

Meet Me In The Gym...



...It's Going Down!

A Monthly News Update From One To One Fitness



News January 2010

Upcoming Events:

Every Monday & Thursday – Zumba Class

February 10th – Nutrition Class

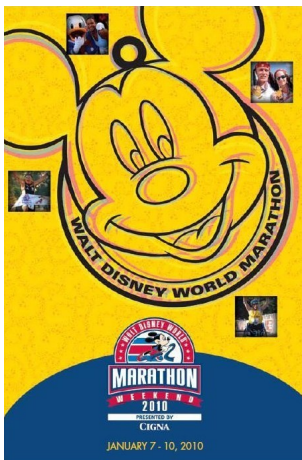
February 21st – A1A Half Marathon

March 20th – NPC Sunshine Classic Bodybuilding

April 3rd – Run Like a Bunny 5K

April 24th – Diamond Classic Bodybuilding & Fitness

COMING
Attractions



Congratulations to Symone, Gillian, and John Anthony Rahael and Matthew Sabga for successfully completing the Disney Half Marathon and to John Anthony for completing the Goofy Marathon as well!!!!



YOU ASKED FOR IT AND NOW WE HAVE IT!!

Supportive Nutritional Bars at
www.Setpointfitness.com

- Step 1:** In the upper left corner click “New User” link
- Step 2:** Fill in information and at “Trainer/GYM/Team” select Manuel Mair from the drop down to get a **10% discount**.
- Step 3:** Continue filling in your billing & shipping information.
- Step 4:** Click on “Submit” to place your order.

Healthy Choice Menu

Pizza Carousel Catering
4619 University Drive, Coral Springs
954-534-5014 (Ask for Jen)

Jen has a wide variety of healthy meal choices to select from... Ranging from fish, brown rice and veggies to chocolate oatmeal muffins and cakes.. Call to place your order TODAY!!

Shaking It Up!



Just a reminder that One To One Fitness offers pre and post-recovery shakes to our clients including the “Perfect Blend” (191 kcal) and the “Perfect Blend Plus” (306 kcal). These shakes are great for replacing glycogen that is lost during workouts, and aiding in the workout recovery process. So remember to **Shake It Up!!**

Join The Party...



The Latin-inspired, easy-to-follow, calorie-burning, feel-it-to-the-bone

FITNESS PARTY!!!

At One To One Fitness...

When: Mondays @ 11:45AM
Thursdays @ 6:30PM

Cost: \$15.00 each Class
\$120.00 for 10 Classes

Register here with Manny

For additional information Contact:
Annie Carrazana (561) 843-2072

FINISH LINE

Join us at the finish line as One To One's very own Michelle Chambers, Beth Laggan, Julia Silver and Raquel Moncrieffe compete in the A1A Half Marathon taking place on February 21st.

If anyone else is interested in participating there's still time to register.

Quarterly Nutrition Classes Next Class – February 10th

Our next Family Nutrition Class will be held on February 10th. The cost is \$25 for the first family member and \$10 for each additional family member. Please register early. Each and every class really impacts everyone who comes out and is always a valuable experience.

We hope to see *YOU* at our next class!!

Nutrition classes are held on the second Wednesday of the month.

Want to get started right away?

Martha is also available for in-home

presentations

and supermarket tours.

To contact Martha please call 954-274-0574



WORK the CORE!!!

- By Rich Alvarez

Trainer Talk

Putting pressure on the abdominal cavity is essential to maximize spinal stabilization. When you prepare to inhale and exhale to exert, it causes an abrupt decrease in intra-abdominal pressure, leaving the spine in a state of destabilization when the spine is loaded; especially under near maximal loads. Many exercises you will do in the gym can help strengthen the core as long as you are using proper form and doing more good than harm. Many exercises you do in the gym that have sport like action are exercises that initiate involuntary breathing also known as the Valsalva maneuver. When this natural reflex is used, it increases the intra-abdominal pressure to stabilize and support the spine during heavy training. The valesalva should never be used if pregnant or if a person is hypertensive.

The core consists of the transverse abdominus, pelvic floor, multifidus and the diaphragm in the inner unit and the internal and external obliques, rectus abdominus, gluteus medius, gluteus maximus, quadratus lumborum, and the pectineus and adductor brevis consist of the outer unit of the core. The core's function is to sustain sufficient intra-abdominal pressure and to counter compressive forces from axial loading. In order for this to happen the spine is moved out of its preferred neutral position. In English, when you are exercising you must be aware of what your body is trying to do and is capable of doing in order to gain maximal benefits from exercising and prevent oneself from pushing beyond ones limits. Just as there are many dynamic movements to help strengthen the core, there are many static movements as well that can be very effective. Core training helps ones posture, balance & strength during stable as well as unstable movements so **GET JACKED UP!!!** and work that **CORE ALL DAY!!!**

Quote of the Month

"Obstacles are those frightful things you see when you take your eyes off your goals." - Anonymous



FITNESS



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