

# F.I.T. Health + Wellness

Pain Management | Rehabilitation

Newsletter

October 2023



## Staying "Festively Fit" Through the Holidays

Are you fearing this year's holidays? Are you wondering how you will handle the challenges of being confronted with mountains of delicious food, endless parties and crazy schedules? Unfortunately, these worries and fears often lead to complete resignation, which causes people to give up all regular routines, self-discipline and otherwise manageable self-restraint related to health and fitness. This, in turn, can result in guilty consciences, sick stomachs, sleepless nights, sluggish bodies, and bad attitudes.

### The Good News: There is a Better Way!

If all this sounds familiar, your first step is to change your mindset. The key is to recognize that you have the power to transform your life and live it to the fullest during times of joy, trouble, hardship, success, holidays and festivities by applying these key foundational behavioral principles. When you do that, you'll set yourself up for success!

- **Drink Water** -- When you arrive at a holiday party, drink two cups of water or tea before you start eating -- you will feel "fuller" faster. Partaking in some festive libations? Be sure to add in some water between those holiday drinks!
- **Move More, Sit Less** -- When you attend a holiday party of an event, find a way to avoid sitting for the majority of the time. Get up and mingle with friends, strike up a conversation with someone new, or dust off those dancing shoes!
- **Make Good Food Choices** -- Everything in moderation. Eating healthy doesn't mean you have to deprive yourself. Focus on nutritious foods during the holidays rather than what you shouldn't eat. Each time you eat at home or a holiday party, add things to your plate that are good for you such as vegetables (crudité anyone?), fruits, nuts, or other healthy proteins. Don't show up to the party with an empty stomach -- you will be much more likely to overdo it on that charcuterie board.
- **Take Control** -- When you are about to fill your plate at a holiday party, pause and ask yourself: Is it time to eat now? What have I already eaten today? What is available here that is healthy? Holidays should not be an excuse to over-indulge.

## Monthly Motivation >>>

"YOU ARE ALWAYS ONE DECISION AWAY FROM A TOTALLY DIFFERENT LIFE."

www.fit.health

### BALANCE + MOBILITY GROUP FITNESS CLASS

When: Every Tues./Thur. 7:30-8:30 & 11:30-12:30

Where: Royal Palm Ballroom

Cost: \$5 - payable by cash, check, or Venmo at time of class



\*Some classes will not meet due to Town Center Events.

For up-to-date calendar, visit [www.fit.health/groupfitness](http://www.fit.health/groupfitness)

Join  
US!

## What Can Personal Training Provide For You?

1. Trainers Provide Extra Motivation -- Training with a partner is an effective way to increase motivation as they will urge you to work harder than you might ordinarily do if you were training alone, pushing you to complete that extra rep you didn't think you were capable of.
2. Fitness Expertise/Education -- A trainer has extensive knowledge regarding health and fitness, including anatomy, physiology, and an understanding of how the body works, all of which they need to help you safely achieve your goals.
3. Improve Your Technique -- Correct form is crucial when training in the gym. The better your technique, the more effective your training will be, and the faster you'll achieve your fitness objectives. One of the most common causes of injury in the gym is incorrect form. By adopting a rigorous attitude towards your technique, you'll reduce the chance of incurring injury or wasting energy on muscle groups you're inadvertently working for that particular movement.
4. Keep You Accountable -- Working with a personal trainer will increase your accountability for your own fitness journey. It's far easier to skip a workout if you're on your own than if you're working alongside someone else. You'll be more likely to persevere with your program, especially if you have to report back to your trainer each week.
5. You Have a Specific Illness/Injury -- A trainer will show you specific training methods and exercises that can aid in recovery. Injuries and health conditions may impact the range of exercises some people are able to carry out, restricting their workouts. Trainers can ensure workouts are just as effective, despite limiting circumstances.
6. Varied Workouts -- Are you bored with your current training plan? An experienced trainer will have an abundance of knowledge spanning a wide range of health and fitness domains, including how to use an array of different training methods and equipment to supplement your fitness plan. Trainers keep it fun and interesting, keeping you engaged for longer.



**DON'T  
QUIT**





You'll never guess these gooey, rich, Triple Chocolate Pumpkin Brownies are flourless and actually good for you! Deep dark chocolate, with amazing texture from creamy pumpkin and the right amount of sweetness make this "paleo" treat an easy favorite for the holiday season or anytime. Made all in one bowl too!

### Ingredients

#### Brownies:

- 1 large egg
- 1 large egg yolk
- 1 cup pumpkin puree
- 2/3 cup coconut sugar
- 3 tablespoons pure maple syrup
- 3 tablespoons refined coconut oil or ghee melted
- 2 teaspoons pure vanilla extract
- 1 cup unsweetened cocoa powder or raw cacao powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup chopped dark chocolate Hu Kitchen or Evolved Chocolate are great

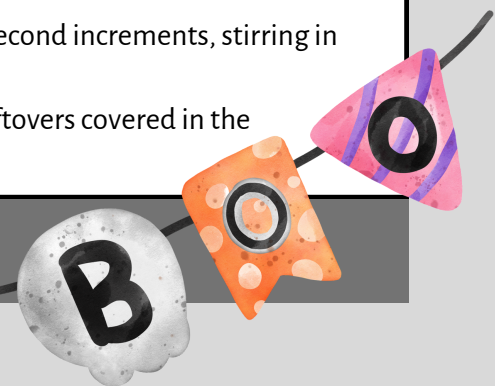


#### Drizzle:

- 1/3 cup chopped dark chocolate
- 1 teaspoon coconut oil or ghee

### Instructions:


1. Preheat your oven to 350° F and line an 8x8" baking pan with parchment paper on the bottom and sides.
2. In a large bowl, whisk together the egg and yolk, pumpkin, coconut sugar, maple syrup, coconut oil or ghee and vanilla until smooth.
3. Add in the cacao or cocoa, baking soda and salt and stir until fully combined and smooth. Fold in the dark chocolate, then transfer the batter to the prepared baking pan.
4. Bake in the preheated oven for 25 minutes or until set in the center.
5. Cool on a wire rack to room temperature. These brownies are easier to cut after being chilled in the refrigerator. You can top them with drizzle either before or after cutting.
6. Combine the drizzle ingredients in a microwavable bowl and microwave in 2, 30 second increments, stirring in between, until melted.
7. Drizzle over the cooled brownies and allow it to set for about 20 minutes. Store leftovers covered in the refrigerator for up to 3 days, or freeze to keep longer.



### *Did You Know...?*

- **An 80 year old who lifts weights regularly is as strong as a 30 year old who doesn't.** Muscle mass decreases approximately 3-8% per decade after the age of 30 and this rate of decline is even higher after the age of 60. Start lifting weights so you can reap the rewards now and later on. It's better to be the oldest person in the gym than the youngest person in the nursing home.
- **Sunlight is our most neglected energy source.** It boosts vitamin D levels as well as regulates metabolic health and circadian rhythm. If you want to be functioning at your best metabolically and hormonally, aim for at least 30-60 minutes of sun exposure every day. Pro tip: View sunlight as soon as possible when you wake up, and view the sunset each day. This helps to promote optimal sleep.
- **Loneliness has the same effects on our health and longevity as smoking half a pack of cigarettes a day.** We are social creatures. We need social interaction daily to feel healthy and happy. Even if it's through a phone call or social media, making time for your relationships every day is crucial for your health.
- **One pound of muscle burns three times more calories than a pound of fat.** While one pound of muscle may weigh the same as one pound of fat, muscle is denser and takes up less space than fat. Muscle oxidizes fat at rest and with exercise. This means that regular exercise can give muscles a boost in fat oxidation making it easier to maintain or lose weight.



recommendations  referrals are the core of our businesses and always greatly appreciated!

THE VILLAGE WATCH  
— Home Watch | Handyman Services —

[www.thevillagewatch.com](http://www.thevillagewatch.com)



**F.I.T. Health + Wellness**  
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# F.I.T. Health + Wellness

Pain Management | Rehabilitation

Our Services:

## Jumpstart Your Health

... with one of our new wellness packages!

### PERSONAL TRAINING (30 MIN.)\*

1 Session  
5 Sessions  
10 Sessions

### PRICE

\$30/session  
\$28/session  
\$26/session

### PERSONAL TRAINING (60 MIN.)

1 Session  
5 Sessions  
10 Sessions

### PRICE

\$50/session  
\$48/session  
\$46/session

### PHYSICAL THERAPY (60 MIN.)

1 Session  
3 Sessions

### PRICE

\$65/session  
\$60/session

\*\*\*Some personal training clients may require a 60 min. integrated evaluation to assess movement capabilities PRIOR to beginning their exercise program **(\$50)**

\*Wellness packages are non-refundable, with payment due by the first scheduled session

## Getting Started:

- Schedule your 60 min. initial consultation -- FREE!
- From there, we can recommend a program above that addresses your specific needs & fitness goals.



### CONTACT US:

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