



November 2005



Dear **Train By Trina** Readers,

As promised this month we are going to discuss motivation to exercise and explore some ideas on how to get moving. Exercise is all about movement it is not just going to the gym or just lifting weights. There are many things you can do in your home to be exercising.

How to beat the exercise excuses

We all have a number of excuses that we give ourselves to not get moving. We are going to look at the top exercise excuses in detail and give you tools to get moving when you start saying these excuses. Too tired, other things to do, no time, exercise is boring, it is really cozy in my bed and it is cold and dark outside this morning/evening.

Exercise is boring: As I said before exercise is all about moving. If this is your excuse not to do exercise maybe you should look at what it is you are doing.

Mid Layer: This layer provides more insulation and its function is to pull the moisture from the base layer out to the outer-layer. As the fall progresses into winter, you will need to add this layer into your dressing, especially if you are going to be doing lower-level activities for a long period of time. The amount of insulation desired is also dependent on your personal preference: if you get hot quickly you may still want to stick with a lighter insulation layer. The mid layer should be a bit looser than the base layer but it still needs to maintain contact with the base layer. Common materials for a mid layer are down, polyester, fleece, and synthetic materials. Many mid layers may have added ventilation for when you warm up on your adventure. Things like pit zips, long zippers, adjustable collars or cuffs provide a way to moderate your body temperature throughout your workout.

Outer layer: This layer provides a critical wind block, and also allows moisture to escape. Typical outer layers include shells made of Gore-tex. There again this layer should also have special features such as pit zips and adjustable collars and cuffs.

As we layer our upper body we tend to forget that the same rules apply for our legs. As your fitness level improves, less blood will flow to the legs, so for the longevity and productivity of the activity make sure you keep those legs warm with appropriate clothing. Layers of tights are strongly recommended.

HEAD HANDS AND FEET:

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After your core is covered, you need to properly dress your extremities. Wear a hat, mittens/gloves, socks and shoes that match your activity and weather conditions. Keep in mind that wind-blocking fabric is also important for hats and gloves. Although fleece is warm it does not provide protection from wind. To cool yourself if you overheat, you can often just remove your hat or gloves.

Be sure to shop where there is knowledgeable staff that can answer your questions. That way, we can take cool temperatures head on!! Keep up the outdoor activity and experiment with your new knowledge, as it gets colder.

Quote of the Month

"Be an all-out, not a hold-out."

When it comes to getting out of bed in the morning to go do that exercise, who are you going to be? The all-out or the hold-out? The choice is yours! Think about how good it feels once you're there.

I currently have been going all-out when it comes to work. I have since hired a new team member...

NEW TEAM MEMBER

Train By Trina goes where the demand is. I would like to introduce to you the newest member for the **Train By Trina** team located in Burlington:

Sheri Bridge

Sheri brings a wealth of knowledge and experience to the team. She truly does walk the fitness talk. Sheri has been in the industry for over 25 years and is a living example of how to manage a healthy life style, kids, career and enjoyment. Her certifications are too many to list but her specialty is educating adults and children on fitness. She currently teaches a variety of fitness classes and has some in-home personal training clients.

Sheri's pleasant manner and exceptional experience will be an asset. If you have any friends or family in the Oakville or Burlington area Sheri would love to add more training hours to her schedule. Please contact me at **Train By Trina** 416 788 2535 or by email: trina@trainbytrina.com

SHARE THE KNOWLEDGE

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

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would benefit from **Train by Trina** services and information. Thanks for reading and check in next month for motivation in the dark mornings.

Cheers,
Trina



Photo by Walter Segers At Verity