

It is interesting that despite the fact that people are going to strangle others because the weather is eating up outdoor time...we still stay here in Jackson and really don't leave. For all of those who have stuck it out unable to travel outside of the rain/snow/sleet I commend you...for not going crazy!

Training to be Balanced is offering a fat loss muscle program over one of the toughest times of the year in Jackson. When the weather is nice and we all want to be outside barbequing or socializing over a few beers where temptation to avoid, forget, or wait until later to work on ones wellness goes out the window because good weather only last a few months. I believe it the best time to commit to a program because of two reasons: First, if you don't do it now, you will never get to it...how many of us say, "I will get to it someday." Two, the best time to commit and learn new strategies is while your in the moment of choosing to neglect one's wellness or not. It does not really have to be like that. Make your someday, TODAY.

Training to be Balanced will present the Fit & Fabulous Club for those who struggle with fat loss and muscle gain. This is not a weight loss program, it is a club for individuals who want to BELIEVE they are fit and want to start to live like a fit person! It begins with not just one entity, but all components to life, stress reduction, recovery, mindset, exercise, and nutrition. It needs to be complete, not singular. Most individuals do not succeed and gain weight back because he/she never really believed they were fit & fabulous or could lose anything – mindset. Additionally, people try to use just one component, like exercise to feeling better, perform better or look better. Why not have it all now?

Directing this next section to women taken from the *The Female Body Breakthrough* by Rachel Cosgrove, there is a saying, "train hard or go home!" "A fit female is not afraid of lifting challenging weights and pushing herself in a gym. She sweats, she grunts, and she puts demands on her body that are outside of her comfort zone, keeping her muscles challenged, defined, and strong and giving her a sizzling metabolism. She looks the ways she does because she has muscle, the very thing you may be afraid of building. The secret to getting your metabolism revving high enough to melt away fat to become a fit female is the type of workouts you do. A recent study compared weight lifting to aerobics. Both groups lost 26 pounds on the scale, but the group who did strength training lost only fat, while the aerobics group lost 8 percent of the weight from muscle. Losing muscle slows down your metabolism."

How your workout is just as important as to just working out. Here are a few examples to maximum your workout.

Bodyweight before external resistance - A client has no business using load if he/she cannot stabilize, control and move efficiently with only their bodyweight.

Training with free weights (destabilized) - Once bodyweight has been mastered, the superiority of 3-dimensional free weight is unparalleled. Other than rotational movements, which can be used effectively using a cable column; every other movement can be performed better with bodyweight or with free weight than with a machine.

Train functionality -train on your feet- training movements not muscle groups - muscle group isolation is pointless. We need to train according to our life and/or sport, which take place primarily on our feet. Training needs to reflect this.

Training unilaterally and multi-planar - The majority of training programs (and Jackson activities) take place in the sagittal plane (e.g. swinging the arm forward/back is the sagittal plane) with bilateral (both sides) movements. Life takes place in all 3 planes simultaneously with primarily unilateral (single leg/arm) movements. It is not uncommon to see a trainer spend too much time teaching a client to squat with a perfectly parallel stance and even loading. But, watch that client leave the gym, load their bag over their shoulder and get in their car...where they get in using an offset loaded, single leg rotational squat! Hmmm!

Train with balance - Balance between motor qualities and balance between movement patterns (i.e. horizontal push-pull; hip dominant exercises). A training program in general should be balanced in terms of sets, reps, total time under tension and volume throughout the entire body, but particularly in opposing movement patterns. Also important, is to take into consideration other motor qualities like flexibility, balance, agility/coordination, power, cardio respiratory endurance, etc.

The goal of the fit & fabulous club is to transform lifestyle to look, feel & perform better (T2BB's mission statement).

If interested the Fit & Fabulous will have an information meeting on June 2nd, Thursday at 6:30pm at the ALL Body Therapy Building (old Teton Rock Gym). Remember, transforming is different than changing who you are.