

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



Bridging the Gap—Goals to Results

Are You in Control of Your Goals?

Gr8FITness can help you!

The Basics of Motivation

Special points of interest:

- Basics of Motivation
- To Drop a Pound
- A Simple Equation for Weight Control
- Trim Fat, Save Gas
- Stay Out of the Hospital
- Cardiac Rehab
- 11 Easy Ways to Cut Calories
- EQ-Emotional Intelligence
- Gr8FITness website launching
- Easy Exercise
- Gr8's Divisions
- Mystery Picture

Agree or disagree?

Everyone is motivated differently.

Each individual has a unique and distinct motivational type.

What motivates one person can de-motivate another person.

No one motivational type is better than another.

According to Tamara Lowe, author of **Get Motivated!** (Double-day, 2009) all of the above statements are true.

She believes that motivation is one of the greatest keys to success in life,

even more important than education or talent. She calls it the "fuel" of success and is as unique to each of us as is our DNA. She further asserts that this "DNA" refers to "drives," (what moves us to act) needs," (core requirements to feel fulfilled) and "awards" (what we want to be "paid" for performance).

Are you more competitive or cooperative? Competitive people have a **Production Drive**. They are task oriented, but coopera-

tives have a **Connection Drive** and are more people-centered.

People who prefer constancy have a **Stability** need: consistency, order, routine. Others have a **Variety** need: they are energized by new experiences or change.

What makes you feel more valued? Appreciation with \$ or vice versa? Appreciation is an **Internal** reward; \$ is **External**.

Continued on P. 3

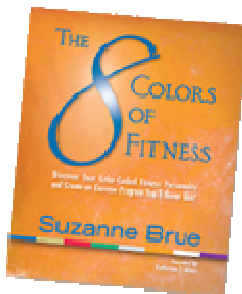
To drop one pound...

A reader asks: "Just how much less do I have to eat to lose a pound a week?" A pound of body weight equals about 3,500 calories. So, generally, if you eat 3,500 calories less in a week than you normally would, that adds up to a pound. It's about 500 less calories per day.

To stay healthy and give your body the nutrients it needs, it is important to maintain a baseline of about 1,200 calories. For women; however, if you are active, you should aim for 1500 calories a day and you will still lose weight if you spend those calories wisely on a well-balanced eating plan.

The calories you consume are the fuel that runs the vehicle (your body). That fuel should include protein, carbs, fat, vitamins, minerals and water. For more on diet, see **What's your Diet Type?** by Jones, Miscicin and Redard, (Hatherleigh, 2009)

Check out Suzanne's website www.the8colors.com



Inside this Issue

Motivation	1,3
Drop a Pound	1
Cardiac Rehab	2
Simple Equation for Weight Control	2,5
Fit Facts	2
Trim Fat, Save Gas	2
Emotional Intelligence	3
Easy Exercise to Try	3
Cut Calories	4
Mystery Picture	4
Gr8Divisions	4
Website Launch Info	4



Welcome new readers from Immanuel Lutheran Church, Altamont, Illinois!

Your life is either a celebration or a chore. The choice is yours.
Author Unknown

Trim Fat—Save Gas
Did you know that Americans fuel up their cars with more than a billion gallons of gas a year to carry around our big—supersized—bodies? That could fuel 1.7 millions more cars a year. So, trim the fat and save the gas and breathe a little easier. If all the people carrying 100 or more excess pounds lived in one state, it would be the 12th most populated US state!

Peeke, Pamela
(2007) [Fit to Live](#).

Maintain your strength to stay out of the hospital (However, if you must go, we know some good ones!) A study of 3000 people, ages 70 to 80 found that 55% had been in a hospital at least once in 5 yrs. Those with the lowest muscle density and weakest grip strength were more likely to be there! So, train 2 days a week and walk the other 6 days a week! Don't worry, there will still be plenty of work for the hospitals!



Are You in Control of Your Goals?

Cardiac Rehab Programs Could Help Prevent...; However...

According to the Journal of American College of Cardiology, Vol, 54, p. 515, as quoted in the Johns Hopkins Medical Letter, **Health After 50**, there is strong evidence that a cardiac rehab program following a heart attack or other cardiovascular event can lower the risk of future heart trouble. Yet, a recent study found that heart disease patients don't go to rehab. In a study of 73,000 pa-



tients who were hospitalized for a heart attack or heart surgery, only 56% were referred to a cardiac rehab program after discharge.

Usually, we think that a life-threatening situation would scare us into exercising in order to live or to avoid a repeat occurrence, but another interesting study indicated that even when patients have suffered a heart attack and know that exer-

cise can help them avoid future occurrences, only one in seven actually maintain an exercise program for a year later. What does it take to get people to realize that we are our own worst enemy? The benefits of exercise are many. Use the 8 colors quiz to find an exercise that fits you—one that you can stick with the rest of your life! If you need help, call us!



A Simple Equation Goes a Long Way by Monica Perry, Guest Contributor

In today's society there is so much talk, "eat this, not that. Eat more of this, less of that." On any given day you can turn on the news, watch a report on dieting, and get a different perspective each time. Even as a personal trainer, I find it hard to follow a perfect diet; losing weight is a hard concept for most people and they are always

looking for that magic pill to make the fat melt away.

In order to lose weight people often look into the most complex and dangerous diets, when in fact the simplest equation will do; calories-in versus calories-out. The bad news is that this concept will take a bit of effort on your part. The Gr8 news is that it will

change your life, give you the body you've always wanted, and increase your self-confidence

How does this equation work? First, let's start with the term Basal Metabolic Rate. Simply stated, it is the amount of energy (calories) your body needs in order to function and

Continued on p. 5

FIT FACTS Found in Fitness magazine (Oct. 2009) When Looking for Something Else

People who exercise 30 to 45 minutes daily with moderate activity, such as fast walking, reduce their risk of colon cancer by about 20 percent. Just do this, ok?

If you are on a fitness program and you take a month off, your oxygen decreases a bit in 2-4 weeks and substantially by 2-3 months. Meanwhile, your muscle efficiency and muscle mass in your

arms, abs, and legs start to shrink. Before long, you are back to the pre-exercise state. (NO-O!) So, do at least 3 20-minute vigorous cardio sessions and two strength-training sessions a week..

Throw your moves into reverse. Walking backward or doing backward lunges (eek! I HATE those) can help you problem solve easier! (I can believe that...I am try-

ing to solve the problem of "how do I get out of doing these." Hint: Focus your eyes on a point ahead of you and don't take such long strides. Another hint could be to distract your trainer so he loses count?) Some trainer, not Brett, in Boston says to set the incline at 3.0 and walk backwards on the treadmill for 20 minutes or do the backstroke in the pool to mix up those muscles from the usual.

Volume II, Issue I Gr8FITness Newsletter

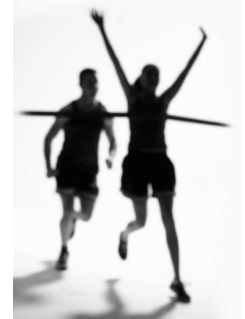
Motivation, continued

Directors (PSI) are motivated by freedom, recognition, organized structure, opportunity to grow personally and getting positive feedback. **Visionaries (PVI)** are motivated by an inspiring work environment, opportunity to originate ideas, peer respect, credit for work done and a strong sense of mission. **Chiefs (PSE)** are motivated by autonomy, public recognition, special privileges, freedom from unnecessary controls, ability to design their environment, time to think, power to act, and acknowledgement of their special

skills and achievements. **Champions (PVE)** are motivated by challenging assignments, authority to make decisions, profitability, freedom from supervision and excessive control, opportunities for advancement, deadlines, calculated risk, and popularity. **Supporters (CSI)** are motivated by facts and info, peer respect, sincere appreciation, private recognition, specific positive feedback, inspiring work environment, coworkers they enjoy, clearly defined objectives, sense of accomplishment and time to plan and reflect.

Relaters (CVI) are motivated by teamwork, new experiences, genuine appreciation. **Refiners (CSE)** are motivated by competent team member, recognition by superiors, special privileges, freedom from controls and genuine respect. **Explorers (CVE)** are motivated by stimulating relationships, opportunities for personal growth and advancement, freedom to do things their way, esteem, good pay and bonuses.

What motivates you??? Source: **MotivationalDNA.com.**



Our greatest glory is not in never failing, but in rising every time we fall.
Confucius

Success is a lousy teacher. It makes smart people think they can't lose.
Bill Gates

Emotional Intelligence 2.0 (Talent Smart 2009) by Travis Bradberry & Jean Greaves

Did you know that, besides having an IQ, each person also has an EQ, or emotional intelligence? Yet only about 3 people in 100 can identify their own emotions as they are occurring. So that means about 2/3 of us are controlled by our emotions and cannot use what we know about our emotions to cope in some situations.

Emotions spring from five basic

sources: happiness, sadness, anger, fear, shame, Emotional intelligence, according to Bradberry and Greaves, is defined as "your ability to recognize and understand emotions in yourself and others, and your ability to use this awareness to manage your behavior and relationships." There doesn't seem to be a connection between IQ and EQ. IQ isn't as flexible as EQ, which can be developed with

practice.

Personality doesn't predict emotional intelligence; but IQ, EQ and personality assessed can give you the total picture! You may want to determine your EQ since it accounts for 58% of job performance and every point increase in EQ adds up to \$1,300 more in annual salary! 90% of high performers are high in EQ!

We are only beaten when we cease to believe what we can be.

Author Unknown

Easy Exercise to Try at Home

Source: Internet

Begin by standing on a comfortable surface where you have plenty of room at each side.

With a 5-lb potato sack in each hand, extend your arms straight out from your sides, and hold them there as long as you can. Try to reach a full minute, and then relax.

Repeat each day and you'll be able to hold this position longer. After a couple weeks, move to 10 lb potato sacks.. Then try 50 lb. sacks.

Then try 100 lb potato sack in each hand, and hold your arms straight for more than a full minute. (Linda is on this level already so you can do this!)

Once you feel confident at that

level, put a potato in each sack!



If you would like to write an article for this newsletter, or share a favorite healthy recipe, or recommend a gr8 fitness website, send us an email. We love our guest contributors!

Gr8FITness

2105 Red Bud Street
Effingham, Illinois 62401

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



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

Gr8FITness' Website to Launch Soon!



As part of Phase II of the Gr8FITness business plan, the website is about to launch. Using suggestions made to us by our valued clients, the website will include exercises, color tips, fuel ideas, fun facts, events, downloadable forms, the Gr8FITness newsletter and links to some other newsletters you might enjoy, resources, and helpful links. Eventually, we will have a forum for you all to input information to each other.

In addition, gr8FITness is now on Linked In, Facebook and Twitter!

We can hardly wait for you to see the site and we are sure that the webmaster will be totally exhilarated when he is done (though he will probably really miss the two "perceivers" quest for the perfect site!) Or, come to think of it, maybe not!

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, Gr8Gyms, Gr8Wellness, Gr8Athletics, and Gr8Motivation. **Gr8 Achievement** helps teachers and students identify their personality preferences to improve academic achievement. **Gr8Gyms** provide training to personal trainers and gym owners to improve client recruitment, retention and results.

Gr8Wellness designs, delivers, and monitors employee wellness programs in corporate and hospital settings. **Gr8 Athletics** builds team synergy through individualized and team assessments of personality preferences to improve communication and increase winning. **Gr8Motivation** empowers people to determine goals, understand change processes and exchange bad habits for good ones.

We have new email addresses!!!

Brett@gr8FITness.net

Linda@gr8FITness.net

Follow gr8FITness on Twitter!

For info on how to schedule your own personal fitness assessment and have a professionally designed training program you can do at home or at a gym, email us. 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 email!

11 Easy Ways to Cut Calories

1. Stop eating. (Just joking, although that would definitely cut calories!)
2. Switch to Low-Fat or No-Fat Dairy Products. A cup of whole milk has 150 calories, but skim milk has only 85! The protein and calcium in milk are good for you. Choose 90 calories or less yogurt!
3. Substitute for sugar. If you use 4 tsp a day, you save 60 calories by using Splenda, Equal, or Stevia. The sweet tea is good but wearing the skinny jeans is better!
4. Eat chicken, but peel the skin. A fried chicken breast with skin has 217 calories; without 160. If you can eat the chicken broiled or baked, gr8!
5. Choose lowfat desserts. Check out those Weight Watcher or even DQ fudge bars. Just don't eat the whole box at one time!
6. Make one-slice sandwiches and use the 40-60 calorie bread, preferably with lots of fiber!
7. Switch to fat free mayo or get used to yellow mustard on sandwiches.
8. Get the dressing on the side and dip each bite. You will save lots of calories and have about 2/3 of the dressing left!
9. Instead of 3 slices of bacon on a BLT, use 2 or check out the turkey bacon. You can save 100 calories. Leave off the bacon entirely and save 300 calories, but call it an LT.
10. Save 100 calories for every unused Tablespoon of butter, margarine or oil!
11. Wash the cooked hamburger w hot water and blot the fat!



What/who is this?

- A a "Fisch"
 - B a "Lion"
 - C. neither A nor B
 - D. both A and B
- Answer on p. 5

A Simple Equation Goes a Long Way (continued from page 2)

survive on a daily basis, at a resting state. This doesn't include everyday activities like walking to your car, brushing your teeth or exercising. Everyone has a different Basal Metabolic Rate, or BMR; it varies depending on your body weight, height, and age. More complicated equations take into account the amount of lean body mass and body fat you have. Here is an equation to determine your BMR:

Men: $BMR = 66 + (13.7 \times \text{wt. in kg}) + (5 \times \text{ht. in cm}) - (6.8 \times \text{age in years})$

Women: $BMR = 655 + (9.6 \times \text{wt. in kg}) + (1.8 \times \text{ht. in cm}) - (4.7 \times \text{age in years})$

Note: 1 inch = 2.54 cm.

1 kilogram = 2.2 lbs.

Now that you know your BMR, you can find your Total Daily Energy Expenditure (TDEE); this is the amount of calories you need to maintain your current weight. To calculate your TDEE, multiply your BMR by your activity level. See the chart below:

Sedentary = BMR X 1.2 (little or no exercise, desk job)

Lightly active = BMR X 1.375 (light exercise/sports 1-3 days/wk)

Moderately Active = BMR X 1.55 (moderate exercise/sports 3-5 days/wk)

Very active = BMR X 1.725 (hard exercise/sports 6-7 days/wk)

Extra active = BMR X 1.9 (hard daily exercise/sports & physical job or 2X day training)

For example, let's say your BMR is 1300 calories (kc) and you are sedentary: $1300 \times 1.2 = 1560$. Your maintenance calories are 1560 kc. In order to lose one pound of fat, you need to have a deficit of 3500 calories. So if you eat 1560 calories a day, your weight will maintain the same. If you eat fewer calories to have a total deficit of 3500 kc, you will lose one pound of fat. If you eat more than 1560 calories and when over time this equals 3500 calories you will gain one pound of fat. This explains how you should calculate calories-in versus calories-out.

By just watching your total calories in one day you can maintain your current weight or lose weight if you want to; if you are not careful you will gain weight very easily. So with a little effort on your part and with a little knowledge, getting the weight you want is completely in your hands.

Author **Monica Perry** is a certified personal trainer and free lance writer. She is a graduate of Northwest Missouri State University with a B.S. degree in Corporate Wellness and Recreation. The Gr8FITness team welcomes Monica as our Guest Contributor.

Answer to Mystery Picture

The Mystery Picture is Brett, nickname "Fisch", when he played wide receiver for the Detroit Lions.