

JKPT Fitness Tips & News

Q: What is overtraining? Are there any easy-to-recognize signs or symptoms of overtraining?

ACE Fitness Q & A

A: Overtraining is a term that is used to express a situation when an imbalance occurs between training and recovery. The symptoms of overtraining can vary from one individual to another.

Overtraining, however, frequently involves one or more of the following common signs or symptoms:

- Impaired physical performance
- Reduced enthusiasm and desire for training
- Increased resting heart rate (i.e., your heart rate taken first thing in the morning before getting out of bed)
- Increased resting blood pres-

sure

- Chronic muscle or joint soreness
- Increased incidence of musculoskeletal injuries
- Increased incidence of colds and infections
- Impaired recovery from exercise (e.g., heart rate remains elevated well after the completion of a bout of exercise)
- Increased perceived exertion during your normal workouts
- Reduced appetite
- Dramatic weight loss
- Disturbed sleep patterns
- Increased depression, irritability, or anxiety

Source: Bryant, Cedric X. 101 Frequently Asked Questions about "Health & Fitness" and "Nutrition & Weight Control". Sagamore Publishing, 1999

REFERRAL BONUS:

For each person you refer to JK Personal Training LLC who gets involved in a training program with us, we will give you a **FREE** personal training session!

BOOT CAMP CLASS BY JENN

Wednesdays 5:30 am
& Fridays 7:00 am
\$16.50 per class.
Sign up today!

Working with a personal trainer is one of the quickest and most successful ways to improve your health & fitness.

No membership fees, you only pay for the sessions that you need, based on your specific goals.

Trainers providing programs to help you reach your goals!

MOVEMENT STUDIO CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 pm Danielle Pilates	5:30 pm Stacie Hatha Yoga 75 Min Starts 9/17	7:00 am Danielle Cardio/Weight	5:30 am Jenn Boot Camp	10:30 am Danielle Pilates	7:00 am Jenn Boot Camp	8:00 am Joelle Fitball Strength / Pilates Starts 9/22
	7:00 pm Stacie Hatha Yoga 75 Min Starts 9/17	9:30 am Danielle Pilates	6:30 am Joelle Pilates Starts 9/19	6:30 pm Joelle Pilates		9:00 am Stacie Hatha Yoga 75 Min
		6:30 pm Joelle Pilates				10:30 am Danielle Cardio/Weight

PM CLASSES

Updated 08/29/07. Schedule subject to change. Please check back regularly.

September 2007

Our studio will be closed Monday, Sept. 3rd

We hope you enjoy your long weekend!

Also...

NO YOGA or PILATES CLASSES SAT, SEPT 1 & SUN, SEPT 2

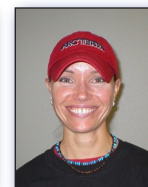
Disclaimer

Fitness and health information presented on these pages is intended as an educational resource and is not intended as a substitute for proper medical advice. Consult your physician or health care professional before performing any of the exercises described on these pages or any exercise technique or regimen, particularly if you are pregnant or nursing, or if you are elderly or have chronic or recurring medical conditions. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert.

Neither the author of the information nor the producer nor distributors of such information make any warranty of any kind in regard to the content of the information presented in this section.



Jenn



Kerry

JK Personal Training LLC

13300 NE 175th St., Suite 2
Woodinville, WA 98072

425-402-8943

info@jkpersonaltraining.com
www.jkpersonaltraining.com

September 2007
Upcoming Events:



Walk to D'Feet ALS
(Lou Gehrig's Disease)
Sat., Oct. 6, 2007
Seward Park, Seattle
9am Registration
& Check-In
Walk Begins @ 10am
www.alsa-ec.org

The Walk to D'Feet ALS® is The ALS Association's national signature event. Each year, over 65,000 people including ALS patients, families, friends and corporate leaders join together to raise funds in support of The Association's cutting-edge research and community-based patient services programs. Now in its eighth year, approximately 146 Walks will be held around the country in 2007.

Every 90 minutes a person in this country is diagnosed with ALS and every 90 minutes another person will lose his or her life from the disease.



JK Personal Training LLC
13300 NE 175th St., Suite 2
Woodinville, WA 98072
425-402-8943
info@jkpersonaltraining.com
www.jkpersonaltraining.com

More Upcoming Events:

Monday, September 3, 2007
A Labor Day Tradition

SuperJock®Jill
HALF MARATHON & FUN RUN/WALK
TO BENEFIT **PUGET SOUND BLOOD CENTER**

Half Marathon Walk | 8:00am Start
Half Marathon Run | 9:00am Start
4+ mi. Fun Run/Walk (starts at same time)
Post Event Celebration at Redhook Brewery, Woodinville



206.522.7711 | 800.343.4411 | www.superjocknjill.com



Stinky Spoke
(Stinky Weather Poker Run)
Sat., Jan. 19, 2008, 9am
Redhook Brewery
14300 N.E. 145th St., Woodinville
www.stinkyspoke.com

This is an approximate 12 mile loop ride - Sammamish Trail, Puget Power Line Trail, Farrell Mc-



Whirter Park, Bear Creek Road and Tolt Water Pipeline, with 5 stations where you'll

get a playing card. Best hands at the end win prizes! Weather-wise, this should be the worst day of the year (so we can't be let down, unless it's sunny and warm). Each participant will get a couple of beverages at the end (at Redhook) and a towel to clean off the mud before going into Redhook.

Door to Door Storage presents...
Survivor Stride II
Sept. 29-30, 2007

*Sing like there's no tomorrow ...
Stride like you've never felt sorrow.*

If you're reading this, you've probably survived one of life's many challenges, or you know someone who has survived or is currently trying to survive a challenge. Whether it was a life-threatening disease such as heart disease, cancer, depression, alcohol/drug addiction, a brain aneurysm, or a life-changing experience such as fighting for our country, abuse, a divorce, the death of a loved one...LIFE BECAME ALL ABOUT SURVIVAL.

Survivor Stride II was created for people to not only celebrate their survival, to celebrate others survival or to celebrate others currently trying to survive, but to celebrate a new beginning, which we all need at some point in our lives. On September 29-30, from dawn to dusk, Survivor Stride II, a national running, walking event, will take place in every city and state and thousands will celebrate their survival. We know that when you didn't think you were going to make it, putting one foot in front of the other took more strength and courage than you thought you had in you...but you did it! So we're all going to celebrate SURVIVAL together. To register for Survivor Stride II, go to www.active.com and use key words Survivor Stride.

But we're not just about "SURVIVING." We're about living and learning with compassion, passion and purpose. It's what makes us tick. Our vision was to give all SURVIVORS a way to come together to empower themselves. Our vision has become a reality. So come on...empower yourself.

We're asking you to support Survivor Stride II, by emailing everyone you know to tell them about this super event, and ask them to do the same. Whether you participate in another event that weekend, you run or walk at your home, your gym or a course of your choosing, wear your Survivor Stride II T-shirt with pride. The fee includes a commemorative Survivor Stride II T-shirt, which will be mailed to you if you register before September 15. A portion of the fee will go towards many great causes such as heart disease research, cancer research, diabetes research, drug/alcohol addiction research, or whatever cause you designate. Just type in your cause in the specified area when you register at www.active.com. Any questions ... email us at info@survivorstride.com.



"We must become the change we want to see in the world." Gandhi