

# The Fitness Connection

## Monthly Newsletter

### 3<sup>rd</sup> Edition

Summer is off to a BANG!!! Happy belated 4<sup>th</sup> of July everyone. There really are fireworks in the air! We are happy to announce Anita Epperson has not only returned to Waynesville and begun to personal train with The Fitness Connection once again but, even bigger news...she has re-married and is now Mrs. Anita Hoerber. Her wedding was on June 21<sup>st</sup> and they chose to keep it intimate and elegant. From the photos, Anita was a gorgeous bride and we all want to extend our deepest wishes for a long and lovely marriage to Dennis. Welcome back Anita!

As many clients are aware, my Mother is visiting me for a few weeks and we will be taking an Alaskan cruise together. Needless to say, we are very excited. We leave July 10<sup>th</sup> and return July 20<sup>th</sup>. Anita will be subbing in my absence and I am so grateful for her willingness and expertise. Remember, when a Substitute Trainer is working with you, it is critical that you communicate with them any physical issues you come to the training sessions experiencing. Your regular Trainer is always privy to your physical

restrictions and although the sub has been informed, they DO NOT and never will, know you like your regular Trainer does. Be responsible and communicate clearly with them what your needs are. Listen to your bodies during the session, for the sub will be likely to introduce unfamiliar exercise that you will need to be cautious trying on with your body. The variety is a really good thing but never do an unfamiliar exercise without mindfulness. If an exercise does not feel good for your body, simply ask for another more mainstream alternative and the Trainer will be happy to oblige. Thank you for taking such good care of yourselves, for understanding and for being willing to train with another in the absence of your regular Trainer.

\*\*\*\* Fitness Corner \*\*\*\*

Water has been shown to boost metabolism by 30%! This is huge. Dehydration is the cause of 70% of muscle cramping and during the Summer we need to be particularly diligent. ½ oz. of water/lb. of body weight. Approximately 60-100 oz. daily. Drink up and Happy Summer to all.
