



**July 2006**



Dear [Train by Trina](#) Reader,

I hope you are enjoying your summer and are having some time for yourself. This month I chose to focus on a topic that I found very eye opening: re-use of water bottles. I re-fill my water bottle all the time. Some days 6-8 times before I throw it out. Studies show that this is really not good.

On a personal note, I wanted to tell you about an event that I am really excited about. I am going to the International Fitness Conference in Las Vegas, Nevada at the end of the month. This is one week of non-stop exercise. We get to try out the latest fitness equipment and learn about the up-and-coming trends in fitness from exhibitors and presenters from around the world. I can't wait to share with you in August.

- [Re-using Water Bottles](#)
- [Diet and Exercise](#)
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## **Re-using Water Bottles**

Bottled Water is a \$6.5Billion business annually in North America. I don't know about you, but my water consumption these days as the weather heats up is through the roof. I like to reuse my bottle and fill it up with tap water to save a little money and the environment but I am afraid I have bad news.

The bottles that have a recycle triangle on the bottom and a number 1 inside the triangle are for one time use only!! All of the bottles you buy at the super market, drug store or gas station are made of this kind of plastic.

### **Is re-filling your water bottle harming your health?**

1 All kinds of bacteria can thrive in disposable bottles, and if you wear lipstick or lip gloss, the bacteria triples. Keeping the bottles in your car after they are open means they heat up creating a perfect environment for bacteria to grow.

2 It is not just bacteria that grow, but mould and yeast too. Especially around the rim where you put your lips.

Trina Lambe RMT ACE Certified Personal Trainer  
416•788•2535 [trainbytrina@sympatico.ca](mailto:trainbytrina@sympatico.ca)

3 The plastics that are used to make single-use bottles are **not** chemically designed to stand up to washing. Heat from either hand washing or machine-washing, along with detergents, can degrade the plastic of the bottles. This causes an increase in the likelihood of chemical leaching.

4 The breakdown of the plastic can leach diethylhydroxylamine or DEHA, a carcinogen, into the water that YOU are drinking.

The alternative to saving the environment and your health is to purchase a water bottle that is designed for multiple use. You can get something like this at any sporting store or camping store.

Enjoy the summer, stay healthy and hydrated!!

## **Diet and Exercise Delivered To You**

*Receive 28 days of our healthy meal delivery service and 12 personal training sessions that come right to your door!*

Drop those extra pounds and get on track with a healthy lifestyle. Over the course of the 28 days you'll break your bad habits and incorporate exercise and healthy eating into your daily routine. Personal Training is provided by the Trainers of Train by Trina Fitness.

The plan works because it's easy to follow. Nutritious meals and snacks are delivered straight to your door daily and the trainers from Train by Trina will guide you through a results-driven personal training program.

### **Plan Details:**

- 28 days of meal delivery from TSG's Zone or Healthy Living programs (3 meals and 2 snacks). The meal plan is tailored to your daily caloric requirements.
- A personal fitness consultation with a Train by Trina Trainer
- 12 personal training sessions: three sessions per week for four weeks (you schedule your training appointments directly with Train by Trina)
- Cost \$1850 (plus applicable taxes)

Plan benefits include weight loss, increase in strength and lean muscle mass, a boost in energy levels and confidence.

Trina Lambe RMT ACE Certified Personal Trainer  
416-788-2535 trainbytrina@sympatico.ca

*Start balancing your life today!*

For more information on this program please contact:

**Diet Delivery at (1-877-770-3663)**

[www.dietdelivery.ca](http://www.dietdelivery.ca)

[info@dietdelivery.ca](mailto:info@dietdelivery.ca)

## **Exercise of the Month**

### **Bent over Fly's:**

**Target Area:** Upper Back (Trapezius, Rhomboid Major, Rhomboid Minor)

**Equipment at the gym:** Cable Machine

**Equipment at Home:** Free weights

**Set up:** Stand with your feet slightly wider than shoulder-width apart with dumbbells in your hands. Keep your legs straight, hinging at your hips until your torso is parallel to the floor and your arms are straight out from your chest just hanging.

**Movement:** Engage your core with straight but not hyper extended arms. Lift your arms up to shoulder height at your side 90 degrees from your body . Palms face the floor. Pause for a moment then slowly lower your arms down to starting position. Exhale with the lift and inhale on the way back to your starting position. Continue breathing for an entire set of 12 repetitions.

**Tip:** Keep your core strong and parallel. This is a good exercise for your posture when you focus on your flat back.



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 get out and enjoy this great summer weather!!

Cheers,

Trina Lambe RMT  
Fitness Success Coach  
ACE Certified Personal Trainer  
Train by Trina  
416 788 2535 cell  
[www.trainbytrina.com](http://www.trainbytrina.com)  
[trainbytrina@sympatico.ca](mailto:trainbytrina@sympatico.ca)



Photo by Walter Segers at Verity

[Trina Lambe RMT](#) ACE Certified Personal Trainer  
416•788•2535 [trainbytrina@sympatico.ca](mailto:trainbytrina@sympatico.ca)