

I'm Trina Lambe
It's my mission

"To reach, teach and educate thousands of people
on how to live a healthy life through activity."

Train by Trina

circuit 2 health

March 2009

In This Issue

[Special Offers & Promotions](#)

[March Tips](#)

[Trainer Profile: Kaola Baird](#)



Dear Train by Trina Friends,

Thanks to all that came out to hear my presentation on staying Fit in your 50's at the home show. We had a great turn out and a lot of fun.

In this month's newsletter you will find tips to staying in shape outdoors, a tasty recipe from our Nutrition Expert and learn about one of our newest Team Members.

Don't forget to take advantage of our monthly specials and promotions. This month get 2 free training sessions or work out with a buddy for even greater savings!

Special Offers & Promotions

12 for 10!

Buy 12 for the price of 10 promotion continues until the end of March. Don't miss out on this opportunity to get 2 free training sessions - a value of \$160.00!!

[Book Today!](#)

Fit for Two

Take advantage of our partner training rates and save up to \$275 on a 10 Pack!

[Book Today!](#)

[Back to Top](#)

March Tips

Although the groundhogs predicted an early spring, there is a good chance that we will all be dealing with Old Man Winter well past the ides of March. With that in mind, we have some tips for exercising safely and effectively in the cold.

Safety First

Cold weather makes your muscles tighter, which can increase the risk of injury. So give yourself extra time to warm up and start easy.

Dehydration, which can cause muscle fatigue, cramps, and even decreased resistance to both the common cold and the flu, is easily missed in the winter, because you sweat less in the cold.

Be sure to drink water before, during, and after you exercise to keep your body hydrated.

Trina's Health Tip: Drink Vitamin Water to stay hydrated and to give the body the vitamins and minerals needed to create balance in a less than perfect diet.

Try Calisthenics When You Head Outdoors

Calisthenics exercises require no equipment and can be done almost anywhere. By performing the upper, lower and core calisthenics exercises below you will get a convenient and effective total body workout. So, bundle up and then give them a try when you head outside over the March Break.

Upper body - The Wall Push Up

To perform this exercise place your hands shoulder width apart against a wall, with your feet together and heels off the ground. Keeping your body straight and abs tight, slowly lower yourself towards the wall by bending your elbows until your nose touches the wall. Push back to starting position and repeat 10-15 times.



Lower body - Jump Squats

Stand with your feet shoulder width apart, abs tight, butt back, knees aligned with your ankles and hands on your hips. Push up from your heels, jump and land in a squatting position. FYI: When you land, your knees should be over your ankles and your butt should be back, as if sitting in chair. Be sure to land on your toes and then push your weight back onto your heels. Repeat 10-15 times.



Core - Standing Torso Twists with Arms Extended

Start in a standing position, with feet hip width apart, knees slightly soft, arms extended forward from the shoulder, and palms together. While keeping your hips facing forward and your arms rigid, use your core muscles only to twist as far as you can to the right. At the end of the motion your arms should be at shoulder level and facing the right. Return to the start position, and repeat on the left. Perform this exercise 10 times on each side.



[Back to Top](#)

Nutrition Corner

We are pleased to Introduce our "Nutrition Corner". Each month we will bring you fresh ideas, recipes and tips to help you reach your goals of living a healthy life!.

This month's recipe is said to have been created by a former cook of The Dalai Llama. I don't know if that's true or not, but I do know that you'll love this tasty and healthy smoothie

Recipe provided by our very own Cherilee Garofano, RNCP

[Tenzin Breakfast Shake](#)



[Back to Top](#)

Trainer Profile: Kaola Baird

Kaola has enjoyed teaching a variety of classes, competing as a fitness model and managing corporate facilities.

She travelled to India to study a back-bending and dynamic form of yoga called 'Prana Vashya', under Vinay Kumar of Mysore.

Kaola appreciates the benefits that a physical yoga or pilates practice can bring to her clients.

Kaola plans to work towards a 500hr teacher certification and return to India to study.

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



[Back to Top](#)

Trina in Motion

I am happy to announce that I have recently been appointed the spokesperson for Vitamin Water.

You can catch tips and tricks on how to hydrate yourself on March 20th @ 12pm on Rogers TV Durham/Oshawa and March 23rd @ 7am on CHCH TV

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 answer any questions you may have on the path to better health!

Sincerely,



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Train by Trina where the trainer comes to you!
