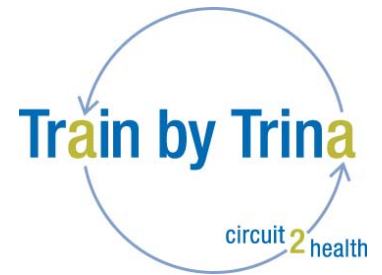




September 2005



Dear **Train By Trina** Readers,

I hope you have all had a great summer. I have been a busy beaver preparing new and exciting things for fall. Race season for Mountain Biking is winding down and I am gearing up for an exciting fall of new clients and classes. In this month's issue I will share the future vision for my *Fitness Success* venture and will roll out our new fall programs at **Train By Trina**.

A NEW WEBSITE

Something I am very excited to introduce the **Train By Trina** website. Log on to www.trainbytrina.com. It has information about personal training, service offerings and testimonials. Check in regularly for fresh advice, inspiration and picture updates.

QUOTE OF THE MONTH

"Slow down and enjoy life. It's not only the scenery you miss by going too fast - you also miss the sense of where you are going and why."

This quote hit me differently as I read it from a self-employed perspective: it was about 9:30 at night as I was finishing my day that had begun with my first client appointment at 5:30am. I had been working so hard to fit other people's fitness and life style goals into my schedule that I had neglected myself. I try to practice what I preach so that I can be a living example to my clients and I was not doing that. This quote hit home, and reminded me of the importance of taking stock of your life periodically and adjusting behaviour to meet one's goals.

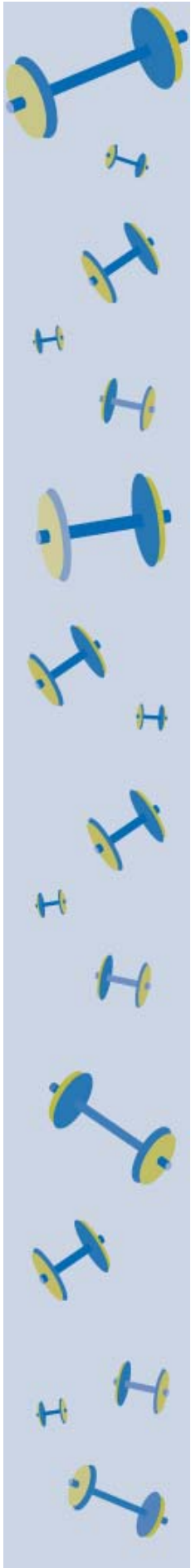
This leads me to my next piece of news...I would like to introduce to you Cherilee Garofano. She is the first of many associates to join my team and be part of my dream of building an agency of Personal Trainers and Fitness Instructors that go to people's residents and place of business ensuring Fitness Success.

TRAIN BY TRINA AGENCY

Cherilee Garofano

Cherilee has been in the fitness industry for over 5 years and her impressive qualifications include: CanFitPro Advanced Personal Trainer, Stott Pilates Matwork, SwissBall I and II, and Mad Dog Athletics Spin Instructor. She is a

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competitive road cyclist, triathlete and runner and is a member of Team RACE, a road cycling team dedicated to promoting cancer awareness and finding its cure. She has been a personal trainer and taught spinning, pilates and various resistance classes in both L.A. and Toronto. She has also been instrumental in setting up wellness and injury prevention programs in the workplace for companies such as Hudson's Bay Canada, The Ontario Lottery Corporation and most recently for East York General Hospital staff. I was personally drawn to Cherilee for her love of a healthy life style and desire to succeed.

The **Train By Trina** agency of Trainers has developed its first Partnership with Leo Mowry, Owner and Yoga instructor at **Village Yoga**. Leo provides on site yoga, at your home or place of business.

Leo Mowry

As Director of Village Yoga Studio and Healing Therapies in Toronto, Leo oversees all elements of studio management, in addition to teaching weekly yoga classes and facilitating Stress Management, Life Balance and Feng Shui workshops throughout Ontario. She also enjoys her responsibilities as a Lululemon Athletica ambassador, TD Friends of the Environment advisory board member, and president of yoyoga, a yoga products company that offers individuals unique ways to express and share their commitment to the practice.

Leo is an Interdisciplinary Yoga Teacher, certified by the Yoga Alliance. She continually upgrades her teaching credentials and has studied various yogic disciplines with some of today's most influential yoga practitioners. Leo views her life holistically and remains committed to being the most effective human being she can be -- healthy, happy, compassionate, honest, creative, productive and present. It is her goal to help students nurture their own life commitments by understanding how the body, mind and spirit can unite for optimum human synthesis and growth.

*To book Personal Training services or Yoga instruction
call 416 788 2535.*

FITNESS FACT

What is Resistance Training?

Resistance training is anything that creates load on your muscles. The benefit to you is an increased work load and faster results for the same time expended in training. Resistance can be provided with a number of different pieces of equipment/non equipment. If you don't have weights in your home you can use something as simple as soup cans. But, if you need something with a little more "umph", I always recommend Thera-Bands. The beauty of Thera-bands is two-fold: You can never out grow Thera-bands because you control the resistance

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by the length, so it means you won't have to continue buying increasingly larger sizes of weights. Additionally, Thera-bands store so easily. You can take them away on a business trip or pack them in your weekend luggage.

How much resistance is too much resistance? You should be able to do approximately 12 repetitions of any exercise before muscle fatigue sets in. Once you get to 6, you should be feeling the resistance. Keep in mind never to compromise your form. If you find your form is wavering before you get to 12 you should step it back in resistance.

You can purchase Thera-Bands at any fitness equipment store and at Chapters and Indigo. Some even have booklet that come with them for you to use as a guide to start.

A NEW CLASS

Starting Wednesday September 21st at 6pm I am conducting a ***Body Sculpt!*** class at Village Yoga. ***Body Sculpt!*** uses Thera-Bands to provide a resistance workout for your upper and lower body.

Why not try something new this fall? ***Body Sculpt!*** This is a drop in class that I have developed for people to attend with friends and get a great workout. ***Body Sculpt!*** incorporates resistance training for your upper and lower body along with core strengthening. This class will be taking place at Village Yoga (in the heart of Forest Hill Village) on Wednesday nights from 6pm to 7pm.

Call Village Yoga at 416 258 9283 to register.

SHARE THE INSPIRATION

With my new team of associates and a clear vision for **Train by Trina**, I invite you to share the inspiration for Fitness Success that I can provide. Please forward this email on to friends or associates that you think would enjoy and would benefit from **Train by Trina** services.

Have a great fall!

Trina