



Bridging the Gap—  
Goals to Results

**E-wish and PRAYER  
REQUEST**

**Stacy Smith, Linda’s “much younger” sister and Mom of 7, with 2 younger and 2 older “kids” and a grandson still at home, experienced a triple by-pass in Springfield on August 12. She is recovering at home. If you would, please pray and/or send her a “get well ewish” @ mail@gr8fitness.net and we’ll forward!**

**OPEN INVITATION**

It seems like these newsletters run a lot faster than we do, but we do enjoy putting them together for you. Anytime you have exercise, personality type or fitness news or want to contribute an article, please just send us an email to let us know. Your reward is knowing you will have shared it with many other readers who are like yourself, with similar goals, challenges, and interests. In the meantime, enjoy reading and stay healthy!

**GR8FITness Leads to Gr8Living!**

**Where Are You in the Exercise Continuum of Change?**

The Prochaska Change Model consists of five stages: Precontemplation, Contemplation, Preparation, Action and Maintenance. In the **Precontemplation** stage, you may just be thinking about physical activity. In this stage, reading articles, watching videos, and talking to others helps move you forward. You might also make a list of potential benefits you would experience if you began an exercise program. In **Contemplation**, you are beginning to consider different types of physical activity. Take a look at a zumba class or an aerobics class. Jot down the barriers to getting

started and some strategies you might implement to overcome the challenges. In **Preparation** you are actually getting to be physically active on a more regular basis. This is when the pedometer or activity logs can spur you on. Consider rewarding yourself when you accomplish small goals. Leave reminder notes on your door, in your car seat, etc. to remind you to establish your habit of regular exercise! In the **Action** state you are exercising and have been for a while. At this stage people start to look for events they might

train for, such as a fun walk, or a 5K. Finally, in the **Maintenance** stage, you are preparing for any setbacks that might occur and increasing your enjoyment of physical activity. At this point, you will need to know how to break out of a rut. You will be looking for ways to make it fun and try new activities. At this stage mentoring another person will help keep you active. Where are YOU in the Exercise Change Continuum? Try to move at least one stage forward!  
  
See more on page 3.

**Meet Gr8’s Nutrition Expert**

You have read Allison Fish’s columns more than once in this newsletter. We thought it is time you met her.



ALISON FISH

Besides being a contributor to our newsletter, Alison is also a certified trainer. She does personal training at The Rock in Altamont and she is also working on online coursework for her Masters degree through Eastern Michigan University. Alison has been a long-time enthusiast for 8 Colors that began when she first attended our initial workshops in Effingham, Illinois. She will be con-

ducting another Kids Fitness Camp, her second such venture, to help children learn basic nutrition skills and participate in an exercise program. It starts September 13 for 6 weeks. Call her for more info or to sign up for training 618 553-2558.  
  
We are happy to welcome Alison aboard as an official member of the gr8FITness team and we look forward to sharing her expertise with you, our readers!

*Celebrating the second year of informative newsletters for our clients*

**INSIDE THIS ISSUE**

\*\*\*\*\*  
Stages of Change.....1  
E-Wish Request.....1  
Invitation to Write.....1  
Alison Fish.....1  
Laughter & Wt. Loss.....1  
Thinking Outside the Box.....2  
Gr8 Khaki Glutes.....2,4  
5K Bulldog Challenge...2  
Reading & Wt. Loss.....3  
Tip and Time.....3  
Your Stage of Change...3  
Excuses Begone!.....3  
August School Safety.....3  
420 min. maintenance....3  
Calf Stretch.....4  
Ask the Trainers.....4  
See Yourself Gr8.....5  
Gr8 Road Trips.....5  
Skinny Book.....5  
Go Wash U. Bears.....5  
About Gr8FITness.....5  
Gr8 Contact Info.....5

**A BIG CONUNDRUM**  
\*\*\*\*\*

**WHO OF THE GR8FIT-  
NESS TEAM FINISHED  
2nd and 3rd  
in their age  
divisions in a  
5k run????**



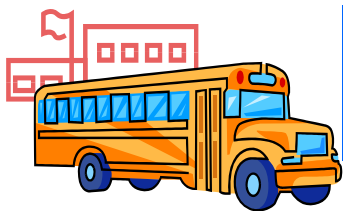
**CHECK out this  
WEBSITE:**

**www.healthstatus.com**

Get a health report free. All kinds of calculators.



Wanna be more healthy and burn calories???? Yuck it up! Laugh to lower glucose. Japanese research says that laughter may actually reduce glucose levels in people with type 2 diabetes. Other research in the United States suggests that joyous laughter may have positive effects on your arteries, blood pressure, and cardiovascular system! A Vanderbilt Study said a daily bout of laughter may help you burn an extra 10 to 40 calories a day. You can’t laugh your way to fitness, but researchers say you expend more energy (and burn more calories) when you are laughing than when you are at rest! XM radio Doctor Radio speaker said “100 laughs a day = 10 mi walking for how it affects your heart”? Lol lol lol lol lol lol...c’mon, get started...hahahahohohololol



**Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education alone will not; the world is full of educated failures. Persistence and determination alone are omnipotent. Calvin Coolidge**

Training Tips

In Search of the Elusive Fitting Khakis

by Brett

THIS SPACE FOR LEASE!

Uses:

- Take notes on newsletters.
- Make grocery lists
- Cut it out and use it as a bookmark.
- Draw what you are thinking.
- Cut it out, fold it and make a fan.
- Write your exercise routine on it.
- Leave it and come back to it to rest your eyes from all the reading.
- Roll it up, tape it and pretend it is a telescope.
- Fold it like origami.
- Pick it up and carry it to cover up an article you don't like.

And your ideas are?????

**.It is the start of a new football season...my first year coaching at Washington University. It is also shopping time for the new season and this year I need khakis. In my infinite quest to find khakis that fit, I have felt compelled to write a butt and thigh workout...since my butt and thighs are what is causing my endless search for a pair of khakis! Here are some remedies if you experience similar challenges!**

**Instructions for the following exercises:** Do 3 sets of 15 reps (total/each leg) for each exercise for those Blues and Golds. Greens and Reds, superset the first two exercises and the last three exercises. Saffrons and Silvers do each exercise once and complete all before repeating. And finally for our Whites and Purples, work it into your schedule any way possible....

**The Squat**

The squat is the single best exercise for strengthening, toning and shaping the thighs and butt.

Not only does it tighten and tone your rear but it's the #1 overall exercise for building lean quality muscle. Place your feet slightly wider than shoulder-width apart, feet angled slightly outward. Pull your shoulders back slightly, contract your lower-back muscles, take a deep breath and hold it. Looking straight ahead, slowly bend at the knees, inclining your torso forward slightly and descending under control until your thighs are just above parallel to the ground. Don't bounce at the bottom, but don't stop either. Push through your heels to drive yourself back up, contracting your gluteus muscles (butt) strongly and exhaling as you pass the halfway point.

**The Lunge**

The lunge is another very popular exercise for toning and firming leg and butt muscles. Position your feet about shoulder width apart, pointing your feet straight ahead. To begin the exercise, step your left foot

the exercise, step your left foot forward, keeping your forward leg centered over your ankle. Make sure your knee doesn't go beyond your toes or you'll place extreme tension on the tendons of your knee. To help maintain balance, remember to push off with your heels and not your toes. When coming back to the starting position, focus on straightening your knee and hip. Stay focused on your front leg even if you feel tension in your back leg. Think of your back leg as the balancer and your front leg muscles as the primary mover. Beginners, work one leg at a time rather than alternating between one leg and the other.

**One-Legged Cable Kickback**

Hook a leather cuff to a low cable pulley and then attach the cuff to your ankle Face the weight stack from a distance of about two feet, grasping its steel frame for support Keeping your knees and hips bent slightly and your abs tight, contract your

**(Continued on page 4.)**

**St. Anthony Bulldog 5K Challenge Was Just That!**

**Jim Brissenden finishes 3rd in his age group.**

**Linda Brissenden finishes 2nd in her age group.**

Sometimes Jim Brissenden gets some crazy ideas and deciding to enter a 5k on a day when the temperatures are in the high 90's might have been one of his crazier notions. But it was a race sponsored by those very same Catholics who had "prayed him thin" so it was sort of a "gratitude pay-back". Funds raised support the schools' athletic programs and the race was on the day of

their annual picnic which is always a gala event. So, we teamed up with our workout friends and showed up. Besides, it's always fun to wear the t-shirts (as though we are "real race aficionados"). Father Leo prayed and told us to "be smart". [Too late! WHO runs in this kind of heat????] Jim and Bruce ran the whole time but Debbie and I walked, choosing to randomly run some

downhills. Yes, downhills, but equally matched with straight uphill, as in inclines of the type that cause faith transformations where you make rash promises if God's mercy will only help you to endure! Good news is that we all finished in less than an hour and nobody threw up at the finish line like some of those really fast runners sometimes do. Do I look forward to the next race? No, but maybe the finish.— that's the best part!

**Picture the healthiest you in this picture frame! Then live each day, doing whatever it takes, to make that image you see a reality! You CAN!**



**READ TO LOSE WEIGHT???**

The act of reading forces your brain to “rearrange its original parts” and learn something new. So read to keep your memory sharp and grow in flexible thinking. Reading improves mood and boosts happiness according to a British study. **It also improves self-discipline, which is a good skill if you are trying to lose weight.** One research result was that 33% said it was hard to sleep if they hadn’t read before bed. Oddly enough, reading puts me right to sleep...to me, it can be the ultimate relaxer unless you are reading one of those Twilight sagas! Gad-zooks! 66% read to forget their troubles. I wonder what % forget where they put their book...hmmm.....

**TIP AND TIME**

**Use positive words.** Statements like “I should work out today” make exercise seem like a burden, so swap the word should for want. When you tell yourself that you WANT to go for a bike ride, doing it will feel like a reward—not a chore.

**Give it 60 days...** Research says it takes 60 days to form a habit so circle a date 2 months away. Decide on your activity. Do it daily until the circle and by then it’s part of your routine!



**August**

The month When most schools begin. So, PLEASE

**Watch out for school busses and children crossing the roads! No phones in school zones! Keep kids safe!**

**GR8FITness Leads to Gr8Living!**

**Excuses! We’ve heard them all!**

It is so easy to come up with excuses as to why we don’t exercise. Here are a few with some suggested solutions to overcome the dilemma and keep moving!

**1. I never have time to work out!** How about buying a pedometer and keeping track of your steps. Just having that on could increase your steps by 1,000 which is about half a mile! Take the stairs, go for a walk on your lunch break. Track your daily totals to motivate you to move!

**2. I can’t get “up for it” in the morning!** Try mentally committing to just one set of your weight workout or 15 minutes. Once you are into it, you just might finish!  
**3. I’m too hungry and tired to exercise after work!**



Try those 6 small meals a day and, about 45 minutes before you plan to work out, drink a cup

of coffee. The caffeine blocks the adenosine receptors that make you feel drowsy and it also ups your exercise endurance.

**4. I’m always forced to go with my friends to happy hour!** Oddly enough, women who have a drink or two a day spend more time working out than those who skip it. It’s like they are trying to compensate for the extra calories they are imbibing. The key is to set a limit for yourself.

Source: Women’s Health, July, August 2010, p. 140

**What Stage Are You? Stages of Change Measure**

For each of the following questions, circle Yes or No. Read carefully.

Physical activity or exercise includes activities such as walking briskly, jogging, biking, swimming in which the exertion is at least as intense as these activities.

- 1. I am currently physically active. 0 No 1 Yes
- 2. I intend to become more physically active in the next 6 months. 0 No 1 Yes

For activity to be regular, it must add up to 30 min. total per

day and be done 5 days a week. For example, you could take one 30 min walk or 3 10 min walks for 30 min. total.

- 3. I currently engage in regular physical activity 0 No 1 Yes
- 4. I have been regularly physically active for the past 6 months. 0 No 1 Yes

Scoring:  
 If question 1 = 0 and 2 = 0, you are at Stage 1.  
 If question 1 = 0 and question 2 = 1, you are at Stage 2.  
 If question 1 = 1 and question

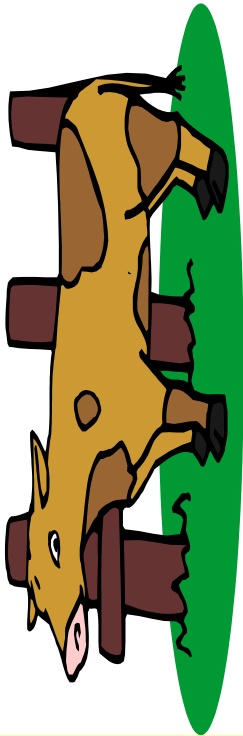
3 = 0, you are at Stage 3.  
 If question 1 = 1, question 3 = 1, and question 4 = 0, you are at Stage 4.

If question 1=1, question 3=1 and question 4=1, then you are at Stage 5.

- Stage 1—Precontemplation
- Stage 2—Contemplation
- Stage 3—Preparation
- Stage 4—Action
- Stage 5—Maintenance

Source: ACSM’s Health & Fitness Journal, “Using the Transtheoretical Model,” p. 11.

It takes 420 minutes of moderate intensity exercise per week to maintain a healthy body weight without making any changes to your diet. Source: the Journal of the American Medical Association.



Good stretch...  
wrong calf!

**Calf Stretch**

**Step 1:** Stand arms-length away from a wall, and place both palms on the wall at about shoulder height; don't lock your elbows. Take a big step back with your right foot.

**Step 2:** Keep your left knee bent, and try to straighten your right leg and press your heel to the floor. Feel the stretch in both your upper and lower right calf and Achilles tendon. Hold for 30 seconds; switch legs.

REPEAT: 3 times

**GR8FITness Leads to Gr8Living!**

**Even coaches face dilemmas—but they know what to do!**

**Trainer Tips**, (continued from page 2)

glutes (butt) to slowly “kick” the working leg back in a semicircular arc as high as it will comfortably go. At full extension, squeeze your glutes for peak contraction. Bring your working leg forward, resisting the pull of the cable until you reach the starting position.

Position you could land in after you do the next move!



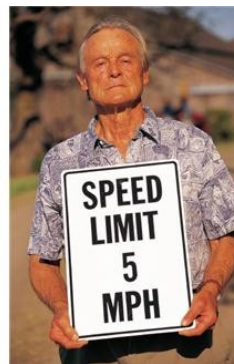
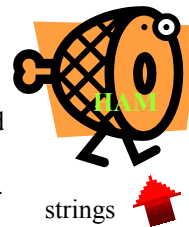
But you want those pants to fit so don't give up!!!!

**Gluteus Kickback**

Get on your hands and knees on the floor, knees bent at 90 degrees so thighs are perpendicular to the floor. Keeping your head up, lift your right leg back and up, maintaining your 90 degree knee bend, **(DANGER! : )** until your foot is higher than your head or your thigh is horizontally in line with your torso. Squeeze your right gluteus and slowly lower your leg back to start position. Perform the same with your left leg, and repeat.

**Hamstring Curl**

This is a great exercise for toning and forming the hamstring and gluteus muscles. Lie face-down on a leg-curl machine and position your Achilles' tendons below the padded lever with your knees off the edge of the pad. To begin the exercise, keep your back flat as you raise your feet toward your glutes (butt) in a deliberate motion. Squeeze the muscles and lower your feet with a controlled speed.



*Linda's Khaki Remedy*

Go to “V”, the Tailor. Smile and tell him you need khakis that fit.

“V” will smile back and select a pair of really nice khakis.

He will then get a tape measure, some chalk and some pins.



Here is the hardest part. Stand very still and look straight ahead as he fits the pants to your glutes and thighs. Do not move and resist the urge to kick your leg back higher than your head (for “V's” sake.)

Leave. Wait 3-4 days and return. Voila—fitting khakis! Smile, pay him and go. Look at all the agony you have saved and you have made “V” happy.



**ASK THE TRAINER**

If you have a specific workout/training question or challenge you would like to ask Brett, just drop us an email at [mail@gr8fitness.net](mailto:mail@gr8fitness.net). Let us know if it is ok to answer your question in the newsletter and, if you don't want your name revealed, just tell us. We won't be able to print all of them, but we will respond as time and space allow.

**ASK THE NUTRITIONIST**

If you have a specific nutrition or fueling question (remember, no diets!), send it with similar instructions to us and Alison will respond to your question as time and space allow.



**DO NOT ASK THE EDUCATOR!** She is busy delegating tasks.

## Check it out!!!!!!

[www.gr8fitness.net](http://www.gr8fitness.net)

Give a friend a free subscription to this newsletter. Just have the friend email us and they're in!

Welcome new educators in the Regional Office of Education 3 area—Bond, Fayette, Effingham Counties!

Hey, Jack! Check out the quote on page 3! Omnipotent...:)

Welcome new subscribers! We are happy to serve you! Old friends too!

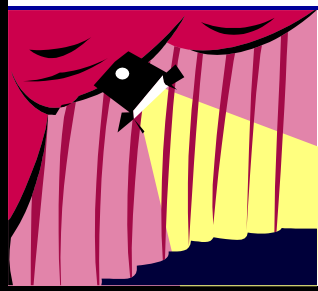
### Gr8 Road Trips

**August 18**—"Coaching Students to Success", Jasper County Schools

**October 8**—Teachers' Institute, Jerseyville, IL

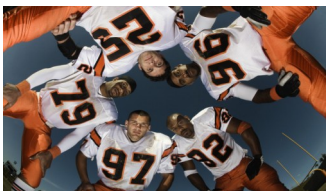
**December 6-7**—Raising Student Achievement Conference, St. Charles, IL

**February 7-8, 2011**—IL Assn. for Gifted Conference, Chicago, IL



### GO WASH U. FOOTBALL BEARS!

Beat Knox, Memphis-Rhodes, Eastern Wittenberg and Westminster.



## Gr8FITness

2105 Red Bud Street  
Effingham, Illinois 62401

Brett: 314 591-4977  
Linda 217 663-6169  
Brett@gr8FITness.net  
Linda@gr8FITness.net  
mail@gr8FITness.net



A Company dedicated to helping people achieve better, live fit, and enjoy the benefits of goal attainment.

## Gr8FITness: Bridging the Gap Goals to Results

Gr8 News! Gr8FITness has evolved into several divisions. Our flagship offering is still the **Gr8FITness** Division, based on the work of Suzanne Brue, as found in her book, **The 8 Colors of Fitness**®. We help each client understand his/her personality preferences and specific motivators so each can choose a fitness program that would ensure the highest probability of success.

Other divisions are: Gr8Achievement, Gr8Wellness, and Gr8Athletics

**Gr8 Achievement** helps teachers and students identify their personality preferences to improve academic achievement through differentiated instruction.

**Gr8Wellness** designs, delivers, and monitors employee wellness programs in corporate, school and hospital settings.

**Gr8 Athletics** builds team synergy through individualized and team assessments of personality preferences to improve communication, increase winning, and improve health.

Success doesn't come to you...you go to it!

For more info on any of the Gr8Fitness seminars, email us. Whether you have a huge or a small group, we can help you!

If you are interested in hosting a gr8FITness training for your business or group, give us a call @ 217 663-6169 or 314 591-4977 or email!

## The Skinny on Losing Weight without Being Hungry by Dr. Louis J. Aronne

Driving along listening to the Dr. Radio station, a Dr. Louis Aronne shared his new book, "The Skinny on Losing Weight Without Being Hungry". He said we could stop the "yo-yo" cycle and offered strategies for feeling full with fewer calories. He even went to far as to say a person could teach his brain to stop craving food. [no small order since ice cream just seems to call my name and causes my car to turn into the drive-through]. Then he said that not being able to shed pounds isn't my fault; dieting is not about willpower! He could even teach me to put the fork down!

Even David Letterman swears by his formulas and credits Dr. Aronne with saving his life. I was eager to start reading. He suggests that we learn to recognize "filling foods vs. fattening foods". Some he lists as filling are lean protein, low-calorie foods that are rich in water and low in fat and sugar (fruit, vegetables, soup and salad), wholesome foods such as vegetables, legumes, and other nutritious foods with vitamins, minerals and nutrients [well, nothing so earth shattering yet] He recommends eating "slow foods", such as chewy, crunchy or heavy watery foods. Think how fast you could eat 500 calories of fettuccine alfredo (about a third of the

portion you are served at most restaurants). Compare that to how long it would take you to eat 500 calories of shrimp cocktail...67 large shrimp. Sometimes you hear, "a calorie is a calorie", but if you eat 500 calories of cookies, you will want to eat again much sooner than if you ate 500 calories of chicken and broccoli. [You've got to be kidding me...cookies beat out broccoli!] The book has illustrated exercises and recipes. One tip I liked is get most of your calories before dinner! Most people eat 42% of their calories at the evening meal and after that! Also, drink water, not sweet tea (even it's just a buck!!)