



An Agency of Personal Fitness Trainers Trained by Trina!

Newsletter – January 2008

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HAPPY NEW YEAR GREETINGS TO ALL!

Ah! 'Tis the New Year and with it, a new beginning. New hopes and dreams, new experiences, new challenges, and shall I dare say new resolutions...yes resolutions we seldom keep. Will 2008 be the year of kept promises? When we finally are good to ourselves, our body, mind, and soul? Will this be the year we keep those health and wellness promises we make every year and never fulfill? We can only hope...and commit for only then will wonderful and amazing things happen. Are you ready to embrace them?

Do You Procrastinate?

"I am too busy to workout". "I need to lose a few pounds before I get start with a trainer". This is like cleaning before the cleaning lady comes! "I don't exercise because I will look foolish". Any of these sound familiar?



Did you know that the number 8 symbolizes new beginning? We are now in 2008 it is time for a new beginning. All of the excuses above boil down to 1 thing.....PROCRASTINATION!! Quit doing what you have been doing over and over again and get some different results.

What can you do if you want to stop procrastinating and make exercise a habit? Well, that is what Train by Trina specializes in. Exercise as a habit. Over the past 3 years I have narrowed it down to 4 different types of procrastination and have developed strategies to get you into the habit of exercise for 2008 without dropping out, if any of the 4 tips below sound like you then we are here to help.

1. **WORRIER:** What if... what if... what if... What if you picked up the phone and had a trainer come to you so you didn't have any of the "what if's?" What if the clothing makes me look too fat? What if I drop a weight? What if...

Worrier tips: Try to identify what is behind "the what if's" For most of us it is the fear of failure. By exercising in your own home there is no one there to judge you, look at you, or be critical of you. As Personal Trainers we work with people of all levels. Let's take this one step further. What if people judge the way I exercise and I really don't know what I am doing? You weren't born with a weight in your hand and yes, you may drop it or you may not know what to do with it but that is why you hire a professional to educate you and show you the ropes.

2. **DREAMER:** WOW wouldn't it be great to be in fantastic shape for my 2008 winter vacation and be able to walk down the beach without having to wrap my towel around me. To be confident in my body.

Dreamer Tip: Dreamers like to plan and set goals but tend not to always be realistic about what they can attain. Dreamers are the best starters but tend to be the first to fall off the "band wagon". My advice to you if this relates to you is to hire a personal trainer. A personal trainer keeps you on track, outlines goals for your training, and tells you what is realistic. They keep you focused on the task at hand and help you not get distracted. It helps with accountability and you are 43% less likely to drop off the "band wagon" if you have a trainer according to the American council of exercise. Why not increase your odds?

3. **PERFECTIONIST:** All the stars must be aligned for this person to exercise as in the right shoes, the right trainer, and the right time of day. These are all very important factors and fortunately Train by Trina can take away a number of those factors (The right Trainer, the right time of day), but let's face it; there will always be some bumps in the road.

Perfectionist Tip: If you have an objective to do 30 min of activity a day and you can only squeeze 10 in the morning and then you can come back to finish the rest. Avoid that "all or nothing thinking" Be flexible with yourself. Brainstorm several other exercise options just in case something happens and you can't do that one thing that you always do. This will give you a back up plan. Hey you might find that you like the back-up plan better.

4. **OVERDOER:** I think we all struggle with this one. Too many things on your plate, therefore you are too busy to exercise and take care of yourself.

Overdoer tip: Shift your thinking to your personal training session being just for you and good for you and your body. Really who else is it benefiting? Taking care of you should be #1 on the list of things to do because without you, you can't help the others around you. Take an hour with a trainer that you enjoy that comes to you to energize you and open you up to exercise this habit.



METRO HOME SHOW 2008 **Trina at The Metro Home Show!**

Train by Trina is happy to be invited to speak at the 2008 Toronto Metro Home Show. Learn how you can create your own home gym for under a \$1000. To find out more about dates and ticket prices visit: <http://www.metrohomeshow.com>

Special Offer

First 10 people to inquire about January personal training sessions will receive 2 free tickets to the [Toronto Metro Home Show](#) from January 17 to 20 2008.
Offer Expires: January 16th 2008

EXERCISE OF THE MONTH - LETS GET CRUNCHING!

Any muscle that attaches to your spine is considered to be apart of your core. Doing a crunch uses your transverse adominus, the primary mover for the crunching action.

Level I: Do 1-2 sets

Level II: Do 2-3 sets

Target area: Abdominals (Rectus abdominis)

Equipment at the Gym: Mat

Equipment at Home: Mat

Set up: Lie face up on your matt with your knees bent and your feet flat on the floor. Clasp your hands lightly behind your neck.



Movement: Engage your abdominal muscles to power you forward and slowly lift your head neck shoulders off the matt. You chin should be pointed forward, not tucked into your chest. Pause for a moment then slowly lower down. Exhale on the lift and inhale on the way back down to the matt. Repeat 12 repetitions to finish one set.

Tip: Don't let your neck roll when you are lifting up keep it straight. Focus on a spot on the ceiling and lift your head, neck, shoulders and chest up to it. Keeping the chin off your chest.

I hope I have spurred you on to make 2008 the year you choose to take on exercise as a habit. In the year of new beginnings Train by Trina is here to reach, teach, and educate people on how to live a healthy life style.

Sincerely
Trina Lambe