



# NuFIT Newsletter



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## CLASS REGISTRATION IS NOW ONLINE

Yes, it is true – NuFIT class registration is now available from the comfort of your own home! To register, go to [www.nufitforyou.com](http://www.nufitforyou.com) and click on CLASS SIGNUP on the bottom of the homepage. From there you simply click on the classes you want to register for and fill out your contact information. Once you receive a confirmation email, you are officially signed up.

If you notice a class is on “standby” please consider still signing up for it. If we receive a last minute cancellation, you will be contacted and added to class. This has happened many times already, so it is worth the chance!

Thank you so much ETC ComputerLand for making this convenient registration process happen! Also we appreciate everyone's patience while this process was being setup. We still REQUIRE a 24 hour notice of any class cancellation. Please let us know if you encounter any problems.

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*“Motivation is what gets you started. Habit is what keeps you going.”*

*-Jim Ryan*

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## NuFIT's FUSION FITNESS CLASSES

You have seen them on the schedule but just what are they, and why should you register for them?

Fusion classes are NuFIT's latest and greatest. They give you the opportunity to burn calories and also sculpt a lean and strong body.

NuFIT currently offers two fusion classes: SpinLATES and SpinSANITY™. SpinLATES takes the calorie-burning efficiency that only spin class can produce and couples it with the relaxing and strengthening challenge of pilates. This class is 60 minutes in duration with 30 minutes spent on the bike and 30 minutes on your pilates mat. SpinLATES is ideal for everyone, those making their spin or pilates debuts and anyone who is looking for a great workout!

SpinSANITY™ is a true NuFIT creation. There is no other class like this, guaranteed. It is a unique and fast-moving spin class which features off of the bike bouts of strength training. The focus of the strength training is on tightening the core and sculpting the upper body. A hint of lower body and gluteus maximus work is also mixed in. This class is also an hour, and approximately 35-40 minutes is spent on the bike burning calories while the remaining time is spent sculpting a stronger you! SpinSANITY™ is a complete body workout.

We hope to see you in one of our Fusion classes soon!!

### WHERE TO FIND NuFIT THIS MONTH

- September 1<sup>st</sup> – John Wood Community College Health Fair
- September 7<sup>th</sup> - NuFIT Family Program at Adams School
- September 14<sup>th</sup> – NuFIT Family Program at Adams School
- September 15<sup>th</sup> – Quincy Compressor Health Fair
- September 15<sup>th</sup> – Blue Cross Blue Shield Health Fair
- September 21<sup>st</sup> – NuFIT Family Program at Adams School
- September 28<sup>th</sup> – NuFIT Family Program at Adams School

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*“You miss 100% of the shots you don't take.”*  
-Wayne Gretzky

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# FUNCTIONAL STRENGTH TRAINING

Our bodies go through a variety of motions every day:

- Lifting: Laundry basket, grocery bags, kids, etc.
- Reaching and pulling: Opening the refrigerator or dryer, putting dishes away or picking things up from the floor
- Power: Standing up from chair, going up stairs or walking up a hill
- Balancing: Walking, holding multiple bags of groceries while carefully navigating the stairs or carrying a baby while talking on the phone and cooking dinner
- Combinations of the above

## Functional Exercises

To get better at these daily movements, strength training is a must and there are four functional exercises that will help you get the most out of your body. Performing these several times a week will enable you to do more with less effort and more confidence. You can do them anywhere, anytime:

- Push-ups: Start with wall push-ups and progress to placing your hands on the kitchen counter. You can do 5-6 while waiting for the microwave to finish. These firm your chest, arms, abs and back.
- Squats or lunges: Most reaching, lifting and bending movements involve an element of squatting or lunging. Remember to push out your tush and don't let your knees go farther forward than your toes. You'll strengthen your knees, quads and hips.
- Grocery Bag Lift: Each time you go shopping strengthen your arms by lifting a bag 6 times to the front, side and rear. You can also do a modified bicep curl. Just remember to keep your shoulders back and abs tight while working your arms.
- Lift: Pick-up that heavy pet food bag or laundry basket by squaring your feet shoulder width apart, squatting down, grabbing hold and pushing up with your legs. Put it down and do it again. If your knees hurt, practice lifting from a chair until you get stronger.

## Functional Equipment

There are a variety of tools to help you get a little more functional including:

- Body Weight: Combined with jump ropes or exercise balls, body weight is often challenging on its own, especially with lunges and push-ups
- Resistance Bands and Loops: Replicate the exercises on a cable machine in the gym
- Exercise Balls: A fun way to combine balance work with other exercises
- Medicine Balls: Great for combo moves involving the shoulders

Just as athletes train for their specific sport, we have specific household or recreational activities to train for. Make your training count; make it functional!

From [Cara Lindell](http://CaraLindell.com/exercise.about.com/cs/exerciseworkouts/a/functional.htm) exercise.about.com/cs/exerciseworkouts/a/functional.htm

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*“The definition of insanity is doing the same thing over and over and expecting different results.”*

*-Albert Einstein*

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## NuFIT's NUTRITION TIP OF THE MONTH

September is National Cholesterol Education Month. Do you know what your cholesterol levels are? It is never too early to find out, especially if high cholesterol runs in your family.

Making lifestyle changes can reduce cholesterol levels by as much as 50%.

These changes include:

### Improving your diet

- More heart-healthy foods
  - Vegetables and fruit
  - Whole grains
  - Lean meats, poultry and fish
  - Fat-free or low-fat dairy products
  - Nuts and Seeds
- Less saturated fat
- Limit trans fat
  - Can raise your LDL cholesterol levels and lower your HDL cholesterol levels.
  - May increase your risk of developing heart disease and stroke.
  - If a product contains 0.5 gram or less trans fat per serving, it is allowed to state that it is FREE of TRANS FAT
  - If you see the words “partially hydrogenated oils” in the ingredient list, the product contains trans fat, and there probably is a healthier alternative.

### Increasing your activity

- Enjoy at least 30 minutes of physical activity most days of the week
- Which exercise is best? The answer is an exercise that you love, and we hope that you give a NuFIT fitness class a try and love it! ☺

Today is a new day, filled with endless opportunities to make healthy choices. Here's to your health, one healthy decision at a time!

#### NuFIT for YOU

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