

JKPT Fitness Tips & News

December 2007

Happy Holidays!

Our Studio
will be closed
December 24,
25 & 26
December 31 &
January 1

No Yoga Dec. 22

This year ...
give the gift of
a healthier
lifestyle.
Gift Certificates
Available!



Jenn



Kerry

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ACE's Top 10 Tips for Surviving the Holidays

The holidays can be a joyous time of year shared with family and friends, but they can also bring stress and anxiety as we struggle to keep up with often-unrealistic demands and expectations.

That's why it is so important for all of us to relax and take good care of ourselves.

ACE's top tips for surviving the holidays are great for increasing your energy and reducing your stress, this season and all year long.

Take time for yourself. Although spending time with friends and family is essential, it's also important to have at least five minutes to yourself to relax. Try practicing deep breathing exercise when you feel stressed out.

Don't set unrealistic exercise goals. Aim to exercise 20 minutes a day instead of an hour. You'll be sure to get at least 20 minutes of exercise per day without feeling disappointed if you do not complete an hour.

Enlist a friend or family member to exercise with you. Walking and talking with a friend can be a great way to burn extra calories and reduce your stress level.

Create new, more active traditions. Instead of throwing a dessert or cocktail party, try snowshoeing or ice-skating as an alternate holiday event. Play powder puff football or build a snowman.

Don't try to lose weight or stick to a restrictive diet this holiday season. If you enjoy your favorite foods in small portions, you'll feel more satisfied. Trying to stay away from certain foods may leave you feeling deprived, which may cause you to eat more than you intended to.

Drink plenty of water. Although the cold weather may make you less inclined to grab a glass of water, it is just as important in the winter as it is during the summer. Water helps counter the dehydrating effects of travel or drinking alcoholic

beverages, and it may also help satiate your appetite since thirst is often mistaken for hunger.

Spread out meals. Don't feel like you have to eat everything at once. Try eating dinner early and then taking a walk before sitting down for dessert.

Don't overdo it with alcohol or caffeine. These stimulants will only cause you more grief in the end by adding to your feelings of stress. Try drinking hot herbal tea instead of coffee, and keep the number of alcoholic drinks to a minimum.

Don't aim for perfection, and enjoy the imperfections. There is no such thing as the perfect party or the perfect decorations or the perfect way to spend the holidays. Don't set yourself up for disappointment by placing unrealistic demands on yourself.

Laugh. Laughing is a great tension reliever. It burns calories, reduces stress and usually means that you're enjoying yourself.

Happy holidays!

MOVEMENT STUDIO CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30 AM Danielle Pilates		7:00 AM Danielle Cardio/Weight	5:30 AM Jenn Boot Camp	9:30 AM Danielle Cardio/Weight	7:00 AM Jenn Boot Camp	8:00 AM Joelle Fitball Strength / Pilates
		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 11/20/07. Schedule subject to change. Please check back regularly.

December 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.

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Upcoming Events:



December 9, 2007

Presented by

Westlake Center • Seattle, WA



23rd Annual Jingle Bell Run & Walk

Sunday, December 9, 2007 • 6:45 a.m.

Westlake Center, Seattle, WA

Register at www.active.com or www.seattlejinglebellrun.org



Fitness For Vitality 5k/10k Run/Walk Shoes For Foster Kids

Sat., Dec. 15, 2007
9:00 AM

Lincoln Park
8603 Fauntleroy Way, SW
Seattle, WA

5k/10k Run/Walk on soft trails. 10-percent of revenue goes to foster kids athletic shoes from Super Jock n Jill to Treehouse For Kids. 8:30 AM warm-up with personal trainer Annette Herrick. Register at www.active.com.



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.



22nd Annual Big Climb for Leukemia

Sun., March 16, 2008

Columbia Center
Seattle, WA

8:30 a.m. - First Wave

www.lls.org

Participants may choose to enter the Race Stairwell (timed) or the Climb Stairwell (untimed). Both stairwells are 69-flights of stairs and lead to the top of the Columbia Center. The Columbia Center is located at 701 5th Ave. in downtown Seattle. Register at www.active.com.

Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Don't Deprive Yourself of the Rewards of Exercise



Individuals who exercise regularly are less likely to develop:

- heart disease
- diabetes
- high blood pressure
- high cholesterol levels
- certain forms of cancer
- osteoporosis

Individuals who exercise regularly are more likely to:

- maintain a healthy body weight
- effectively control the pain and joint swelling that accompanies arthritis
- maintain lean muscle, which is often lost with increasing age
- have higher levels of self-esteem and self-confidence
- continue to perform activities of daily living as they grow older
- experience overall feelings of well-being and good health

TALKING TO COMMITTED EXERCISERS

about the benefits of physical activity is like introducing a dedicated shopper to the joys of a Nordstroms' anniversary sale. After all, those who exercise are no strangers to the freedom elicited by movement, to the sense of accomplishment felt at the end of a long walk or a strength workout. Those uninitiated in the pleasurable rewards of regular physical activity, however, remain skeptical. After all, how can something as basic as exercise not only improve one's life today, but perhaps even save one's life tomorrow?

Why Should You Exercise?

Researchers have sought to answer this question for years. In 1996, the first Surgeon General's Report on Physical Activity was released, detailing the research behind the benefits associated with exercise. This report goes beyond the anecdotal "it-just-feels-good" reason for exercising. What follows are the conclusions of years of research on the health benefits of physical activity.

Who is Exercise Good for?

While not all types of exercise are appropriate for everyone, everyone can benefit from some type of exercise. After all, exercise is not limited to running or aerobics. You can try water workouts or seated-chair classes. You can play softball or squash, go in-line skating or even take a turn or two around the mall, provided you don't spend all your time lingering in front of shop windows. And if you think activities such as ballroom dancing or tending the garden don't qualify as exercise, think again. The primary factor in choosing an activity should be whether or not you enjoy it. Of course, an okay from your doctor also is advisable, particularly for individuals over 40, or those with special medical conditions or risk factors for heart disease.

How Much Exercise Does it Take?

How much one exercises is an individual decision, but numerous research studies indicate that hours of intense exercise are not necessary to reap the benefits detailed in the box to the left. In fact, health specialists now recommend that most adults accumulate 30 minutes or more of moderate physical activity on most days of the week. By moderate activity we mean any activity that raises your heart rate and gets the blood pumping without leaving you out of breath or exhausted. So, rather than blocking off a large portion of one's day, 10 minutes of walking at lunch and another 20 minutes after dinner, for example, is all it takes. For those who are so inclined, exercising at slightly higher intensities for longer periods of time can bring about even greater health benefits.

Less important than the intensity or duration of each exercise session is making the commitment to do some type of physical activity, whether you focus on aerobic, strength or flexibility training, every day. Soon, the exhilaration of movement, the empowerment that comes with greater fitness *and* health — these things will have you hooked on exercise. It won't happen overnight, and there may be some aspects you find less enjoyable (some people just can't get over the sweating part of it), but the sense of feeling better, of feeling healthier, will overpower any negative attitudes toward exercise you may still be harboring. Don't worry. These, too, will pass. So, isn't it about time you got started?

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Compliments of:



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If you are interested in information on other health and fitness topics, contact: American Council on Exercise, 4851 Paramount Drive, San Diego, CA 92123, 800-825-3636; or, go online at <http://www.acefitness.org> and access the complete list of ACE Fit Facts.