready to start a diet too. We can be dieting buddies and help each other out. When I feel the urge to drive out and get a burger and fries, I'll call you first."

"Great!" she replied. "I'll ride with you." -- Katina Fisher

Eating Healthier

The teacher in a Bible class asked a woman to read from the Book of Numbers about the Israelites wandering in the desert. "The Lord heard you when you wailed, 'If only we had meat to eat!' " she began. "Now the Lord will give you meat. You will not eat it for just one day, or two days, or five, or ten or twenty days, but for a month—until you loathe it."

When the woman finished, she paused, looked up, and said, "Hey, isn't that the Atkins diet?" -- David Martino

Organization

My friend's husband is always telling her that housekeeping would be a snap if only she would organize her time better. Recently he had a chance to put his theory into practice while his wife was away.

When I popped in one evening to see how he was managing, he crowed, "I made a cake, frosted it, washed the kitchen windows, cleaned all the cupboards, scrubbed the kitchen floor, walls and ceiling and even had a bath."

I was about to concede that perhaps he was a better manager than his wife, when he added sheepishly, "When I was making the chocolate frosting, I forgot to turn off the mixer before taking the beaters out of the bowl, so I had to do all the rest." -- Mary I. Costain



Protect Yourself Against Colds And Flu

Influenza affects more than 100 million people in the US each year and approximately 35,000 Americans die from complications of this disease. We also catch nearly a billion colds annually or roughly 2-4 for each adult and 6-10 colds for every kid! 38% of Americans also suffer from allergies, and our stressful lifestyles, poor dietary habits, and even normal aging make it even tougher to fight off invaders and infections.

Influenza vaccination is recommended for children under age 5, adults over age 65 as well as for anyone suffering with a serious chronic illness. US health officials ordered a record supply of flu vaccine this year, but many Americans are still waiting for their flu shot as supply chain problems disrupted deliveries across the country. The Centers for Disease Control is now urging Americans to visit their clinics later than usual this year for the millions of doses of vaccine that have now reach their destinations safely.

But, of course, the flu vaccine only protects you from the common strains of flu expected in a given year, so boosting your immune system strength and function is incredibly important to help you fight off the myriad of cold viruses and other pathogens.

Your immune system, a complex system of protective cells and biological "soldiers" defends against germs and invading pathogens every day. But viruses and bacteria can live up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desktops. Every time you eat at a restaurant, shake hands, hold on to the grocery cart, or open a door...you're challenging pathogens to break through your immune defense systems. So how does the body defend itself and what can you do to support your immune system that is so hard at work right now?

Your body's first line of defense begins with physical barriers like skin, hair, and mucous membranes. If an invader breaks through, it has to elude a series of nonspecific defense mechanisms including patrolling scavenger cells such as macrophages and neutrophils.

Did You Know?

We offer a variety of fitness and nutritional services here at Precision Personal Training, including:

- ◆ Semi-Private Training (groups of 3 or 4)
- ◆ FITT CAMP at Himmel Park
- ◆ Kick Boxing Training Sessions
- ◆ Coming Soon...Fresh, Pre-Maid, Organic Meals From Chef Tony of Edsyl Sustainable Living

If a cell is infected by a virus, it secretes a substance called interferon. Interferon is an immune system regulator that is extremely active in cell defense due to its antiviral and immune stimulating effects. When produced by cells infected by viruses, interferon communicates with uninfected cells to trigger an antibody response to the virus. Interferon can also activate natural killer cell activity, macrophage activity, and trigger the release of powerful cytotoxic chemicals designed to neutralize immune system invaders.

Invaders that get past the first lines of defense confront individually tailored defense weapons. Specialized immune cells work together in a specific defense network enabling your system to recognize, remember, and neutralize potentially harmful invaders such as viruses, bacteria, and fungi.

There are many things that you can do to protect yourself from being infected with a cold or the flu and it starts with getting in the habit of hand-washing and sneezing into a Kleenex (or your elbow). Eat a balanced diet rich in fruits and vegetables (at least 7 servings per day) and make sure you're getting an optimal intake of vitamins, minerals, and other immune system support nutrients, from your diet and supplementation. Exercise regularly—meaning at least 30 minutes per day and get at least 7-8 hours of sleep each night.

Research has shown that good nutrition is essential for supporting optimal immune function and one study even showed the benefits of multivitamin supplementation in reducing the number of infection related to illnesses in healthy elderly. Key nutrients such as vitamin C and zinc support skin health; folic acid vitamins B6 and B12 help the body produce huge "armies" of immune support cells; and antioxidants such as vitamin E, beta carotene, and selenium help keep the immune system's destructive by-products in check.

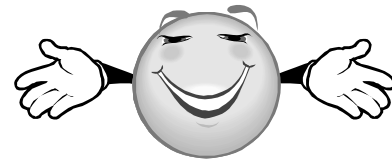
Echinacea is believed to stimulate the immune system to help fight infections and has traditionally been used to treat or prevent colds, flu, and other infection. Some research indicates that Echinacea and other herbs such as astragalus may be beneficial for use by those with upper respiratory infections although the results are mixed.

The recent outbreak of e-coli bacteria in spinach also reaffirmed the critical role that the gastrointestinal tract plays in a healthy immune system. The intestines are an important line of defense for the immune system and research proving that probiotics offer key support for immune system health. In the gut, probiotic bacteria may compete with pathogens for nutrients, decrease production of pro-inflammatory compounds, and may inhibit the growth of bacterial pathogens to it's especially important to keep a healthy balance of good bacteria, or probiotics living in the gut.

Bolstering immunity is important all year long, but is critical through the winter months. Do all you can to keep your immune system strong and have a healthy winter season.

New Year's Resolution "Get Your Body Back"

Open house January 9th at our Grant location and January 16th at our Campbell location from 12 p.m.- 4 p.m. This is a great opportunity to bring family, friends and co-workers to check out PPT. We will have free chair massages as well as healthy meal samples from chef Tony Johnson. We will also be doing mini fitness assessments and working with people to set realistic goals for the new year. Your guests will also have a chance to meet the trainers, take advantage of special one day offers and enter in a grand prize drawing.



Welcome New Client

Here is a new client that became a member of our fitness family this last month! We'd like to welcome you publicly, and wish you all the best!

Vanessa Williford

THANK YOU! THANK YOU! THANK YOU!

Thanks to YOU, we're the hottest Personal Training Business in town. Our clients and friends deserve great thanks for graciously referring us to family, friends and neighbors. We build our business based on positive referrals from people just like you. We couldn't do it without you!

And don't forget, if you have any questions or concerns about your health, talk to us. Contact us with your questions. 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 your question and I'll do my best to address it in an upcoming issue (or with your personally). ***I'd love to hear from you.***

My email address for comments is
angie@ppt.tuccoxmail.com