



**You Can Do It! LLC**



---

## Merry Christmas and a Happy New Year!

Welcome to the end of 2009 and the beginning of a new decade. Wow! Can you believe it? I remember when we were worried about the change from 1999 to 2000. Time just keeps marching along!

I hope your health is good and that you're pleased with your current levels of strength, cardio health, and flexibility. But if you aren't ... you know where to find me. ☺

### Healthy Life Style Changes

One of my Mountain Meadows students recently mentioned that he's now addicted to exercise. He actually thanked me for this addiction. So, how did this occur? Well, week after week he came to class and slowly, but surely, his body began to change. Then one day something interesting happened: his body and mind actually began to miss exercise when he didn't come to class. He now works out regularly because his body becomes stiff and tight and his outlook on life diminishes when he does not exercise. He has indeed experienced a real life style change.

How does such a change occur? Well, once the body becomes comfortable with a new regime, old habits start to die off because new habits have replaced them. For example, suppose a person is trying to stop overeating. From my experience, it is vital that the person have something new to do when the mind decides it's time to overeat. Nature abhors a vacuum. When you eliminate an old unhealthy habit, you need to fill the void with a new healthy habit. Without this new habit at your fingertips, it's too easy to fall back on the old one.

So let's look at how to create a new healthy habit ...

### Healthy Weight for EveryBODY

The book, *Mayo Clinic Healthy Weight for EveryBODY*, focuses on a 12-week program to bring about a life style change. During the 12-week program an internal change occurs within the body. The body becomes used to and comfortable with the new habit of exercise. The body feels better when it exercises, more pliable and loose, and better able to stand up and sit down. In fact, the body misses the movement when it doesn't receive it regularly. Body movement wakes up the blood flow, muscles, ligaments, bones, joints, and mental state (attitude). The body begins to crave exercise.

Let's examine the program ...

**What do I mean by 12 weeks?** I mean exercising 5x/week for 12 weeks. This includes cardio, strengthening and stretching exercises. If you exercise 2x or 3x/week instead of 5x,

the change will happen ... it just won't happen as quickly, and will take longer than 12 weeks.

**What do I mean by strengthening?** Strengthening comes about when you work your muscles to a fatigued state without joint discomfort. You can do this with machines, free weights, or isometrics. As you strengthen the muscles, the bones get stronger. As you change fat into muscle, the metabolism speeds up and stays elevated for longer periods of time, even while you sleep.

**What do I mean by cardio?** Cardio exercise is mainly about strengthening the heart. The heart is a muscle that needs to stay strong to keep beating and keep you alive. The heart becomes stronger when you increase your need for oxygen by walking, biking, or swimming faster. To increase or improve your cardiovascular health, the body needs to get moving fast enough to make the heart and the lungs work harder. How fast should you move? A good rule of thumb is to move fast enough that you can talk but not sing. This speed differs for everyone, depending on previous or current injuries.

**What do I mean by stretching?** Taking a yoga class is a great way to stretch. But you can also stretch for 10 minutes after your cardio or strengthening workout to loosen the muscles in your legs, back, abdomen, arms, shoulders and neck. When you work out (cardio or strengthening), your muscles become tight. Stretching your muscles helps them become more pliable again.

**How often should you do each type of exercise?** Stretching can be done every day. Strengthening could be done every other day, and cardio should be done daily.

**Why does your body deserve this?**

Everyone deserves a body that looks good, feels good, and operates properly. You owe it to yourself to try the 12-week program so you and your body can be all you're meant to be!

**When should you start?**

If you are having a hard time sticking with an exercise program, give me a call and let's set up a 12-week series for you. You'll have a chance to change your life style, improve your outlook on life, and create a body that you love and that loves you! This is something you and your body deserve.

**Note:** If you don't have a 12-week block of time to apply to the program, don't worry. The life style change will still happen—it will just take longer.

## Stay in Shape with Winter Classes

You Can Do It, LLC continues with classes. Here is a quick list of the upcoming January classes. Check out my Website ([www.youcandoitnow.net](http://www.youcandoitnow.net)) for more detail and feel free to email or call me (541-482-1887) if you have any questions.

<b>Class:</b>	<b>Building Bones Step by Step</b>
<b>Starts:</b>	January 4 – Feb 8 Feb 12 – March 19
<b>When:</b>	Monday, Wednesday and Friday
<b>Time:</b>	8:30 – 9:25 (winter hours)
<b>Place:</b>	The Grove on East Main in Ashland
<b>Cost:</b>	\$32 (1 class/wk – 5 classes) \$58 (classes/wk – 11 classes) \$61 (3 classes/wk – 16 classes)

<b>Class:</b>	<b>Senior Yoga</b>
<b>Starts:</b>	January 7 and is ongoing
<b>When:</b>	Thursdays
<b>Time:</b>	11:30 – 12:30
<b>Place:</b>	Baxter Fitness Solutions at 330 Oak St. in Ashland
<b>Cost:</b>	\$10/class

<b>Class:</b>	<b>Chair Strengthening</b>
<b>Starts:</b>	January 4 and is ongoing
<b>When:</b>	Monday, Tuesday, Thursday and Friday
<b>Time:</b>	10:00 – 10:30
<b>Place:</b>	Mountain Meadows Retirement Community in Ashland
<b>Cost:</b>	\$5/class

<b>Class:</b>	<b>Floor Stretch</b>
<b>Starts:</b>	January 4 and is ongoing
<b>When:</b>	Monday, Tuesday, Thursday and Friday
<b>Time:</b>	10:30 – 11:00
<b>Place:</b>	Mountain Meadows Retirement Community in Ashland
<b>Cost:</b>	\$5/class

<b>Nordic Walking will be back in February.</b>	
The first class starts on Wednesday, Feb 17 from 4:30 - 5:30.	