

Greetings,

In this month's newsletter, we will look at the stop I made at the Fitness Conference in Las Vegas, a class I will be offering in September, the triathlon and exercise info for the golfers out there. Enjoy!

While driving back to Oregon from New Mexico, I came via Las Vegas, Nevada so I could stop at a Fitness Conference. I didn't get to go to any of the classes, but I had a wonderful time at the Expo. I purchased some new tools to help me help you with balance skills. I look forward to using these with you. I also met Pamela Peeke, M.D., M.P.H.. She was great. She has been studying women and the belly fat most of us seem to get. I purchased two of her books along with her VCR that is the class she taught at the conference. I have been really enjoying the book entitled Fight Fat After Forty. A lot of what I have been thinking and teaching, Pamela has been studying and testing. More about and from Pamela down below.

The class I will be teaching in September is entitled "Carol Lee's Journey to Fitness." Before I tell you about the class, let me look at some of my personal history. My life's fitness journey has been around staying trim and strong. I have been successful at this and a lot of that comes from my hard work, willingness to not give up and the support I receive from loved ones. This success comes from many aspects of my life and upbringing. I have continued to pursue. I remember my first year in the Tour de France de Feminine. I was the new kid on the block – my first year of bike racing! I was treated very poorly by my teammates and it hurt inside. It hurt deeply. I remember crying and wondering why I was there. A part of me wanted so badly to just quit and go home, while another part still wanted to know how good I was.

When we got to the mountains and I took 3<sup>rd</sup> place finishes in two of the stages; the team changed. Their attitude towards me was so different. I was all of a sudden a good, strong, powerful cyclist. What a shame it took my powerful legs and strong lungs to change their attitudes. And what would it have been like had I left, as one side of me wanted to do, and not taken the time to discover my strengths? Where would I be today? Do you have a similar story in your past? Did you pursue or stop?

Since the tour and before the tour there have been many opportunities where I could have given up, but that other part of me kept me going. I've continued to push and to work and to try to achieve things that I just could never quite reach. In 1978 I set the intention to make \$30,000/year and now I am finally ready to reach that goal. It has taken 27 years and a lot of internal emotional work along with my inner part that wouldn't give up. We all carry old issues/patterns from when we were children. My pattern around money comes from my brother not paying me when I did his paper route for him. I internalized some belief around not getting paid, not being worth the payment. This has haunted me until just recently. The NLP work I have emailed about before is the most recent work I have done to help clear this old pattern of mine. I know from my own life's journey that we can each accomplish exactly what we want to accomplish and the key is to find the

source that keeps it from its goal. I am now ready and I have the tools to pursue my 1978 goal.

I have been preparing the September class for several months now. The class is called “Carol Lee’s Journey to Fitness.” The class is about you accomplish fitness goals you have continued to try to reach and haven’t yet achieved. The class will be two months long and will end right before Thanksgiving (to get you ready for the holidays). There will be pre and post fitness tests testing cardio strength, power, endurance strength and physical strength. In the class we will work on:

- Cardiovascular fitness
- Discovering how to set achievable goals
- Strength training
- Old patterns
- Flexibility
- Diet and mindful eating
- Learning how to love ourselves right now, right this moment just as we are
- Practicing mindfulness regularly

As I prepare for this class, I continue to run into helpers within this lovely world. Pamela Peeke, M.D., M.P.H. is one of those helpers. She has written the books Fight Fat After Forty and Body for Life for Women. What a remarkable woman and what a blessing for me to meet her. She too looks at stress (what I called emotions up above) and how stress can be the culprit to a woman’s fat or weight issue (as well as not achieving what one wants). Below are quotes from her book Fight Fat After Forty. I will be bringing a lot of her work into the September Carol Lee’s Journey to Fitness class.

Quotes from Pamela Peeke:

“The only way to successfully fight fat after forty, develop real physical fitness and make changes that will lead to a healthier lifestyle is to learn to become more resilient in the face of chronic Toxic Stress and break the stress-fat cycle. (Pamela identifies chronic, long term stress as Toxic Stress.)

Most are stress eaters. They used food as an anesthesia to numb the pain of their chronic stress, some of which they had been dragging through their lives since childhood. Once we identified the source of the stress, the emotional hunger began to subside and healthy eating took its place. (This is where the NLP work comes in. It is all about embracing that source of stress and replacing it with something healthier.)

“Fix my body, and I’ll feel better,” my patients often say when we first meet. That’s not the way it works. Instead, my mantra is simple: a beautiful, healthy body emanates from a healthy mind. I help my patients find the courage to stop carrying around their old stresses and anxieties, to stop the stress of diets and deprivation and find balance in their lives. (This is what my September class is all about!)

...make yourself more important than food.

Women must become aware of certain facts – such as that after the age of forty, the rules of self-care change. For instance, you cannot eat the way you did when you were twenty.

That fat accumulates around the waist. It is normal to have some fat inside your abdomen. I call this Stress Fat since it is the main source of fat that gives you energy to fight or take flight during stress. Toxic Stress in your life actually causes the deposition of too much of this fat. Too much Stress Fat is dangerous since it places a woman at high risks of heart disease, high blood pressure, high cholesterol, stroke and diabetes, as well as cancer. I call excess Stress Fat “Toxic Weight.” And the primary source of Toxic Weight is Toxic Stress.

A balance of mind and body fitness sustained for life is our goal. Be patient.”

Enclosed is a copy of a flyer for the September class. Let me know if you are interested. The schedule is:

September 20 intro night (7 – 8 pm) and begin pre-fitness testing

September 27 classes begin and continue through Nov 8

Classes will be Tuesday nights from 6:30 – 8:00 pm

Nov 15 and 16 final post-fitness tests

All classes and testing will be done at Baxter Fitness Solution’s new location, 330 Oak St, at the former Cantwell Market location. We are moving the weekend of August 19<sup>th</sup>.

As I mentioned in June, the Y is having another triathlon. I am very interested in cycling for a team if we can find a swimmer and walker/runner. The triathlon will be on Sunday, October 2<sup>nd</sup> at 9am. The swim is 600 yards, bike 16 miles and walk/run 5 km. Let me know if you are interested. Maybe I would do the walk/run if there is a swimmer and a cyclist.

For you golfer’s out there, I was reading a story entitled “Power for the Golf Course”. They listed some exercises that would be good to do and they are:

Leg extensions and leg press for the quads

Leg curl and leg press for the hamstrings

Leg press for the buttocks

Low back machine for the spinal erector muscles (lower back muscles)

Abdominal machines for the abs (you know what I think of ab machines...)

Rotary torso machine for the obliques (side abdominal area)

Chest machine for pectorals

Supper pullover machine for the lats (mid back)

Lateral raise machine for the deltoids (shoulders/upper arms)

These exercises are pretty similar if not the same to those I have suggested to golfers. I hope you are working these muscles and your golf game is showing the strength and power your muscles carry. These will also be great in helping to prevent injuries. Good luck and golf away.

Onward and upward we go. I hope your journey is achieving what you want it to achieve. I look forward to seeing you soon and I am really jazzed about the September class. I encourage you to check it out if you are not as successful as you would like to be. If you are working on balance give me a call and we can check out the new tools I have.

Till we meet again!

Carol Lee