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Dear Train by Trina Friends,

If April showers brings flowers, what does April snow bring? Runny noses and sniffles are an epidemic in Toronto. If you are many that is suffering from a cold or flu - this is the perfect time for you to boost your immune system!

In this issue find tips on how to boost your immune system with super foods and moderate exercise.

Don't forget to take advantage of our monthly specials and promotions. This month get a free skipping rope when you purchase a 10 Pack or work out with a buddy for great savings!

Special Offers & Promotions

FREE Skip Rope!

Learn Stick-With-It Strategies when you buy a 10 Pack of In-Home Personal Fitness Training Sessions with one of our certified instructors. This is the perfect package to get you started towards better Energy.

[Book before May 15th](#) and receive a free Skip Rope from TKO Fitness a value of \$20.00!!

10 In-Home Training Sessions \$750

*A free fit test and consultation is included for all new clients.

[Book Today!](#)

Fit for Two

Don't want to go it alone? Have a friend join you. You will have more fun and take advantage of our partner training rates **to \$275 on a 10 Pack!**

[Book Today!](#)

Boost Your Immune System

By now you are well aware that exercise improves your health by increasing your muscle mass, enhancing the functioning

heart and lungs, and reducing stress. But did you also know that engaging in physical activity on a regular basis is one of ways to boost your immune system? And that regular exercise protects and enhances your immune response more than permanent changes to your diet?

The Positive Effect of Moderate Exercise on Immune System Function

Studies have shown that beneficial physiological changes to your immune system, including a temporary boost in the production and functioning of macrophages (the white blood cells that attack bacteria), occur in response to moderate exercise. In addition, scientists now believe that regular consistent exercise over the long-term, can lead to significant improvements in the health of your immune system. These positive changes come about because moderate physical activity helps to:



1. Clear the lungs of the airborne bacteria and viruses that are linked to common upper respiratory tract infections.
2. Speed up the circulation of the antibodies and white blood cells needed to fight infection, by increasing blood flow.
3. Inhibit the growth of bacteria by increasing the body's core temperature, which allows the body to fight infection more effectively.
4. Reduce the secretion of stress-related hormones that are associated with the onset of the flu and common colds.

It Doesn't Pay to Be a Couch Potato

Researchers have found that previously sedentary individuals see the most striking improvements in their immune response upon becoming physically active. This population tends to report dramatic decreases in their susceptibility to infection soon after beginning a regular exercise program.



Don't Overdo It

Although there is overwhelming evidence that moderate exercise benefits your immune system, exercising too much may depress its functioning. High-intensity exercise increases the output of adrenaline and cortisol (the 'stress' hormones), which may depress your immune response. Research indicates that more than 90 minutes of high-intensity endurance exercise results in greater susceptibility to illness for up to 72 hours after the session. During this "open window" period there is an increased risk of having infectious agents grow in the body*. In a general rule regarding exercise and your immune response is **MORE ≠ BETTER**.

Trainer Tip:

What should you do when you catch a cold? If you experience symptoms from the neck up (i.e. headaches, sinus pain and congested nose) it's a good idea to stop exercising, to allow your immune system to fight the bacteria in your system. Or hand, if all your symptoms are from the neck down (i.e. congested chest); keep exercising to help your body clear the ill

So, now you know that when it comes to boosting your immune system a little exercise goes a long way. So what are you Get moving and have fun!

*Please note the benefits of exercising at any intensity, far outweigh the risks of becoming infected with illnesses like the cold or flu.

Nutrition Corner

Welcome to the "Nutrition Corner". Each month we will bring you fresh ideas, recipes and tips to help you reach your goals of living a healthy life!.

Sweet potatoes are a great source of anti-oxidants, Vitamin A, Vitamin C and anti-inflammatory properties!

Try this tasty and healthy recipe today!



Recipe provided by our very own Cherilee Garofano, RNCP

[Collard Greens](#)

Trainer Profile: Cherilee Garofano

Cherilee is a Registered Nutritional Consulting Practitioner (RNCP). She counsels clients on natural relief from ailments such as allergies, weight loss, sleep problems and depression.

Cherilee believes that poor health and disease can be prevented nutritionally through guidance and analysis. Her holistic nutrition methodology uses a preventative approach to health and food choices.

During the assessment she will use a variety of tools to help construct a practical menu, supplement plan and grocery list. The focus is always on the prescription of good whole foods. The plans created and knowledge gained will last a lifetime!

Cherilee has numerous wellness qualifications including graduating with honours from the Institute of Holistic Nutrition as a Certified Holistic Nutritionist (CNP) and is a member of the International Organization of Nutritional Counselors (RNCP). She provides nutritional consultation to endurance cyclists that participate in the charity National Ride Against Cancer, nationalkidscancerride.com and the Tour for Kids Ride www.tourforkids.com and also counsels hockey players out of the National Training Centre www.ntchockey.com

She is Canadian Health and Lifestyle magazine's Fitness expert columnist.

Whether you want to start going to the gym, eating better or prevent disease, Cherilee will help you get there through pr training and "nutrition to win" plans.

Get started on your own personalized plan for success today!

To start training with Cherilee [Book a Session Today](#)

Trina in Motion

Giving homeless people an opportunity to participate in sports activities can have a positive impact on their health and or confidence. Involvement can create new social networks, improve communication skills and encourage their move toward independence.

That's why once a month you can find me at [Elisa's House](#), a shelter for homeless women. We talk about how to take car bodies and spread a little hope.

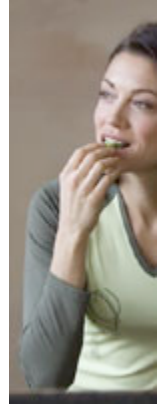
[Donate to this worthy cause.](#)

Train by Trina is always here to help you with your fitness goals and needs. Send us an email or give us a call and we will questions you may have on the path to better health!

Sincerely,



Trina Lambe
Train by Trina



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Train by Trina where the trainer c

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