



# January 2006



Dear **Train By Trina** Readers,

Welcome new and old readers to January 2006 edition of Train by Trina (TBT) Fitness Success Newsletter. I hope you all had a great holiday season and feel rejuvenated and ready to get back at it. Here is what I have in store to get you revved up for January.

- 6 Secrets to Fitness Success from TBT Clients
- FREE Holiday Detox Event
- Exercise of the month
- Motivational quote

## **6 Train by Trina clients share their way of developing exercise as a habit.**

I work with everyday people that are just like you and I. They have kids, jobs, family demands and so fourth. They struggle with the same stuff we all do fitting fitness in and eating healthy on the run. As we ended off last year I quizzed my clients on what it really was that made them successful in their quest for great health and personal fitness, here are there answers;

### *1. DO IT YOUR WAY.*

Some do yoga; some go to Kickboxing, some workout at home, some go to the gym to lift weights. The point is they just needed to find what works for them. Because I see clients in their homes this is the main thing they have found that has worked for them, having the trainer come to their house. For others the act of getting out of the house and getting to the gym takes up too much time. This approach works for home office entrepreneur that are workaholics and can't leave their desks. **DO IT YOUR WAY!!** Figure out what it is you hate about exercise and eliminate that from the equation.

### *2. GOAL SETTING*

Where are you going, and what are you doing this for? You need a clear starting point and clear destination. For some they know that working out is healthy and they know they should do it so they do it but for what? Goal Setting is critical to your success. What is your goal and how are you measuring it to see if you're succeeding?

### *3. WORK FROM THE INSIDE OUT*

My clients tell me all the time that it is their mind that is holding them back. They actually like the exercises when they do them it is just a matter of having the time. You may feel a little selfish but use positive self-talk. "Today I will see some sort of result, even if it is just going one more minute on the Treadmill. I can do it". This bit of advice comes from a mother of 4 with her own thriving business. She used to always put herself last. She thought working out was a waste of time. By changing her mindset to a place where she was important and valued exercise, she was able to achieve her weight goal and have the strength to ski the whole day with her busy kids. How important is your health to you? Is that congruent with how you make it a priority? You only have one you!!

### *4. EDUCATE YOURSELF*

For many of the successful people that I deal with being educated on what they are doing and how it is benefiting them is key to their success. As one women said "knowledge is power". This also helps clear up any misconceptions that you may have about exercise.

For example 'lifting weights will make me big and bulky'. Pick up a fitness magazine to try some new exercises. Read what the magazine is saying about them and educate someone else about your newfound knowledge. Hire a trainer to teach you about muscles and learn the reasons behind why you are doing something a certain way.

#### 5. *BE PATIENT*

All new fitness goers can attest to the first few weeks of there program being the hardest. Although they may feel better and have more energy they weren't seeing any results on the scale or in the mirror. Caroline put is best, "I don't get like this over night, why would I think I could get rid of it that quick". It is at these times when you are getting discouraged that you can look back to where you started and say, well the first week it was all I could do to go for 20mins on the treadmill now I am up to 35min. Write down your success no matter how small, results will come.

#### 6. *TRICKS AND TREATS*

Many of these women use tricks and treats to help keep them stay on track-and have fun while they are at it. One woman challenges herself to cut out Starbucks Lattes for three months and saved \$240.00. At the end of the three months she rewarded herself for making a plan and sticking to it by spending that money on new clothes for herself.

To sum it up, you need to have clear intention of what you want to create from exercise and fierce commitment to get there. Figure out what works for you. Is it tracking and developing a routine of every Tuesday, Wednesday and Sunday as your exercise days? Or is it using tricks and treats, setting goals and tracking your successes in a journal? You know yourself best, think about what you have been successful with in the past, exercise related or not, and what you did to get there? Mimic those successes and exercise will be no different then those accomplishments. GO FOR IT!!

### FREE HOLIDAY DETOX EVENT

I have teamed up with some of my partners such a Lululemon Athletica and my Homeopathic Doctor Alexandra Gellman. Read the attached PDF for details. The date is Monday January 30<sup>th</sup> at Lululemon on Queen St.

This is a night of in home exercises and learning about detoxifying your body.

### EXERCISE OF THE MONTH



Amanda W. Demonstrates a Tricep Kick back at Burkley St Gym.

#### *Triceps Kickbacks*

Stand to the side of a bench or on a ball. Bend over and kneel on the bench or ball with left knee and hand. Hold dumbbell in right hand, arm bent so your upper arm us parallel to the floor. Straighten arm and push weight back. Slowly release back to start. Switch sides

after you have completed 12 repetitions. You want the last 3-4 reps to be a challenge without compromising your form.

I invite you to share the knowledge that this newsletter provides. Please forward this email on to friends or associates that you think would enjoy and would benefit from [Train by Trina](#) services and information. Thanks for reading and Happy New Year!!

Cheers,  
Trina



Photo by Walter Segers At Verity