

“Home Bodies”

in-home fitness training and consulting LLC
phone 508-633-7749

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Dec/Jan 2009

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Why you're nuts to skip nuts

Many studies show that people who consume a handful of nuts in a day, *even if they consume more calories than those who seldom eat nuts*, don't weigh any more!

Researchers aren't sure why, but it is speculated that nuts are incompletely digested, and also that the healthy fats and fiber contained in them help the body burn more calories and expel more waste.

Keep portions in check however, as ¼ cup of nuts has about 170 calories, so consume no more than ¼ cup of nuts per day if you want to lose weight.

Gina Paulhus'...



Get Fit, Fight Fat, and Feel Fantastic

“A monthly newsletter from Home Bodies in-home fitness training”

IF: When It's OK to Skip Breakfast and Lunch

There is a field of research out there on a technique called “Intermittent Fasting” or “IF” for short. It calls for eating generally only 5-8 of your waking hours, and fasting completely the rest of the day and night. Sounds crazy? Well, it isn't. The research is solid that, with the right food choices during the eating period, there is good reason you might look and feel great and lose all the weight you want on this plan.

Not only that, but some people find it the easiest, fastest way to lose weight they have ever experienced, and they experience less hunger on IF than when they eat more regularly (The key here is *some* people—IF is *not* for everyone, and you should check with your doctor before you make a change to your eating patterns. If you are diabetic or take medication this plan could be dangerous for you).

The main reason IF works is that the body adapts to using fat for fuel in the absence of getting fed regularly. However, I know this contradicts a lot of what I've told you about how often to eat. However, regardless of how often you eat, the key to success is being able to eat sufficient protein and veggies. If you can do this on IF, great. If not, you will need to eat smaller meals more often. IF is not for everyone. If you are a large guy who requires 2 lb. of meat a day for protein and can't sit down literally a 1 lb. of meat at a time, IF is not for you. Health-wise, IF also isn't a good choice for everyone, especially those with digestive problems. However, I want you to realize it's out there and may be for you.

One benefit of IF is that, during the fasting period each day, your body has extra time to heal, repair and rebuild rather than use up energy on digesting.

IF research comes out of the group of people who argue that our digestive system is much more similar to what it was in prehistoric times than anything else. After all, it takes many thousands of years for major evolution to take place in the body. Prehistorically, the body survived on meat and whatever fruits, vegetables, nuts and seeds could be found. This type of eating is called “Paleo” and it's a pretty simple, straightforward way to eat healthier and reach your ideal weight without hunger or malnutrition. Dairy products and grains are not part of Paleo eating. Potatoes are encouraged especially post-workout, but are not necessary.

IF can be done Paleo style or just with traditional foods. If you would rather not calorie-count or have to limit portions I suggest leaning towards at least a majority Paleo approach. You can never go wrong limiting processed foods and simple carbohydrates.

IF really is as simple as just picking a 5-8 hour window to eat, and abstain from eating (drink plenty of water and other zero-calorie beverages like fresh-brewed tea or water with lemon) the rest of the day. Most who follow IF choose to eat from 2pm or 4pm thru 9pm or 10pm each day. While it might take a week or two to adjust, most report increased energy and feelings of well being, *and a lack of hunger*--in fact less hunger than they used to have, during the day. It's possible to adjust IF so that you eat for 10 hours and still enjoy the benefits if it suits you best. It is recommended to perform weight training during the eating period when possible. You can even IF just 2 or 3 times per week and receive benefits. We can help you create and follow an IF plan--Just give us a call.



What Yoga Has Done for Me

By Gina Paulhus

“Being an athlete and a person who has stretched, lifted weights, and performed cardio for 17 years, I didn’t think there was much out there in the fitness world I didn’t know much about or could benefit further from. I am a gymnast, and we stretch all the time. I have been able to do splits since I was 12 years old.

Due to some recent digestive problems I became interested in learning more about what I could do for my body in addition to seeing doctors and taking medicine. My sister-in-law, Meredith Bryne, suggested yoga. I was familiar with some of the yoga poses, but I had no idea about the relaxation philosophies, the breathing, or what the ‘flow’ of yoga was. Meredith lent me some books and I quickly learned that I would be best off trying some classes to get a handle on what this yoga business was all about.

Even though by most standards I am in pretty good shape, my first yoga class felt like a lot of exertion and not a lot of relaxation. Granted, it was an hour and a half ‘athletic yoga’ class (hey, I am a glutton for punishment) but still. I had trouble following along and felt slightly embarrassed when my next door neighbor, whom I didn’t even know worked out, was doing balance poses perfectly and here I was, a gymnast who can do a back flip on the beam, tipping over like I was drunk. Undeterred, I figured I would try some other classes and give it a chance before I made a decision. Luckily I did, because yoga is one of my favorite parts of my week now, and my body is doing a lot better overall.

Not only does yoga feel really, really great (I feel better than I would if I had an hour massage when I’m done), but you feel calm and in control of your life. After a few weeks, I found I was no longer struggling to hold the poses, which meant my muscles, in spite of my regular heavy weight training, had become even stronger. I noticed an increased range of motion in all muscles, but especially the tightest area of my body, my calves and achilles. Because of the added strength and flexibility in my ankles I no longer need to wear an ankle brace when I train, and I have no pain in my ankles any more. I also have reduced my formerly frequent muscle pulls (primarily hamstring and calf) to almost never. My abdominal surgery that left me with a stiff midsection has been loosening up faster than any of the surgeons predicted.

And the digestive problems? Well, they have still been up and down, but I am sticking with yoga. I encourage everyone to try a few classes—you might be surprised at the benefits you notice! And guys, don’t be shy—there are plenty of male yogis!”

Client Corner: Q + A

Client Question: *I am considering doing a fast or detox of some sort to jump-start my weight loss. What do you think I should do?*

Gina’s Answer:

Especially around New Year’s or just before summer, it seems like everyone wants to do a fast or cleanse to jump-start weight loss and overhaul eating habits. While the concept is good, most types of fasts are harmful to the body and will set you back in your workouts. I’ll explain what’s wrong with a few different types of fasts, and then explain what I suggest if you want to jump-start weight loss without the bad side effects.

The plain-old-just drink water for 1-3 days fast. This one is just not a great idea. After consuming no food for 24 hours, and no protein in particular, your body is forced to break down lean tissue for fuel. You will lose significant amounts of muscle tissue when you fast for three or more days, and not enough fat to make it worthwhile. Your metabolic rate will also drop if you continue the fast for any longer. You also will miss out on many important vitamins, minerals and essential fatty acids that are critical to your health. People who go on total fasts are also extremely vulnerable to bingeing on food when they finally allow themselves to eat.

The fruit-and-vegetable-juice fast. Every day you subsist on just fruit and vegetable juice you do get some vitamins, nutrients and glucose for your brain to run on, but you still miss out on many vitamins and minerals and, most importantly for your physique, the protein required to maintain your lean mass and metabolic rate. Like the water fast, binge eating is a common occurrence when you break the juice fast.

The master cleanse. This plan can be followed for a length of time of your choice, but some follow it for a month or even longer. The only nutrition you receive during the master cleanse fast is from lemonade and maple syrup, both forms of simple sugar with almost no vitamins and minerals. The diet typically causes excessive bowel movements and fluid loss that can be dangerous. I don’t recommend the master cleanse!

Here is the healthiest way to detox your system and jump-start weight loss and a healthier lifestyle:

1. Drink at least 1 gallon of pure water each day.
2. Take a detox product that is proven effective. My favorites are: **Dr. Richard Shultz Intestinal Formulas** (he carries a #1 and a #2 (pardon the pun), which are for different symptoms) found here: <https://web0.herbdoc.com> and **Essiac Tea**, which you can read more about at www.discount-essiac-tea.com.
3. Consume plenty of lean protein, but limit saturated fat from red meat and dairy products (consider adding a calcium supplement if your green leafy vegetable intake is low)
4. Consume plenty of fruits and vegetables. If you prefer juice, juice whole fruits and vegetables yourself rather than purchase bottled juice that is devoid of all the nutrients and fiber.
5. Supplement with fish oil: most individuals do best on between 3 and 12 1000-mg capsules, or ½ to 1 T straight oil per day.

Fake It Until You Make It— How to ‘Get Motivated.’

By Jenny Legan, Home Bodies Personal Trainer to greater Portsmouth



The arrival of a new year never fails to propel a new mass of people intent on adopting a new healthy lifestyle, ceasing the fresh opportunity offered by the new calendar year. Unfortunately, by the time February rolls around, treadmills are again nothing more than makeshift storage shelves

and gym memberships have dwindled down to normal levels. The most common reason cited for an individual’s failure to maintain a diet and exercise program is a lack of motivation. Regardless of the important role that diet and exercise play in ensuring wellbeing, apathy ensues, a potentially destructive force. A lack of motivation has the potential to sabotage even those with the greatest of intentions. But, most have a fundamental misunderstanding of the actual role that motivation plays in enabling goals to be reached and healthy lifestyles to be maintained over the long run.

Ultimately, a person cannot ‘get’ motivated. Motivation must be *created* through positive momentum. In order to create this positive momentum, one must make a conscious decision to practice healthy habits, on a consistent basis. This is what creates a flow that carries one through the tough times when adherence to a program is challenged. It is a mistake to buy into the notion that motivation is something that must be captured as it comes along. But, the fact of the matter is, that in order to have true and lasting success, motivation must be manifested by conscious and decisive actions. True motivation that sustains the ability to overcome challenge and adversity is not a free-floating entity resulting from a feeling or emotion that drives an impulse to act. Motivation must be *generated* as a result of decisive action, not a fleeting emotion you wait around for to make an appearance.

Take a look at the daily challenges of life. Do you always wait for the motivation to strike you before you clean the house or go to work? Sure, from time to time, we may experience a spark of motivation that drives otherwise unpleasant tasks to be completed. But, it must be understood that although a powerful and sudden sense of motivation may provide a catalyst that spurs the initial processes of reaching a goal, this type of ‘emotional’ motivation can’t be relied upon to fulfill the most challenging commitments. Surprisingly, even personal trainers, who consistently demonstrate a passion for a healthy lifestyle, don’t rely on an abundance of motivation to meet their goals. In fact, most days, even trainers don’t feel like following through with their often-tedious diet and exercise regimes. With that said, successes in honoring commitments and reaching goals are dependent on battling the inherent laziness that no one is immune from. Success depends on understanding that the short term discomfort and sacrifice a healthy diet and exercise program yield benefits that make for a worthy battle.

In order to be successful in maintaining a healthy lifestyle over the long run, one can’t wait around for motivation to make an appearance. It is only through the consistent and conscious overcoming of challenges, that motivation can become a force that enables goals to be reached. So, don’t wait for the motivation to strike before following through with healthy habits. Get out there and manifest your own motivation, thru action!

Home Bodies

New Years Special

Special Deal thru Jan. 31

Home Bodies in-home fitness training can help you make 2009 *the year* you finally get your health, weight, and fitness under control!

Our expert trainers can work with you in Massachusetts, New Hampshire, Maine, and Rhode Island. Whether you need a sports-specific trainer, a weight management specialist, an endurance training specialist, a resistance training specialist, a conditioning specialist, or a flexibility guru, Home Bodies has the trainer for you!

All of our training services and nutritional guidance are backed by a 100% money-back satisfaction guarantee that you will achieve the desired results when you follow our programs. We generally meet with clients and design programs for the home, with or without fitness equipment. We are available to meet with clients at some fitness clubs upon request.

Special New Years Pricing

New Year Program Design

Receive a 90-minute initial
consultation and exercise
program design

~~\$90—save \$30~~

Tune-Up Gift Certificate

Receive a 60-minute exercise
program tune-up for those who
are exercising

~~\$70—save \$30~~

New Years Gold

Schedule 12 sessions in
the month of February

Save \$120

Expires 1/31/09

Track It! with Home Bodies

Accountability Program

Week 26: ending December 28

WORKOUT and FOOD (Cumulative Totals) then Cum. rank

Jeff Adams	93	(93)
Gina Paulhus	90	(2285) n/a
Cheryl Delfossi	88	(1954)
Liz Kelbar	85	(2374) 1st
Amy Cieslik	82	(2314) 2nd
Heidi Nicholson	82	(1718) 5th
Andrea Bates	80	(2252) 3rd
Bill Powell	80	(1906)
Leah Rogers	78	(2031) 4th
Kathleen Cashman	74	(1370)
Mary Desmarais	70	(1990) 5th
Lisa Taylor	68	(1734)
Joy Lucas		(1909)
Anne Althusen		(1636)
Peg Puopolo		(227)
Kevin Plante		(1326)

WORKOUT only

Jesse Barnes	44	(796)	2nd
Kathy Allen	39	(901)	1st
Brian Petersen	32	(446)	4th
Peter Allen	31	(659)	3rd
Tom Provencher	30	(437)	5th
Jillian Bernier	28	(28)	
Paulette Holtgrieve		(173)	

You may join 'Track It' whether or not you are a Home Bodies client at any point during the year. It's free to join! E-mail gina@homeexercisecoach.com for info. or to enroll.

Thank You!

I couldn't do it without your help.

Thanks to readers and clients, the word is spreading! Thanks to all of my clients and friends who graciously referred me to your family, friends, and neighbors this past month! I do my best to provide the utmost quality and value in service. So far, it is paying off, as many of my clients have been spreading the word about my business. I try to go above and beyond the expectations of a trainer by providing you with written information on my website and through this newsletter free of charge that I hope you find helpful. I rely on the positive comments and referrals from everyone – I definitely couldn't do it without you!

Japanese Food Can Be a Dieter's Best Friend

Japanese food is loaded with nutrition and lean as can be, as long as you choose correctly. While its fun to dine out as a Japanese restaurant, many supermarkets are now carrying freshly prepared sushi, sashimi and other Japanese items if you're looking for a quick, healthy lunch on the run.

Appetizers

Miso soup is a great way to start your meal. It will begin to fill you up and contains few calories. Like most Japanese food, it is high in sodium, so drink plenty of water along with your meal.

Edamame (soybeans) is another great choice. It typically comes in the pods which means it takes awhile to eat. Soybeans are high in protein and fiber.

Seaweed salad is another healthy option. Most are prepared with sesame oil which does add some fat and calories to the salad. If you ask to go easy on the oil or leave it out you will still have a tasty appetizer filled with vitamins and minerals.

Rolls

Most rolls are healthy as long as they do not contain tempura (fried) items, or added sauce such as found in spicy rolls. It is OK to dip your rolls in the soy sauce set out at the table which is calorie-free, but again very high in sodium so go easy. Ask for your rolls to be prepared with less rice, and ask for brown rice when possible. Brown rice has extra fiber and nutrients to help you feel full faster.

Rainbow rolls and other rolls that are covered in fish or avocado are still healthy but higher in calories, so do not order more than one.

Rolls made with imitation seafood are higher in carbs and lower in protein than rolls made with real seafood—but are still decent.

Spring rolls are another healthy choice—just watch for added sauce or noodles inside. Stick with fish and veggies.

Sashimi

Most sashimi is very healthy—it's just fish. Occasionally sashimi is covered in sauce which you want to avoid. Eel, belly tuna (toro) and salmon are fattier than white fish, but it is the healthy type of fat—just don't order too many pieces. Fish roe (typically red or orange small eggs) is healthy but very high in sodium. It is better as a garnish than as a separate order if you need to watch sodium.

Sushi

Sushi refers to a small amount of rice with a piece of sashimi on top. The carbs and calories add up fast with sushi, so I recommend ordering fewer pieces or eating only half the rice, and filling out your order with some sashimi. Shrimp, scallop and whitefish are the lowest in calories and highest in protein.



Military Core Values and How I Apply Them to My Training

By Bill Boylan, Home Bodies trainer to Maine and Southern NH

“Integrity first, service before self and excellence in all that we do.” These are the words that myself, as well as every other U.S. Air Force Trainee has been taught during their time in the military. Now I know you all are thinking “C’mon Bill, what does this have to do with training?” Ahh, I know I know, you can’t see the connection now, but you will. Like with everything else, stick with me, I’ll show you the light.

Training and living a healthy lifestyle is not just about what you eat and what movements you do in the gym. No, no, no, it is much more than that grasshopper. But I know that all of you who have ever worked out with me know that exercise is much more than just simply going through the motions. There is pleasure, there is pain, but above all there is that tremendous sense of well being and accomplishment, coupled with the never ending call of the iron. Yes, I know you hear it too. Late at night when you’ve had a hard day’s work and all you can think about is going to bed. It’s that little voice that beckons you to change into your gym clothes, dig out the iPod, scrape the ice off the windshield and trek out to the gym for a quick 45 min total body blast before it closes. I feel your pain, I’m afflicted as well. Thankfully the consequences of slipping on an icy New England driveway are much less harmful than those that accompany spending every night elbow deep in a tub of Ben & Jerry’s. But I digress. What the core values of the Air Force represent to me are being honest, doing what you need to do when you need to do it, and simply being the best that you can be.

How many of us act as though the entire world were watching us in all of our actions? I strive to live as though the entire world had access to my life via a TV show. Anyone ever seen EDTV? I challenge you to do the same. If you own a business, speak about your customers as if they were in the room, even when they are not. If you teach, pretend that all of your students are in front of you to hear what you are saying when you aren’t at work. I speak about clients and my own business in exactly the same way. Live your life proudly, and in such a manner that others would be proud of you. This also applies

to fitness very easily. To me integrity means honestly following through with your actions. If you set a goal to go to the gym three times a week and you don’t follow through, no one will know right? Wrong. You will know, and you will be acting dishonestly towards yourself. Hold yourself accountable and have integrity first and do what you say you will do.

“Service before self.” In the military this means putting your job and your duty before your own personal needs or wants. I apply it to my training in a similar fashion. I need to train my clients and myself so that we can be healthy and live long productive lives, so I think of it as “Service *for self*.” The service or duty is exercising and eating right, and this comes before any desires for other unhealthy activities. I may want to stay in bed all day, but by living by the above statement my commitment and service to myself always comes first.

“Excellence in all that we do.” In the Military it doesn’t matter whether you are folding a T-shirt or you are in charge of security for an entire base, you will do your job to the utmost of your abilities. There is no room to do anything half way. The old adage, “If it’s worth doing, it’s worth doing it the right way” is something we can all embrace in our training as well. I have observed countless trainees in my years at the gym who put their all into the “mirror” muscles like chest and biceps, but when it comes to training their core or their rotator cuff they couldn’t be bothered. I challenge all who read this to raise their hand if they have ever sacrificed exercise form in order to lift more weight (note: if you didn’t raise your hand you are being dishonest or you injured yourself using poor form and can’t get your arm over your head!) My point is, make an effort to do things the right way. Be the excellent person that you know you can be. Be an example of excellent form and technique no matter what you are doing.

As a Homebodies client you are receiving the best instruction from the most qualified trainers that money can buy. Do us all proud when you workout at the gym, and bring a smile to your trainer’s face by doing the same during your sessions!

Do You Have a Plan For the New Year?

Rather than just make a vague New Year's Resolution to eat better or work out more, how about set up a plan for the entire year of 2009? For example:

January

Do cardio for at least 30 minutes three times per week

February

Continue the cardio, and add 2 full body weight training sessions per week

March

Continue with the exercise, and add making sure you consume at least 5 servings of fruits and vegetables each day

April

Continue with the exercise and fruits and vegetables, and also cut your number of weekly alcoholic drinks in half

May

In addition to the new habits for April, add at least 80 oz. of water per day.

June

In addition to the new habits for May, add stretching or yoga three times per week.

If you proceed in this fashion, you can take 'baby steps' that are easy to build upon and maintain, so that you are truly making a lifestyle change that you can stick with.

By the end of the year, you will be shocked with how



Patrick Miller is Home Bodies' Personal Trainer to the Concord NH and Manchester NH areas.

By Patrick Miller

"My initial interest in fitness began while serving as a paratrooper in the US Army. In an environment like that, fitness is not only a job requirement, it can be a life saving asset that gave us all plenty of incentive to stay in top condition. Today's service members have taken a much more modern approach to fitness and nutrition, especially those that serve in special operations units.

The highly competitive atmosphere is what led soldiers to seek out more knowledge in the latest training techniques and nutritional information. Throughout the time that I was in the military the positive effects of being in shape and healthy made me want to continue pursuing fitness and nutrition as possible career paths once my time in the service was up.

Although much of my background in fitness is from the military that does not mean that workouts with me would be some sort of boot camp session, but rather a carefully thought out routine for an individual's specific needs and goals. At times I myself have had trouble sticking with a routine, or diet plan due to a busy schedule with work and school, but over time the diet plan has simply become the way that I eat and the routine is a part of my day that I look forward to. When I returned to the states after being deployed I was physically and mentally beat down. I had become sick during the deployment and my health and fitness levels deteriorated drastically. After returning home I had to virtually start over with working out and eating right again.

At first it was very difficult being sore after every single workout and not feeling like I was making any progress, but I knew that the alternative of giving up and not trying to get back in shape was an unacceptable attitude to have, even if the task seemed insurmountable.

Once you approach fitness and nutrition in a similar manner, you will no longer perceive it as an inconvenience and it will just naturally become a part of your new healthy lifestyle.

For most workouts I enjoy doing high intensity resistance training with lots of variety to keep things interesting, challenging, and fun. I typically like to do drop sets, giant sets, and circuit style training. Most often I focus on strength training to induce hypertrophy and would consider it to be the area that I have the greatest amount of knowledge about, but various types of cardiovascular exercise are also part of the approach to overall fitness.

I have a very easy going and laid back personality, but still like to keep the motivation and enthusiasm up during workouts so that clients can get the most out of each session and look forward to improving for next one."

Patrick's Qualifications and Certifications:

* Personal trainer certified through the National Council of Strength and Fitness

*Eight years of military service



A cousin of the blueberry, cranberries contain among the highest concentrations of flavonoids, as well as antioxidants and vitamin C. Cranberries are touted for helping promote circulation, boosting HDL - the good cholesterol, and preventing cardiovascular and periodontal disease.



This low-calorie, virtually fat-free cold soup is a delicious, colorful appetizer that I serve from Thanksgiving to February.

Cranberry Gazpacho

1 cucumber, finely diced, preferably English cucumber with skin
1 red pepper, cored and seeded, finely diced
1 jalapeno or hot sauce to taste
2 tomatoes, finely diced
4 scallions, finely diced
1 bunch parsley chopped
Juice of 1 lemon or red wine vinegar
Salt and pepper
1 cup cranberry juice
1 cup fresh cranberries
½ to 1 cup canned/prepared cranberry sauce to taste
Salt and pepper

Combine all diced ingredients with lemon juice.

Bring cranberry juice and cranberries to a boil in a saucepan until cranberries "pop".

Add cooled cranberry mixture and sauce to gazpacho, season and cover, cool overnight in refrigerator.

Serves 4+.

Dawn Boulay is Home Bodies in-home personal trainer to Greater Boston. She is also an in-home chef who offers healthy cooking classes to help you enjoy food while you reach your fitness and physique goals. She strives to provide delicious, healthy, balanced, wholesome meals with an eye for those who wish to lose or maintain weight.

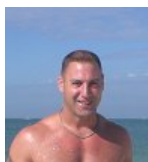
Yoga and Pilates Instruction Now Available to North Shore

Home Bodies is proud to offer nationally certified Yoga and Pilates instructors based out of North Andover and Newburyport who are available for in-home yoga and Pilates instruction.

Special Offer for Current Clients:

**Enjoy an initial session for \$20 off regular rates
when you give our New Instructors a try.**

Check Out Some of the Great Results Home Bodies Clients Have Had in 2008!



"This year, I have stayed consistent with the 3-day a week workout and have

maintained my body weight. I also have been able to work through an injured back and with a modified workout relieved my pain and was able to avoid surgery. My back has never felt so strong and stable!"

Peter Accolla, North Reading MA

"I have grown in confidence and strength. I have gone down a whole dress size so far and have updated my wardrobe with a whole new style. She has participated in two road races and placed in one! She is very excited and grateful (very rewarding, I must say!)"

Sharon Balcolm

"I have more than doubled my strength in my weight training and core exercises this year."

Peg Puopolo, Wenham MA

Interested in Jump-Starting YOUR results this year?

We offer a Jump-Start Package that includes a consultation, 3 hours of personal training plus a personalized nutrition plan for the special price of \$299.

**Call Today!
508-633-7749**



"With Gina's expert diet and fitness regimens, I have been able to maintain a size 6, post baby for two years now!"

Beckie Lundrigan, Boxford MA

"This year, I have lost 15 lbs. and have greatly improved my strength. I have also become a jogger, when I could only jog for a minute or two at a time when I started!"

Sheila D'Angelo, Boxford MA



"Although I am not a client, I would like to say what I have accomplished this year, and since I 'train myself' I guess it's relevant. I have

managed to come back from having a major abdominal surgery in May to re-gaining about 90% of my strength in eight months, as well as regaining the unwanted weight loss I had with the surgery. I have also managed to regain about 80% of my pre-surgery gymnastics ability, even though I was told it would take over a year to get back to that level."

Gina Paulhus, Merrimac MA



"Over the past 12 months I have lost and maintained a 17 pound weight loss through a combination of regular exercise using a Home Bodies routine and the Weight Watchers plan."

Nadine Romano, Lynnfield MA



"I have been able to start buying clothes in size 4 and have tripled my strength on most of my weight training exercises this year. I have also successfully completed a 10K in under an hour, when I could only run for a minute at a time last year!"

Heidi Nicholson, Boxford, MA.



"This year I exercised 281 out of 366 days! I lost 14 pounds and had the strength to do lots of hiking despite serious arthritis in my hips.

Just wait to see what I can do AFTER I have my new hip! Wahoo!"

Kathy Allen, North Reading MA

If you are a Home Bodies client who wants to share your success, please email: gina@homeexercisecoach.com.

**Get Fit, Lose Fat,
and Feel Fantastic**
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