



Fitness Flash!

October 2007

Coming soon to
www.AlaskaFit.com

- ◆ **Fitness Blog**—Your fitness questions answered. Find out what others are talking about when they workout. We will launch our blog in November. Look for details in *Fitness Flash!*
- ◆ **Yoga podcasts**—download a class when you cannot attend in person. Launching in December.
- ◆ **AlaskaFit gear**—Get the logo to go . . . t-shirts, tanks and water bottles.

Visit today and find

- ◆ Health and fitness articles written by Ginny Grupp, MS
- ◆ Links to other health and fitness websites
- ◆ Fitness calculators for body-fat percentage, ideal weight, basal metabolic rate and more!

What's New in AlaskaFit's *Fitness Flash!*



AlaskaFit announces fitness coaching by phone! Welcome to the cutting edge of fitness programming. Is your work/life schedule too busy to coordinate workouts with a trainer? Do you think hiring a trainer is a luxury only for the wealthy? Maybe fitness is an integral part of your daily life and you are looking for new excitement to break out of

your routine. Find out more about AlaskaFit's revolutionary Phone for Fitness program in *Phoning in for Fitness*.

Get moving! It's what our bodies crave. Find out why in *Bodies in Motion*.

AlaskaFit is Alaska's premier fitness company based in Girdwood, Alaska. Ginny Grupp is AlaskaFit's principal personal trainer, yoga instructor and fitness educator.

Thank you for joining us.

Phoning in for Fitness

Welcome to a breakthrough in fitness programming. It's not high-tech, it's not expensive and it fits into every schedule. Take control of your workouts! Incorporate fitness into your lifestyle today! Join AlaskaFit's Phone for Fitness program!

Here's how it works:
Meet with your trainer over the telephone and discuss your fitness history. What do you like to do, what do you hate to do? What has worked in the past? Do you have a fitness past? What are your goals?

You'll learn how to set the goals, then create, execute and track the fitness plan,

yourself. Learn how to self-monitor your activity while enjoying the benefits of working with a personal trainer and the freedom of working out independently.

Your trainer will help you update your program as you progress and you're off to your favorite workout spot when it's most convenient for you.

Your trainer will continue to inspire you and keep you on track through phone-based coaching. This method produces more successful clients by encouraging you to take responsibility for your training.

Phone-based coaching is much less costly than tradi-

tional training. To meet with a trainer twice a week each week for a month could cost you \$500 or more. Phone-based coaching allows you to create your workout plan and discuss progress with your trainer for half that cost!

Join AlaskaFit for this exciting new approach to fitness. Don't just workout, take part in shaping the future of fitness by trying this new and exciting program.

Visit www.AlaskaFit.com or call us for details or call 907-783-1245.



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Class Schedule

Yoga

Tuesday and Thursday 6-7pm
At Our Lady of the Snows
The Meadows Community Room

Water Aerobics

Tuesday and Thursday 9-10am (beginning Oct. 2)
At the pool at the Hotel Alyeska

Helping you to achieve *your* best body!

Call now !

Bodies In Motion

The law of inertia states: “bodies in motion stay in motion.” This principle applies to human bodies, as well. Perhaps the most important thing we can do to improve our health and wellness is to get moving. This doesn’t mean you have to become involved in a complex sporting event, and it doesn’t mean you have to hit your local gym 5 days a week. It can be as simple as walking to get the mail each day. Here in Girdwood, that could mean a 3-mile round-trip walk! Not ready for that? Walk up and down the stairs in your home, 3 times in a row, 3 times per day. No stairs? Use your imagination. Walking in place, while watching your favorite sit-com or a football game will improve your health and well-being.

Consider this:

The lymph system makes up a large part of our immune system and consists of twice as much fluid as our circulatory system. The circulatory system has the distinct advantage of having the heart pump blood throughout the body constantly, and we don’t have to do a thing! The lymph system, however, has no such pump. It depends on muscle action to move fluid around the body – fluid that attacks germs and bacterial invaders—while keeping us healthy. The more we move, the healthier we become.

Exercise has been shown to improve everything from Seasonal Affective Disorder (SAD) symptoms to problems in our sex lives and heart health. Isn’t it time you put your body in motion? Call AlaskaFit or visit www.AlaskaFit.com and start moving today!

This newsletter is for informational purposes only and is not meant to diagnose or treat any disease or injury. Please consult a physician before beginning any exercise program or dietary changes.