



The Holidays - The Final Stretch

Message from the President

Keep that New Years Resolution
with some Great Fitness Products

Fitness Coaching Works!
Client Testimonial

Fed Up with
Diets and Exercise
That Don't Work?

You're not alone!
Call 530.873.0377
for help!

The Holidays - The Final Stretch

In October and November, we talked about planning your exercise and eating and overcoming obstacles that may arise during the holidays. Use this checklist to see how you are doing:

- Did you make a list of exercise or activity options (including indoor exercise)?
- Have you found ways to be active with your kids or burn extra calories while "multitasking"?
- How are those quick and easy healthy meals going?
- Have you resolved to keep up some exercise during this time, even if it is less, instead of putting it off?
- Are you eating foods you enjoy, including holiday goodies, but eating only when hungry and stopping when you are full?

If you can check off all these items, congratulations, you are on your way to a happy and healthy holiday season. If you are missing some checkmarks, don't panic! Here are some more ideas to help you reduce stress and enjoy yourself through the holiday home stretch:

- Try ten-minute workouts – they do have benefits! (It's about the cumulative time spent throughout the day, not just one particular workout.)
Some ideas:
 - Perform one set of exercises, to fatigue, for each of the major muscle groups (legs, chest, back, arms, and abdominals).
 - Try a quick cardio blast: start at an easy intensity to warm up for one minute then perform a variety of moves to increase your intensity for the next eight minutes (you should feel like you're "working"). End with a one-minute cool down.
 - How about a yoga break performing ten minutes of sun salutation? You can find this series of yoga poses online or in most yoga books.
- Carry individual serving size snacks for those times you get hungry while away from home. Items such as nuts, bars, peanut butter and crackers, and string cheese work well.
- Get plenty of sleep! This will help with stress, keep your appetite in check and maintain your energy.

You can do this! Promise yourself this year will be a less-stressed, fun, and relaxing holiday season. You deserve it!

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Message from the President

A friend of mine has a great plan set up with her husband: every week they trade off a night of babysitting. One night she goes to volleyball and on another night her husband goes to softball. This allows them to each enjoy a sport that they love and to spend one-on-one time with their one-year-old daughter. What a gift they are giving, not only to each other, but also to their daughter.



This shows me that it is possible for me to take care of myself and get my needs met while allowing my family and friends to do the same. We can support one another and we each win.

During the final stretch of 2005, what support do you need? Who could you ask for help, or trade time with? Often what is difficult or un-enjoyable for one person is do-able, and even fun, for another. Think creatively about how you can get your needs met and how you can give the same gift to someone else. It's less expensive than hitting the mall, but infinitely more valuable.

To your health,

Gillian Hood-Gabrielson

Flexible Fitness, President

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Keep that New Years Resolution with some Great Fitness Products

1. **Be Fit Now Exercise Companion CD** – don't waste your time struggling to get through one more cardio workout. Learn how to maximize every minute, hitting the peaks that produce great results using this cardio workout CD.

Price: \$19.97

2. **The Un-Dieting CD set** – for the person who wants off the diet roller coaster! Learn: how diets are the leading cause of weight issues and how to take back your power from the dieting industry.

Price: \$29.95

3. **Heart Rate Monitor**- these are really watches (with a chest strap) that are comfortable and easy to use. Get targeted information so that you get the most out of each workout and don't waste time exercising at the wrong intensity.

Price: \$99.99

4. **The Training Fan** – truly a fitness training guide. The compact fan shows photos and gives directions for exercising each body part whether using no equipment (body weight), minimal equipment (bands and dumbbells) or gym machines.

Price: \$24.95

5. **The Caltrac** – your "personal activity coach" calculates the activity calories

burned. It's a great weight loss tool, giving the wearer minute-by-minute results.

Price: \$69.95

FREE SHIPPING!

Order two or more items by January 15th and I'll pay the shipping! Simply order from my website at www.flexiblefitnessforyou.com, call my office at (530) 873-0377 or email me at gillian@flexiblefitnessforyou.com.

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Fitness Coaching Works! Client Testimonial

I struggled for a long time with not being motivated to workout. I'd rather sleep in than get up and exercise. I always had good intentions, but try after try, for the past two years, I just couldn't get into it.

I think what stopped me was that I had no one to motivate or guide me. At the wonderful age of 47 I wanted to firm up my body, and I didn't know what kind of exercise to do that would get my body in the shape I wanted it to be. When I met my Fitness Coach and saw the way she was able to transform peoples' bodies, I figured with her help I could achieve my goal.

Fitness Coaching is different than any other program I've attempted. Having someone there to hold me accountable and motivate and encourage me is a tremendous support. My Coach gives me new routines I can do on my own, at my own home. She has so much knowledge, which keeps variety in my exercise program (it's fun) and I now know what I need to do in order to get the firm, toned body I want.

The best part about Fitness Coaching is the weekly phone call with my Coach who gives me new exercises and new goals every week. I also like being able to call my Coach any time I need additional guidance during the week. To get one-on-one support from a Coach whose goal is to help me achieve my goal – what could be better?!

In just 12 weeks of working with my Coach, I now enjoy getting up and working out and I even look forward to doing it the next day – who would have thought? The motivational tools my Coach has me use encourage me to try every week to beat my prior week's progress. I see a difference in the way my pants are fitting and I have more energy. People around me have noticed the difference in me also.

A Fitness Coach works hard to help you achieve your goals. This person supports and motivates you. I've learned that I can get as much or as little as I want from this program, and I want a lot! It's all up to me.

Melissa Gibbs
Retail Sales
Edgewood, NM

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