

JKPT Fitness Tips & News

October 2007

Travel Fitness: A Plan of Action to Keep You Active

ACE FitFacts™

It is easy to let a vacation or business trip destroy your fitness schedule and eating habits, but why let something as rewarding as a vacation or as exciting as a business trip leave you feeling unhealthy upon return?

With a little research and proper planning, you can create an easy-to-follow plan to keep you fit and healthy no matter where you travel, and you can come home feeling more healthy and energized then when you left.

Nature's playground and man's monuments

There is no excuse for not finding places to exercise when every city has a great staircase, stadium, or tall buildings where you can master the stairs without a machine. If stairs aren't your thing, cities have lots of places good for walking, running or even hiking. Ask the hotel concierge if there are parks or trails nearby; or if you have ventured to the mountains, ask for a map of local hiking trails.

It is also a good idea to ask the concierge for a map of the city to find out how many of your destinations are reachable by foot. (Walking will increase your fitness and decrease your taxi fares.)

Prior to departure on your trip, find out if your hotel has a workout facility and a pool, and remember to pack your bathing suit and workout clothes. If they don't have a facility, they may be affiliated with a local gym where you can get a one-day pass for a small fee.

There are no limits to the exercise

you can do while exploring new territory. Make the most of your trip, and get to know the city by foot.

Prepare for power, no excuses

If your hotel doesn't offer fitness accommodations, bring along a jump rope and an exercise tube. They are both lightweight and easy to transport. Jumping rope is one of the best forms of cardiovascular exercise, and you can do it anywhere.

With the exercise tube and a pre-arranged plan to keep you motivated, you can keep your entire body toned and energized without entering a gym or stepping on a piece of exercise equipment. Numerous magazines and websites offer workout instructions for each body part.

And, of course, body-weight exercises such as push-ups and crunches require no equipment at all. The point is to find a workout routine that suits your needs and follow it. Plan a specific time each day or every other day to do your strengthening and cardiovascular routines (a good plan is to alternate days between the two).

Remember that the 20 to 60 minutes you spend working out each day is for you, and try to stay on schedule.

Have fun

Be sure to enjoy yourself and make the most of the area to which you have traveled. Remember to bring comfortable shoes so that you can easily get a workout while using your feet as your main mode of transportation.

Whether your trip is for business or vacation, remember that you should



have some time for yourself every day. Why not dedicate that time to improving your health and making yourself feel better?

Nutrition road tips

- Always drink plenty of water, particularly if you're flying.
- Conjure up a healthy meal in your mind prior to entering a restaurant, and stick to your plan as closely as possible.
- Try to eat at least three times per day to keep you from feeling famished and overindulging at any one time.
- Pick up portable, healthy snacks at a local market so you won't be caught hungry in front of the mini-bar.
- Go ahead and splurge on regional dishes or local cuisine, but balance your diet by choosing lower-calorie foods at other meals.

Products we like:

Protein Bar:

thinkThin



Heart Rate Monitors:

POLAR
LISTEN TO YOUR BODY

At Home Fitness Equipment:

PRECOR USA

Shoes: Get a proper fitting at places like Super Jock n Jill, Everyday Athlete or Footzone



Jenn



Kerry

MOVEMENT STUDIO CLASS SCHEDULE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|---|--------------------------------------|------------------------------|--------------------------------------|------------------------------|---|
| 11:30 AM Danielle Pilates | 5:30 PM Stacie Hatha Yoga 75 Min | 7:00 AM Danielle Cardio/Weight | 5:30 AM Jenn Boot Camp | 7:00 AM Danielle Cardio/Weight | 7:00 AM Jenn Boot Camp | 8:00 AM Joelle Fitball Strength / Pilates |
| | 7:00 PM Stacie Hatha Yoga 75 Min | 9:30 AM Danielle Pilates | | 10:30 AM Danielle Pilates | | 9:00 AM Stacie Hatha Yoga 75 Min |
| | | 6:30 PM Joelle Pilates | | 6:30 PM Joelle Pilates | | |

PM CLASSES

Updated 10/07/07. Schedule subject to change. Please check back regularly.

JK Personal Training LLC

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

425-402-8943

info@jkpersonaltraining.com
www.jkpersonaltraining.com

October 2007

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!

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.

 JK Personal Training LLC

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



Attitudes are contagious.
Are yours worth catching?
~Dennis and Wendy Mannering

If you don't get everything you want, think of the things you don't get that you don't want.
~Oscar Wilde

Attitude is a little thing that makes a big difference.
~Winston Churchill

Every day may not be good, but there's something good in every day.
~Author Unknown

Happiness is an attitude.
We either make ourselves miserable, or happy and strong. The amount of work is the same.
~Francesca Reigler

If you don't like something change it; if you can't change it, change the way you think about it.
~Mary Engelbreit

**BOOT
CAMP
CLASS
BY JENN**

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

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.



Stinky Spoke
(Stinky Weather Poker Run)
Sat., Jan. 19, '08, 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 McWhirter 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.

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!