



Flexible Fitness

The Fitness Motivation Monitor



Will You Be One Of The 80%?

Message from the President

Just Imagine...

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!

Will You Be One Of The 80%?

It's an astounding statistic: 80% of us suffer from back pain at some time in our lives. One way to avoid pain and to keep your back healthy is to practice good posture.

How often do your shoulders slouch forward? Do you ever pick something up by bending over at the waist? These small, everyday postures affect the big picture of a strong, healthy, and pain-free back. Take a quick posture check:



When seated, do you keep your shoulders relaxed and back, chest lifted, and neck lengthened? Do your feet touch the floor? If you sit a lot, take periodic posture checks to keep your back in tact.



With the picture on the left (bending over at the waist), think about the incredible amount of pressure placed on your back by just the weight of your upper body, not even considering the item you might be picking up. When picking up something heavy or large, squat down as in the picture on the right. Notice the shoulders are over the knee joint, and the knee joint is over the ball of the foot.



If you sleep on your side, take care to keep your spine aligned. The proper pillow height will keep your neck in a neutral position and a pillow between your knees will keep your hips even.

The statistics say 80%, but the good news is that we can do something about it! Stay tuned next month for exercises to strengthen your back muscles.

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Message from the President

Happy New Year! I can almost feel the days getting longer (not quite, but it helps me to stay optimistic).



While most people are now setting resolutions for 2006, consider looking back at 2005. What did you accomplish? What did you learn? Whether 2005 brought big, momentous changes and events, or simple small pleasures, revel in anything and everything that went well last year.

I think that if we each make a habit of shifting our attention toward the positive, future changes will be easier to make. The desire to change will grow out of wanting more of the good things in life, rather than a punishment or cracking-of-the-whip to improve what we don't like. Of course we are all motivated both ways, positively and negatively. My point is that we should use both, not just the negative.

What would you like more of in your life? If it's more health, well-being, and fitness, I'm happy to support you in that desire. Above all, practice the art of continuous congratulations – consistently giving yourself credit for everything you have achieved thus far in life.

To your health,

Gillian Hood-Gabrielson

Flexible Fitness, President

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Just Imagine...

Waking up in the morning, looking in the mirror,
and being **EXCITED** about the reflection you see.

Imagine having the body, health, and energy you want. Imagine if all of this was possible not through some crazy diet, miracle pill, or radical surgery...
but through a *PHONE*.

Imagine no more!

The new you is just a phone call away.

As a fitness coach, I help my clients reach and maintain their ideal weight and enjoy doing it! I hold them accountable so that they are more likely to stick with their program (**Stanford University research shows 75-90% adherence with the use of telephone-based fitness coaching**); I provide them with exercise tools so that they know *immediately* that what they are doing is working; I structure their workouts to help them get more results in less time.

**Want to test-drive me as
your fitness coach for 50% off?**

You get:

- **one month of fitness coaching**
- **Caltrac (to track all those calories you're going to burn)**
- **Un-dieting CD-set for 50% off the regular price!**

That's \$518.90 worth of products and services for only \$259.45! And, if you are dissatisfied in anyway, **I will completely refund your money. No hassle, just your money back.** Fair enough?

I have helped many people who previously thought they didn't have time for exercise, they had to diet or give up their favorite foods, they didn't have the willpower to stay on track, or they couldn't afford a coach. That's why I am making this offer, because I know I can help you too.

Take the guesswork out of creating the body and life you deserve . Call my office today at (530) 873-0377 or email gillian@flexiblefitnessforyou.com to get started. This offer is open to the first five people who respond by February 23, 2006 . The spaces will go quickly, so contact me today for 50% off and a no-hassle money-back guarantee.

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Fitness Coaching Works! Client Testimonial

Since 2004, I have enjoyed exercise and loved how it made me feel: my energy increased, I slept better at night, and the nagging pain in my left knee all but disappeared. But, while I had lost 40 pounds with diet modification and exercise, I hit a plateau and needed to find a way to break through.

I read an article in a local magazine about Fitness by Phone® . I always envisioned meeting with my trainer in the gym, but became intrigued by the concept of having a fitness trainer by phone. I'm so glad I decided to give it a try! I've gained so much knowledge and a real drive to excel. The workouts my Coach gives me I would never have attempted on my own – I have moved to levels that I never dreamed I would reach. The heaviest dumbbell I ever worked with in the past was 5 lbs. In just over three month I now use 15 lbs dumbbells!

I love the Caltrac. This tiny piece of equipment helped me step up my workouts, giving me immediate feedback about how many calories I burn for each workout. I now go the extra mile, increasing my every-day activity so I can burn additional calories. Using the heart rate monitor helps me push my workouts to another level – I now aim to reach the personal heart rate zones that my Coach has set for me in order to achieve better results.

I have had results with several programs in the past, but they didn't last. I've had a gym membership for years, but slacked off due to boredom. Even though I would see some results eventually, my workouts dwindled due to lack of variety and motivation. This is where Fitness by Phone® is very different from other programs I have tried. The workouts are phenomenal and full of variety. I never get bored. The program also allows me the comfort and convenience of having access to my Coach by phone 24/7, but leaves me ultimately accountable to reaching my goals.

Since I have toned and reshaped my body with Fitness by Phone® , I'm often asked by people how beneficial I feel the program is to me. I tell them that I am really glad I stumbled over that magazine – Fitness by Phone® has really changed my life and the way I feel about exercising. The program is truly working for me.

Tammy Wiggins , R.N.
Indianapolis, IN

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Contact me

Gillian Hood-Gabrielson
Flexible Fitness for You
5905-D Clark Road, Paradise, CA 95969
530-873-0377 Gillian@FlexibleFitnessforYou.com

