



Quarterly Newsletter

Summer 2011

**A Message from
the President**



Hello Everybody:

Finally, summer is here! We've been planting our garden and all of us are hopefully thinking about our Health! Tom has been busy in May with scheduling and conducting several workshops for Personal Trainers and Massage. We both took a few days off in April to enjoy the Outer Banks in North Carolina. I finished my PhD. in Naturopathy in April (finally) and we are looking forward to a sunny, active & great summer! We are planning many outdoor events such as bicycling/running/walking for the months ahead (see our newsletter or visit: www.uniquefitnessllc.com)

Claudia

**Suffering from
"Runner's Knee"**



The exact cause is still a mystery. But more and more research related to this condition blames factors such as biomechanical problems and muscular dysfunction for this condition as opposed to overuse and overload of the patellofemoral joint. Most recent research points out that general weakness of both, the quadriceps and hamstring (upper leg muscles) contribute considerably to this condition. The initial treatment plan should include upper leg muscle strengthening and temporary modification of activity causing the agonizing pain. Arch Support for people with flat feet may also help to lessen the symptoms. Other exercises may be incorporated as dictated by findings from your physician.

Kettlebells: A New Fun Class that will Work your Glutes, Make you Sweat and Lose Extra Pounds!



"New to the American fitness market, but old in history, is the Kettlebell workout. Developed by Russians in the early 1700s, Kettlebell was used to build strength and cardiovascular endurance. Due to its intensity and combination of strength and cardiovascular workout, the workout time can be cut in half without losing out on either one of the components.

The American Council on Exercise (ACE) supports these claims by their own research team. Their results showed that, after a 20-minute workout, 272 calories were on the average burned by the participants, (about 20.2 calories per minute), which consisted of a combination of aerobic and anaerobic energy supply.

Developing the right technique is paramount to an effective and safe workout. Even though traditional Kettlebell training uses somewhat heavy weights for men (35 pounds) and women (18 pounds), precaution is necessary to start with smaller weights and increase weights, repetition and shortening of resting time when ready.

Kettlebell, the workout for the heart! The average heart rate for all subjects was between 86 to 99 percent of maximal heart rate. While this is a great workout, older clients, or people with hypertension need to be cautious. As always, consult your doctor first before beginning this great workout.

Unique Fitness will start a Kettlebell class designed for women in the near future (see separate class schedule). Adaptations will be made for each individual. Call us to find out if Kettlebell training is for you.

**Second Annual
Dog Walk**



Our second annual dog walk will take place on Sunday, June 12th at Goddard Park, East Greenwich at 8.30 AM. If you have a dog, please join us for this fun time out.



In April, many of our members achieved new goals participating in the first 5K of the season: Denise S. walked her FIRST 5K, Sue C. shaved off minutes and Claudia beat her best time ever. Join our walking/running teams.

Member Achievement Report



Sue has achieved many goals within just 4 months. She has dropped over 25 lbs. and beat her goal to do her first 5K Run/Walk under 46 minutes. She actually came in at 40 min. and 32 sec. Congratulations for a job well done.



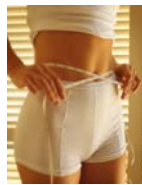
Kim shows what hard work & determination can actually accomplish. Watching her diet, exercising daily, both cardio & strength training, resulted in 40 lbs of weight loss in just 3 months. Her heart & lung function improved by nearly 20%. Congratulations!

June & July Massage Special



Buy four (4) one-hour
Massage Sessions and get

Looking to Get in Shape for Summer?



Your First Training
Session and Fitness
Assessment is on Us!

PLUS

**\$50 discount on your first ten
(10) training sessions.**
(Offer valid until July 30, 2011)



**American
Red Cross**

Rhode Island Chapter

Classes	First Aid, CPR & AED	Adult CPR & AED	Babysitter Training
June	Sat., June 11th (8 AM– 2 PM)	Sat., June 11th (8 AM– 12PM)	Sun., June 29th (8 AM–2 PM)
July	Sat., July 24th	Sat., July 24th	Sun., July 25th

Call us to schedule a private or company training at a
time that is convenient for you!

Sodium: Enough is Enough!



It is a fact that Americans consume much too much sodium, which raises blood pressure and is considered a major risk factor for heart disease and stroke (the nation's first and third leading cause of death) The CDC (Centers

for Disease Control) concluded that "populations who consume diets low in salt do not experience the increase in blood pressure with age that is seen in most Western Countries". The new 2010 Dietary Guidelines state that daily sodium intake should be limited to 1,500 milligrams (less than 3/4 teaspoon of table salt) for persons who are 51 and older, have hypertension, diabetes, or chronic kidney disease. The 1,500 mg recommendation applies to more than half of the U.S. population. The aver-

age American currently consumes more than twice this amount. Here is the bad news: Almost 80% of our sodium intake comes from processed foods and restaurant meals. When eating out please consider:

Stop eating after you had half of your appetizer at Smokey Bones. 90% of their appetizers have more sodium than your daily allowance. **(1/2 have about twice the recommended allowance)** Just having salad? About half of their salads exceed 1500 mg.

Looking for a triple dose? Just try their Classic Burgers or 'Avodaco Turkey Burger' (over 4700 mg.). Lets do some math: Appetizer: Shrimp dumpers (3,130 mg), ceasar side salad or soup (1,800 mg), Classic Burger with cheese (4,860 mg). **TOTAL SALT: 9790 mg.** When was the last time that mother added 8 teaspoons of salt to your dinner? Having a healthy lunch at Subways? Think again: 90% of their footlong (low-fat and/or regular sandwiches exceed 1500mg. (except the Veggie Delite). Do the math: Before eating out, try to make a healthy meal at home!



Stay Active Outdoors This Summer Summer

Our Bike/Walk/Running Outdoor season has begun.

The following Unique Fitness outdoor weekend events are scheduled for this summer:

Running & Walking Events::

Will Speck 5K Race, June 19th,
Sunday, 9.00 AM, Cranston

Blessing of the Fleet (10 Mile)
July 29th, Fri., 5.00 PM, Narragansett

CVS 5K Walk/Run, Sept. 18th,
Sunday, 11.15 AM, Providence

Biking Events:

Blackstone Valley Bike Ride,
Lincoln, June 12th, 11.00 AM

Annual Summer Party (Members only):

Our Residence, Saturday,
August 6th, 2.00 PM

SWIM CLASSES



As in the years before, Claudia will be offering private swim classes in our pool. Claudia is a certified Swim Instructor for the American Red Cross. Sign up now and see your child progress as he/she masters the art of swimming.

Member Appreciation Dinner and Shape-Up RI Ceremony a Complete Success



Our annual member appreciation dinner in May has been another highlight. Many have joined to celebrate continued successes. Unique Fitness had two teams participating in this spring's Shape-up RI

event and both teams scored phenomenally in terms of steps walked during the twelve weeks. Team 1 came in 39th place out of almost 900 teams and team 2 scored 107th place. Karen U. topped the list in terms of 'steps walked' (over 2 Million) and was rewarded for her continued patronage (6 years of membership in May). Also with Unique Fitness for 6 years (Personal Training and Sculpt Class) and honored was Betsy N.. Michele K. (not present) has been with Unique Fitness for five (5) years. Stacey P. followed with 4 years of Yoga Class Participation. Also, a special thanks to Robin K. and Louise F. for 3 years of continued effort and support.