

MAY 2011

Get Fit—Stay Fit

**MARK YOUR
CALENDAR!**

May 9th Summer Memberships begin, encourage your family to take the 1st step to having better health.

May 21st Saturday 9am seminar "Why does Balance get worse with aging?" and "What can you do to improve balance."

Open to the public

RSVP 747-1897

May 31st Memorial Day A day not for division, but for reconciliation, honoring all Americans who gave their all fighting in any war. Wear your red, white, and blue to show your support.

**Does Your
Healthy
Weight Loss
Plan
Include...?**

- Exercise?
-Some of your favorite foods?
-Foods that you can buy at the supermarket?
-Foods from all 5 food groups?
-The right number of servings from each group?
-Foods that fit your budget/lifestyle?
-Foods you will enjoy eating for the rest of your life?



(318) 747-1897

www.FitnessLadyOnline.com

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STAY FOCUSED ON "EXERCISE IS MEDICINE"

Exercise is an integral part of healthcare, and physical inactivity is one of the most critical public health problems of our time. **Exercise is Medicine** is the way Fitness Lady and the American College of Sports Medicine (ACSM) will address this issue as we Stay Focused in 2011.

Encourage your physician to record physical activity as a vital sign along with blood pressure and height/weight statistics during your visits. Able patients should be advised to participate in at least 30 minutes of physical activity and 10 minutes of stretching and light muscle training at least five days a week.

Physical activity can prevent,

treat, or manage chronic diseases and exercise has been associated with improved cardiovascular health, weight management, along with bone health and joint strength.

Research recently indicated that exercise can even reverse the onset of type 2 diabetes, improve stiffness associated with arthritis and fibromyalgia, as well as maintain range of motion in all joints.

Conclusion: Once cleared by your Doctor to exercise, and if you are 18 to 64 years old, your ACSM script for exercise is: 150 minutes a week of moderate intensity, or 75 minutes a week of vigorous intensity aerobic activity. Muscle-strengthening activities that

involve all major muscle groups performed on 2 or more days per week.

If over age 64, avoid inactivity, be as physically active as possible and perform exercises that maintain or improve balance, to decrease risk of falling.

It is never too late, start today enjoying a healthier quality of life. See a Personal Trainer, Your Exercise Specialist at Fitness Lady and make exercise your new medicine!



Kedgy Larson
Owner/Director

ACSM/HFS, CIAR/PFS

The Trainer's Corner: Brianna Larson, B.S., ACSM— Health/Fitness Specialist

The Revolution for Results "Crunch-less Abs"

Strengthen your back, by getting OFF your back! You may have heard the buzz around the gym about "Crunch-less Abs." It is a revolutionary way to train your body in the way it is supposed to function. Your body is designed to provide support, stabilization and power to all movements in all planes of motion. Do not waste your time with crunches, which are often ineffective and potentially harmful to your back. You will never go back to crunches again after 1 month of training "Crunch-less" exclusively at Fitness Lady. You will improve your posture, strength, balance, and take your exercise ability to new heights!

Each day for the entire month of May, Flexible Billie Goat will feature a brand new exclusive "Crunch-less Abs" exercise. Log on and subscribe to <http://www.youtube.com/user/TheSuperFBG> Think you have what it takes to completely eliminate crunches from your routine for 1 month? Be the first to take the challenge.

Show us your best move and you could be featured on FBG's YouTube channel and have the chance to win a Crunch-less Abs Session with Brianna!

"Do things that bring honor and respect to you as a person" - Brianna Larson of Flexible Billie Goat