



A Message from the President



Hello everybody:
Are you ready for the fall yet?
I don't think there are too many people who like to think we are at the end of the summer yet. However, for many students and teachers (me included) it means that we are back to a full schedule!

I am looking forward to waking up to the great smell of fresh and cool fall air. This is actually a perfect time to go outside and start either walking, running or biking. Many road races and bike tours are planned for the fall. Make sure you check the events to come in this and future newsletters. We will be more than happy to give you the extra push to get moving, no matter your shape and ability! That is what we do best!

Claudia

Women on Weights: Not NEW News!



Benefits of women using weight training exercises have been steadily increasing throughout the last decade. While only a few women were seen in the weight room in the mid 1980s, the number has doubled from 7.4 million in the 1990s and is still raising.

In my career as a personal trainer, I have designed fitness programs especially for women who are afraid of lifting weights for one reason or another.

One of the biggest fear is that weight training is associated with the bulking up of muscles and the image of looking like a bodybuilder. To counter the fear, a women needs to understand that in order to "bulk up" it takes hours of heavy weight training and adherence to a very strict calorie rich diet,

most often supplemented with protein powders and pills. With naturally having a lower testosterone level, women do not bulk up as much as men, since higher levels of this hormone are required to increase muscle mass.

Besides, only few people (men or women) possess the essential genetic features to become world-class body-builders.

Weight training has many benefits that women should consider:

First and foremost, muscle tone is enhanced in weight trainees, which generally makes them feel better. Weight training can also result in stronger bones that prevent the onset of osteoporosis and can reduce the risk of diabetes, fight heart disease, lower cholesterol levels and lower blood pressure.

Especially for women, weight training is a proven method to lose fat by increasing muscle mass and the body's ability to burn calories. Research has shown that an additional 30-

40 calories per day will be burned by the body for every pound of new muscle gained.

When most women reach the age of 40 years, body metabolism decreases and increasing age will be reflected in flabby arms, sagging buttocks and dreaded "love handles". Conversely, through weight training, muscles usually remain firm and toned and the whole body emanates a youthful feeling.

Specific techniques are required to maximize the benefits of weight training. Altering lifting routines is vital to prevent injuries and staleness and to ensure increased muscle strength. A proper training regimen will guarantee results over time.

The best way to start a training regimen is to enlist the services of a personal trainer who will create customized programs to meet the needs of clients. The personal trainer will also help you to reach goals, to ensure that your routines are safe and beneficial, and to motivate you through difficult periods.



Do you know your (fast) food?

The average American should consume about 2000 to 2400 calories per day, with 55-60% of carbohydrates, 30% from fat (max.10% from saturated fats), and the balance from protein. That is not on the menu of most fast food chains:

Are sandwiches a lighter fare than entrees?

Not always, Sandwiches at Panera range from 600-1000

calories and 500 to 700 calories at Au Bon Pain. The Grilled chicken Avocado Club, Chicken parmesan and Crab-cake sandwiches from the Cheesecake Factory come with 1000-1500 calories each. (Nutrition Action Health Newsletter, June 2010)

Would you rather pick a McDonald Quarter Pounder or an Oatmeal Raisin Cookie from Starbucks to limit your saturated fat intake? Guess what, both contain about 7 grams of saturated fat to help us plug the arteries (Nutrition Action Health Newsletter, May 2007). **Breakfast at McDonald's?** Their Deluxe Breakfast with scrambled eggs, biscuits,

sausage, hash browns and hot cakes comes with 1,220 calories, 60 grams of fat and 1900mg of sodium. Let's see, by 9AM we have consumed about half of our daily calories and almost all of our daily limit on fat and sodium. **Does Wendy's Homestyle Chicken Strips Salad with reduced-fat dressing sound like a better alternative in terms of calories and fat when compared to a Big Bacon Classic Hamburger?** Think again. They both have almost the same fat and calories. Bottom line: Words are misleading. Educate yourself before picking from a fast food menu. Cook yourself a healthy meal whenever you can.

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Massage Therapy

*The Perfect Birthday Present:
A Gift Certificate for:
Three Swedish Massage Sessions
Or
Two Hot Stone Massage Ses-
sions
Only \$125.⁰⁰*



Worksite CPR and First Aid Training!

Did you know ...

We can host any American Red Cross workshop at your company during or after working hours or even on weekends?

Or bring your staff to Unique Fitness to receive a group discount.

Or schedule your own workshop at a time that is convenient for you and your friends and we will make sure you will get certified! Minimum of four participants.



American Red Cross

Rhode Island Chapter

Upcoming Classes	First Aid, CPR & AED	CPR & AED	Babysitter Training
Date:	Sat. Oct. 9th (8 AM–2 PM)	Sat. Oct. 9th (8 AM–12 PM)	Nov. 7th (8 AM–2 PM)
Price:	\$70	\$55	\$65

For more information on how to sign up, visit our website www.uniquefitnessLLC.com or call : 401.615.2355

Join us for the Big CVS race on September 19th!

All runners, joggers and walkers are invited to join the Unique Fitness Team:

When you register as a UNIQUE FITNESS TEAM MEMBER :

- ⇒ You will receive a UNIQUE FITNESS T-shirt
- ⇒ wear it to the event & we will give you a \$10 discount on your next sign-up for your personal training sessions.
- ⇒ We will (can) pick up your race number the day before so you don't have to!
- ⇒ We will (can) car pool to Providence, so you don't have to drive.
- ⇒ Join the team for fun and support! - and for lunch at Applebees!
- ⇒ Call us for the password and username! SOON!

Upcoming Member Events:

Saturday, August 28th, 8.30AM



FIRST ANNUAL DOGWALK

Join us for a nice walk with your dog in Goddard Park
Further details and sign-up sheet will be posted in the club or call us



Sue M : Two Months and 25 Pounds

BEFORE



AFTER



It all started with the newsletter: Kickboxing classes for Beginners!

That was just right for Sue who, after several weeks, also decided to sign-up for Personal Training! Within two months of following a well-balanced diet and exercising three times a week (including her favorite kickboxing class), she

lost over twenty pounds and is still kicking strong! She also participated in the Speck Race in Cranston and managed to walk her first 5 K in less than her set goal time of 45 minutes. One of the other walkers congratulated her and said "You are my role model!"

We agree: Anybody can follow the example of Sue.

Awesome!



Sue: "Working with Claudia has been very motivating to me since I like to be pushed and encouraged! - She gets me going!"

September Training SPECIAL

New Member Special:

Sign up for 20 sessions and get 3 additional sessions Free!

Class Discount:

*10% discount on all classes as per enclosed class schedule if you purchase a minimum of 3 classes**

**Classes can be of the same type, i.e. Yoga, session one, two and three or a combination of different classes. Coupon to be presented and payment for all three classes is due at time of sign-up.*