



# Flexible Fitness

## The Fitness Motivation Monitor



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

**You're not alone!  
Call 530.873.0377  
for help!**

## What is Coaching Anyway?

I get asked this a lot. When I tell people that I'm a fitness coach, I sometimes get a blank stare and then they say, "Oh, you mean a personal trainer?" Well, not quite.

So what is coaching? It is a collaborative relationship with a client who is ready to make changes in his or her life, facilitated through goal-oriented conversations. Coaching can be related to fitness, lifestyle or career, and because each area of our lives is not compartmentalized but flows into another, most coaches work with their clients on more than one aspect of their lives.

Fitness' newest trend is coaching. The concept originated in the 1990s and has since proven itself by allowing the average person to see the "big picture" of their lives and then help them put together their lifelong plan for wellness, not just physical fitness.

Personal training is centered on the trainer's physical presence during a client's workout which, if not monitored, can foster a client's dependence on the trainer. Alternatively, coaching steers clients in the opposite direction by ensuring that they become independent and take ownership of their choices and actions, making lasting changes in their wellness.

Coaching uses non-judgmental support to help clients identify obstacles and move past them, allowing them to make breakthroughs that before were not possible. Clients are never made to feel that they are wrong. There is no comparing themselves to anyone else. It is about being their best self.

The changes my clients make are astounding when they enter into a coaching program. They identify their ideal levels of health and fitness then we put together a plan to achieve those goals. While some of my clients have similar goals, such as weight loss, how they get there is often very different.

Each client is unique. Some are exercising already, but not getting the results that they want. Others are not exercising at all or are inconsistent with their program. Through accountability, goal setting, strategizing, and the use of motivational activity monitors (exercise tools that give my clients immediate feedback) I customize programs specific to their goals, experience, health status, lifestyle, likes and dislikes.

I always remind my clients that they are the experts in their own lives. My job is to facilitate them in finding their own answers and following through to the end result. I love my job!

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[Message from the President](#)

Have you noticed the quiet disappearance of the low-carb diet craze? For me, it couldn't have left fast enough. But it makes me wonder what the next trend will be.



The dairy industry is promoting three servings a day to help lose weight. This comes from a recent study that shows calcium may aid in weight loss. Aren't we already supposed to be getting 2 to 3 servings of dairy anyway? Seems I learned that back in Nutrition 101.

Here's some useful research: skipping breakfast is associated with an increased risk of obesity – dieters who skip breakfast tend to eat more food in total throughout the day. In addition, someone eating four times or more a day has a 45% lower risk of being obese (Stokes, 2005).

So I propose a new trend: stop dieting, eat often, and never skip breakfast! This is easier than dieting, starving, weighing and measuring. You may find time for more important things. Join me, won't you?

To your health,

Gillian Hood-Gabrielson

Flexible Fitness, President

--Stokes, D.M. (2005). Correcting common diet blunders. IDEA Fitness Journal, 2 (5), 81.

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## Wellness Resources

These are resources that our clients have found helpful in their quests for weight loss, fitness and balanced living:

Books:

- **"Intuitive Eating: A Revolutionary Program that Works"**; by Evelyn Tribole and Elyse Resch
- **"Un-Dieting: Undoing the Diet Mentality and Staying Trim Forever"**; by Jackie Jaye-Brandt with Diana Lipson-Burge
- **"The 10 Natural Laws of Successful Time and Life Management"**; by Hyrum H. Smith

- **"The Power of Full Engagement – Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal"**; by Jim Loehr and Tony Schwartz.
- **"The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change"**; by Christiane Northrup M.D

Websites:

- [www.deliciousdecisions.org/cb/rec.html](http://www.deliciousdecisions.org/cb/rec.html) - search this site for heart-healthy recipes from the American Heart Association. Just check the boxes of the meal categories that most appeal to you and click "submit." A list of recipes will appear to choose from. You can print off as many as you want.
- [www.collagevideo.com](http://www.collagevideo.com) – find hundreds of fitness videos from kickboxing to Pilates, beginner to advance. You can even view a 60 second clip of any video.
- [www.videofitness.com/reviews/](http://www.videofitness.com/reviews/) – wondering whether or not to buy a particular fitness video? Why not get a second opinion. At this website you can get feedback from other home exercisers on what they think of certain videos. This site has reviews of many, many videos available.

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## No Excuse Summer Travel

Summer is finally here! It's time for those family trips to start. But this doesn't mean your exercise program should stop! In fact, traveling gives you an opportunity to get some variety into your workouts.

The key is planning, of course. Some destinations make this easy for you. In Las Vegas, you can ride a stationary bike or walk on a treadmill while playing a slot machine! Recently many hotels have included exercise equipment in their guest rooms along with a videotaped workout.

There are many ways to get a workout in, no matter your destination. Call ahead to your hotel to see if they have an exercise facility. If they do, find out what equipment they have so you can be prepared. Bring your walking shoes with you and sight-see while working out. Take advantage of the pool to swim laps. If swimming isn't your thing, try deep water running. All you need is a light weight water belt that should easily fit in your suitcase. Strap it on, jump in, and cool off while getting exercise! For strength training, a simple resistance band or tube will take little room while packing. With this basic tool, you can workout each muscle group in 10 to 15 minutes. (For equipment sources or to develop a strength program, please call or email our office).

Here are some ideas to blend vacation and exercise:

- Hitting the beach? Walking in the sand is great cardiovascular exercise and it strengthens your feet and ankles. Dry sand will be harder to walk in than wet.
- Rent bicycles for the family – see the city or country by bike.
- Arrange a walking tour. Many cities have organized tours.
- Cruising? Jog around the deck while catching the sunrise or sunset. And, most cruises offer exercise and dance classes.

So don't forget your commitment to exercise this summer. Vacation time doesn't have to be a reason to stop being active and lose all the improvements for which you have worked so hard. Get creative and find exciting things to do that include activity. And remember, you don't have to maintain your five day a week routine or

find a gym to workout. Light activity most days or moderate activity three days a week will help you maintain your fitness level. Remember to plan ahead – you'll be happy you did when you return home!

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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](mailto:Gillian@FlexibleFitnessforYou.com)

