

## October Newsletter – Train by Trina

### Blast the Belly FAT!!

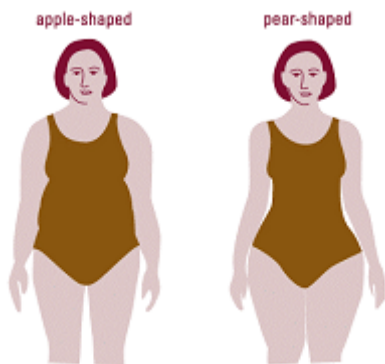
Greetings Readers,

I have a number of really exciting things to share with you this month. One of them is the expansion of my business. In the beginning of the summer I put in a bid to manage a condo gym and run exercise classes. Well, I got the deal and since then I have not had much time to write! I do apologize for not sending out a note in September. If you currently live in a condo and would like to see some group exercise classes or a qualified individual that can provide personal training to the residents please don't hesitate to contact me or even ask your condo manager if they would be interested in speaking with me.

Another very exciting thing that has happened just this month is the release of the book *The No Fail Diet*. I personally co-authored this book with Dietitian, Leslie Beck, whom you may have seen as a contributor on CTV's Canada AM or as a columnist in *The Globe & Mail*. Leslie is a client of mine who walks the talk when it comes to diet and exercise. Click the promotion below.

As for this month's read, here is what's in store...it is about the expanding waist line. I thought I would give you a week to regain yourself after Thanksgiving's feast!! We are going to discuss the hazards of belly fat and how it is the most dangerous of all areas to store fat.

### Blast the Belly FAT!!



You are probably sitting down to read this and as you sit there place your hand on your waist. You can probably grab a hand full. How much is too much? I agree you need some meat on your bones, but how much meat and what is the right kind of meat?! As a rule of thumb for women, your waist size should be no more than 35 inches and for men, it should be no more than 40 inches.

Before we go poking around too much more and I give you a complex, I want to point out that there are a number of kinds of fat. There is the subcutaneous fat that sits just under the skin and causes all us women agony with cellulite and makes the cosmetic industry millions. But this is not the dangerous fat that I am talking about. I am talking about the fat that your organs are carrying: it is the fat that we can't see but it is there and is the worst kind of fat to have. It is called visceral fat.

Research has found that if you tend to be apple shaped, meaning that you carry your weight in your belly and waist, you are at a greater risk of developing diabetes and heart

disease. As much as you pear shapes - with hefty hips and thighs - may not like the shape you see in the mirror, you have less of a chance of developing heart disease.

With obesity on the rise and our children mimicking our habits, we need to show them how to live a healthy lifestyle. Although this really is not about showing anyone else how to live a healthy life; it is about you wanting and developing a healthy life for yourself!! That's right you heard me! Why take the chance of developing heart disease and dying young when all you need to commit is 30min most days of the week?!

My mission in this great world of fitness that I have embarked on is to reach, teach and educate thousands of people on how to live a healthy life through activity.

Let's talk about what we can do to combat fat and give you some tools and help you set a good example for your kids, co workers, partner, and friends. According to *oxygen* Magazine, if you do 20mins of cardio exercise first thing in the morning as soon as you wake up you can kick start your metabolism and burn that stubborn fat that has been hanging on to your belly, and organs for way too long.

I know it is not always nice outside in the autumn, so get active indoors with a "rebounder" mini trampoline to march on. Rebounders offer no impact as well as a good cardio workout. For a \$30.00 investment (way below that of a treadmill), it's something you can do indoors while you are watching TV. Are you up for the challenge?

I am always here to support and help you get healthy!!

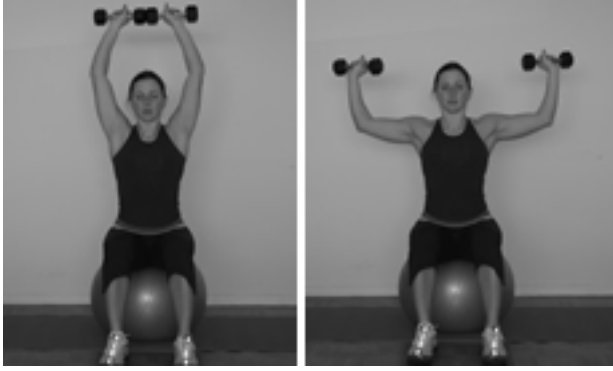
## BOOK PROMO

Leslie and I would love you to have a copy of "The No Fail Diet". The No-Fail Diet is Leslie's nutritionally balanced, easy-to-follow, and realistic diet plan that will help you lose weight and keep it off permanently. No counting calories, fat grams, or carbohydrate grams – it's healthy eating plan that fits into real life. Included you'll find:

- Four flexible weight loss meal plans
- A day-by-day menu plan with meal and snack ideas and healthy eating tips
- Over 75 delicious and easy-to-prepare recipes
- Trina's 12-week fitness plan complete with demonstration photographs - workout in home or at the gym
- Tracking tools to keep you motivated and enhance your success

Purchase it on line or visit your local Chapters and Indigo.

## Exercise of the Month



**Lat pull downs:** 1-2 sets of 12 repetitions

**Target Area:** Upper back (Latissimus dorsi, biceps)

**Equipment at Home:** Bands or Free weights for resistance and chair or exercise ball to sit on

**Set up:** Sitting upright on the exercise ball or on the chair keep your feet flat on the floor and your back straight. Your hips and shoulders should be stacked right on top of each other.

Hold on to your *dumbbell* in each hand. Bring your arms right up over your head, with your palms facing forward, weights touching end to end.

Using the *band* grasp it fairly close together. Lift your arms up over top of your head. Keeping your hips and shoulders in line and your palms facing forward.

**Movement:** Contract your abdominal muscles and slowly lower your hands down to where your upper arm is parallel to the floor and your elbows are at 90 degrees. When you start this movement think of your elbows leading. Pause at the bottom. Inhale as you rise to your starting position. Exhale as you lower your arms. Continue to keep your abdominals squeezing tight to support your back and not arching.

**Tip:** Your upper arm is going parallel to the floor straight out from your side. Look across to your hand to make sure that your elbows are inline with your shoulders and your upper arm parallel.

## TV Appearances



Tune in to see Trina as the Office Fitness Expert on a new series called "*The Art of Building Bodies*"

Trina will be on Saturday Oct. 28th at 11:30am and 7:30pm on Men TV  
If you do not get that channel get that channel it will air on November 4th at 12:30pm on CH TV

We have some great new Trainers that have been added to the team, look them up below and keep active.

Cheers ,  
Trina