

“Home Bodies”

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

Volume V, Issue 5

Inside this Issue...

Oct/Nov 2008

Too Sore to Work
Out Most of the Time
...Page 2

Could Your
Prescription Be
Making You Fat?
...Page 2

Ethnic Eating: What
to Choose When You
Want to Lose...page 4

Holiday Madness
Calls For Time
Crunch
Training...Page 6

Struggling with
Motivation...Page 7

New Sweetener—All
Natural

Sick of artificial
sweeteners, or worried
about the health
effects? Try erythritol,
a naturally occurring
sugar that is found in
fruits and fermented
foods such as soy
sauce. Erythritol has
just 0.2 calories per
gram and is naturally
produced from organic
sugar cane juice. Order
online or at your local
health food store. It's
got a clean, natural
taste.

Gina Paulhus'...



Get Fit, Fight Fat, and Feel Fantastic

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

Lessons From the BodyBug

If you've ever seen the show 'The Biggest Loser,' you might have noticed a gray device that looks kind of like an mp3 player strapped to the contestants' arms. You also might have seen then on people just out and about, as they are becoming popular among the general public.

The Bodybugg is a tool that can be a tremendous asset to your fitness goals. What it does is it counts up the calories you burn as you go about your daily activities as well as your workouts. The device is incredibly accurate. You can see just how many calories a certain workout burns, or how many calories your “active lifestyle” burns. I have seen people burn as little as 1200 calories per day to people who burn over 3000 per day. Whether your primary goal is building muscle or losing fat, this information will allow you to match your calorie intake from food with your output to achieve exactly what you want—no more guessing. On a daily basis, the program will let you know if you are on track.

Some of the things you will see if you wear the bugg might really surprise you. I wore one myself for the better part of last year, and it was surprising to see that an hour of housework burned about the same calories as some of my cardio workouts—I learned I needed to step it up a notch, and clean the house more...haha. But really, you get a graph where you can see your daily activities and you will become more motivated to not camp out on the couch all evening, because you'll see how your metabolism slows to a crawl when you do that. You'll see the benefit of walking to the corner store instead of taking the car, or fitting in that extra cardio workout. You'll see that you can always eat more and still lose weight—as long as you move more. Many people who have tried everything else and failed find that the Bodybugg finally takes away the mystery and assures them they can succeed.

It's great also for those times when you are really losing fat but just retaining water—you

will stay motivated even if the scale isn't changing right away. Some of you will find out that you have been trying to eat much too little and you have been setting yourself up to binge.

Aside from the intensity of my cardio workouts, I learned that the machines at the gym are really, really inaccurate with their stated calorie outputs. The elliptical in particular just flat-out lie. The best calorie burn I got by far was running, which is something I always knew to be the case but now I can quantify it. I learned that I don't walk enough (what suburbanites do?) and that I need to make sure I have some active hobbies otherwise I end up at the computer all day and that burns almost zilch. I learned that complexes blast calories way better than weight training where you rest in between—I knew the difference was there, but I couldn't quantify just how much. I was able to see that weight training does indeed elevate your metabolism all day, even though it doesn't burn as much as cardio during the time you do it. I learned that, although driving a car long distances can feel tiring, it burns almost nothing, and when I stand there watching you guys work out, I burn almost nothing also! Doing two or three reps demonstrate doesn't count for a workout, as much as I wish it would!

If you really, really hate cardio and don't want to do it, the Bodybugg will let you see just how much to eat, sans cardio, and still lose. If you're trying to gain muscle, you will learn how much you have to eat to make that happen.

I know the Bodybugg program in and out and recommend it especially if you are a “numbers person” who is more motivated to work hard if you can see exactly your results. It is rather expensive to purchase a Bodybugg, but I offer a rental program where you can use it for a period of time for a fraction of the cost. Once you've worn it for a few weeks you will probably have all the data you need to know as most people don't change their general habits on a week-to-week basis.

It's Time to Think About Vitamin D

Technically not a "vitamin," vitamin D is a unique substance. Its metabolic product, *calcitriol*, is a hormone that targets over 1000 genes in the human body. Current research has implicated vitamin D deficiency as a major factor in the pathology of at least 17 varieties of cancer as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, periodontal disease, and many more ailments. Vitamin D's influence on key biological functions vital to health and well-being is enormous.

If you regularly avoids sunlight exposure, research indicates a necessity to supplement with at least 5,000 units (IU) of vitamin D daily. To obtain this amount from milk you would need to consume 50 glasses! With a multivitamin more than 10 tablets would be necessary. Neither is advisable.

The skin produces approximately 20,000 IU vitamin D in response 20–30 minutes summer sun exposure—100 times more than the US government's recommendation of 200 IU per day!

There are three ways for adults to insure adequate levels of vitamin D:

- regularly receive midday sun exposure in the late spring, summer, and early fall, exposing as much of the skin as possible.
- regularly use a sun bed (avoiding sunburn) during the colder months.
- take **5,000 IU** per day for three months, then obtain a 25-*hydroxyvitamin D test*. Adjust your dosage according to your doctor's advice.



Concentrated food sources of vitamin D include salmon, sardines, shrimp, milk, cod, and eggs. Rather than use regular fish oil for your omega-3s, consider taking 1 tsp-1 Tbs cod liver oil per day as cod liver oil contains substantial vitamin D.

Client Corner: Q + A

Client Question: *I am having trouble sticking to my workout schedule because I feel tired, sore and run down all the time. I'm trying to lift weights 3 times per week and do cardio 5 times per week, but I end up missing workouts because I just feel so achy and lethargic. Any ideas?*



Gina's Answer:

Part of maintaining a solid workout routine is taking care of your body enough so that you can handle the stress you put your body through when you exercise. Sure, it's stress in a good way, but it's still stress nonetheless.

The best thing you can do for your body is to get a minimum of nine servings of fruits and vegetables every day. Every time you have a meal or snack, be sure to include at least one serving. If you struggle to consume enough, consider juicing fresh fruits and vegetables at home.

You also need to have a post-workout nutrition plan in place. If you exercise vigorously and then do not eat for three hours, you miss the 'window of opportunity' to refuel, replenish and repair your muscles after their hard work. When you fail to eat carbs and protein after your workout, you will take longer to recover to be ready to work out again. You will also tend to be more sore and tired the next day. If a meal is too difficult, have a protein bar or shake that contains both protein and carbs.

How is your diet otherwise? Is it a balanced blend of a variety of foods? Even if this is the case, you probably would benefit from dietary supplements to perform at your best. Antioxidant formulas, fish oil or omega-3 supplements, and minerals such as calcium and magnesium in addition to the B vitamins are all areas that many individuals could benefit from. Greens powders can cover a lot of nutritional bases as well—but they do not replace a balanced diet. Consult with your dietician or practitioner if you think you might need supplements.

Be sure to take care of your body by stretching regularly and soaking in a hot bath when you are sore. If you have a minor injury, apply ice after your training session to calm the inflammation. For chronic injuries, heat may be better—consult with your orthopedic or physical therapist. An appointment with a massage therapist may also be in order to help stimulate blood flow and relaxation to heal the tissues that have been worked.

Be sure you are getting plenty of sleep and that you do have some days off from exercise. The body needs time to recover. Try to include some stress relief type activities into your week, such as practicing yoga, taking a leisurely walk outdoors, or seeing a funny movie. Try to make at least some of your workouts something that you consider 'fun,' like playing basketball, or doing a weight-training routine that you enjoy. If you hate your workouts you will feel unmotivated and won't make as much progress.

Could Your Prescription Be Making You Fat?

By Jenny Legan, Home Bodies Personal Trainer to greater Portsmouth



It's a hard pill to swallow, but your prescription medication could be responsible for your tight jeans, despite your strict adherence to your diet and exercise routine. Of course, it is crucial to never stop or alter your prescription medication without first consulting your doctor, but it is important for individuals taking prescription medicines to be educated about

all possible side effects of their medication. The good news is that you should not have to sacrifice your good health to see the numbers on the scale decrease. If you suspect that one of the possible side effects of the prescription medication you're taking is weight gain, you can make necessary changes to your diet and fitness routine to negate such a side effect and ensure that your hard work is rewarded through reaching your goals. Remember, if you are concerned that your medicine is causing any unwanted side effect, always talk to your doctor before making any changes to your medication or fitness regime. Most of the time, your doctor may be able to alter the dose of medication or even substitute another medication that is less likely to result in waistline expansion.

"There are about 50 known prescription drugs that can result in weight gain," according to experts at The Weight Management Center of the University of Pittsburgh Medical Center. These include the commonly prescribed drugs to treat mood disorders, high blood pressure, seizures, migraines, and diabetes. Louise Chang, MD of WebMD, also includes oral contraceptives, some steroids like prednisone, and hormone replacement therapies on this list. In some cases, the action of the medication results in changes to the metabolism, but it is often the case that the drug is not directly to blame for weight gain, but rather, the medication that treats the condition causes the individual to feel better, restoring the appetite. It is for this reason that certain antidepressant medications receive a bad reputation for resulting in weight gain, but the weight gain is really due to resolution of depression symptoms. Thus, it may be extremely difficult to differentiate between true causes of weight gain in certain cases, so it is important to raise any concerns you may have with your doctor. Many times, you and your doctor can formulate a plan of action that includes input from your personal trainer to combat unwanted weight gain as a result of a medication. Below is a brief list of some common prescription medications that are associated with weight gain. This incomplete list, so any concern you may have about any medication you are taking should be discussed with your doctor.

Common Medications Associated with Weight Gain

Antidepressants

SSRI's - Zoloft, Paxil, Lexapro, Prozac
MAOI's- Parnate, Nardil
Tricyclics- Amitriptyline, Nortriptyline, Desopramine

Antipsychotics- Risperidone, Haldol, Zyprexa, Seroquel

Anti-anxiety Medication- Valium, Xanax, Ativan

Beta blockers- (lower the blood pressure, used to treat panic attacks) Inderal

Corticosteroids- Prednisone, Dexamethasone, Hydrocortisone

Hormone Replacement Therapies and Contraceptives- birth control pills, estrogen replacement therapies, Depo Provera

Home Bodies

Holiday Gift Certificates

Special Deal

Home Bodies in-home fitness training can help you make 2008 *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 Holiday Pricing

Jump-Start Gift Certificate

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

Package Gift Certificate

Schedule up to 12 sessions in the month of January

\$70/hr—save \$20/hr

Track It! with Home Bodies

Accountability Program

Week 8: ending October 26

WORKOUT and FOOD
(Cumulative Totals) then Cum. rank)

Gina Paulhus	96 (1470)	n/a
Amy Cieslik	90 (1529)	2nd
Heidi Nicholson	87 (1417)	5th
Cheryl Delfossi	85 (1167)	
Liz Kelbar	82 (1564)	1st
Joy Lucas	82 (1523)	3rd
Bill Powell	82 (1170)	
Mary Desmarais	81 (1289)	
Andrea Bates	80 (1498)	4th
Anne Althusen	80 (1401)	
Leah Rogers	78 (1272)	
Kevin Plante	75 (1120)	
Lisa Taylor	70 (1142)	
Kathleen Cashman	59 (972)	

WORKOUT only

Kathy Allen	40 (572)	1st
Jesse Barnes	40 (424)	3rd
Tom Provencher	40 (297)	5th
Brian Petersen	30 (312)	4th
Peter Allen	22 (442)	2nd
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!

Ethnic Eating: What To Choose When You Want to Lose

Chinese

Order:

Broth-based soup.

Whatever you can get steamed and with brown rice.

Spicier dishes are less fatty because they have less sauce.

Request little oil if there is oil added.

Pass on:

Fried rice and dishes with sauces as they are high in sugar and salt.

Italian

Choose:

A plate of antipasti—it's filling and low carb.

Grilled fish, steamed veg and bake potato is best.

Braised and stewed meats and seafood.

Skip:

Pasta—even marinara sauce might have up to 14 grams of fat.

Noodles--they have added oil or butter normally.

Mexican

Go:

Shrimp, chicken or beef soft tacos 'fresco style' with salsa.

An entrée dish is better than most other choices.

Black beans and cactus salads make great sides.

No Go:

Flour tortillas and crispy corn tortillas

Oil, guacamole and sour cream.

Chips, unless you can limit yourself to a small handful.

Greek

Green light:

Dips with crudites (raw veggies).

Greek salad but with the feta and dressing on the side.

Grilled fish or meat.

Grape leaves sans sauce.

If you order gyros, get trilled chicken instead of gyro meat.

Red light:

Anything with gobs of cheese or oil, and anything fried.

Baklava—enough said.

Indian

Thumbs up:

Eggplant dishes, pea dishes and salads.

Wood-fire grilled meat dish or kebab with sauce on the side.

Try curries and vegetable dishes with plain rice.

Thumbs down:

Sauces are heavy and loaded with sodium.

Naan is loaded with fat and carbs. Avoid the onion bhajis.



Holiday Madness Calls for Time Crunch Training

By Bill Boylan, Home Bodies trainer

We all have busy schedules. Appointments here, meetings there, family gatherings everywhere. You may find yourself asking at times, “How can I find the time to work out?” Maybe you are going away on business or vacation and can’t meet with your trainer for a few days or a few weeks. What do you do? Well fear not, as contrary to what you may have been told, an effective exercise program does not have to take up a lot of time. In this article I am going to give you a very brief, yet very effective sample routine that you can perform in a minimal amount of time. Even though you are not spending hours in a gym, this routine will deliver some phenomenal results. First I’ll explain why you don’t necessarily need weights to stay fit, and then I’ll go over some very effective exercises for you to try out.

“**Your body is a Barbell**”, I’m unsure of who first coined that term, and I wish I could claim it as my own. The truth is, your body weight alone is sufficient resistance to stimulate muscle growth as well as preserve muscle tone. I’m not going to have you do endless sets of crunches followed by mindless arm circles for 20 minutes. I’ll leave that for the Jane Fonda video that’s been collecting dust in your closet since the eighties. We’re going to be working on functional exercises that work your whole body as a unit. These are some of my favorites:

Single legged squats-Stand directly in front of a chair on one foot, keeping abs tight. Extend the opposite leg in front of you slightly. Push your hips back as you bend your knee that you were standing on, and slowly lower yourself down to the chair until your butt makes contact. You may be unable to hold yourself much past halfway, at which point you simply drop a few inches into the chair. That’s okay, make sure you have a comfy chair for this drill. Once you make contact with the seat with your glutes (medical term for your rear end), squeeze them hard and stand back up using the single leg that you lowered yourself with. Feel free to use your arms to help lower or raise yourself in the beginning. Once you’ve built up enough strength and mastered this, a more advanced variation would have you attempt the same thing without the arms and eventually without the chair.



Burpees- These are a very challenging whole body exercise. If you do not pace yourself and you take this exercise lightly you may want to refer to them as “throw-uppies”, as one of my clients likes to call them. Start off standing with a tall posture, feet shoulder width apart. Squat down to the ground. Place your hands

on the floor, and kick your feet out behind you, you are now in a pushup position. Perform a pushup. Bring your knees back in towards your chest and stand up. That’s one repetition, immediately repeat the same sequence for the desired number of reps.

Plank Holds: This is one of my favorite exercises for your core. Many trainees spend too much time training the flexion function of their core, and very little time on stabilization. This exercise hits your entire abdominal region, your low back, and even many smaller muscles that help stabilize your shoulder blades. Start off face down on the floor with your weight on your forearms. Make sure your body is straight like a “plank” and raise your hips off of the floor. The only contact you should have with the floor is via your forearms and your toes. Simply hold this position for time. If this version is too difficult start off on your forearms and your knees and progress from there. For a more advanced variation, lift one foot off of the ground to create a greater demand on your stabilizing muscles.



Here’s the Time Crunch routine:

*Single legged squats

3 sets of 3 reps
(Rest 15-45 seconds between each set)

*Burpees

3 sets of 15 reps
(Rest 30 seconds between each set)

*Plank Holds

3 sets of 15-30 seconds
(Rest 30 seconds between each set)

As you get stronger work on adding one rep at a time to each exercise. When you reach 5 single legged squats, 25 burpees, and 1 minute plank holds, keep the repetitions the same and try adding another set.

Perform this routine anywhere between 1-3x throughout the day whenever you have time, and start enjoying better strength, balance, and fitness as a result. You can get fit no matter what amount of time you have, no more excuses. Remember to have fun, be fit, and get functional!

Struggling with Motivation to work out?

You're not alone. Not everyone finds it easy to stick to an exercise routine. Here are some ideas:

Set a schedule with yourself.

Write appointments for exercise in your day planner just like you would make for work or a doctor's appointment, and hold yourself too it.

Come up with a reward.

Decide that you'll buy yourself something special or go on a trip after you've completed a certain number of training sessions.

Make it fun. Find ways to exercise you genuinely enjoy. Try a new class or a new sport. Join up with a friend to work out with.

Make it challenging. Enter yourself in a local race or contest so you have something to train for. Or, set up your own at work.

Make rules for yourself. Do you find that if you don't work out in the morning you never get to it? Set the rule that you work out, first thing—no exceptions. Make it non-negotiable.

Put away your fat pants. Wear only form fitting clothing that, if anything, is a bit snug. You'll think twice before you blow off your next workout. You'll also be less inclined to overeat.

Don't expect perfection. Realize that it's OK to miss a workout here and there, but you need to jump right back on the wagon ASAP. There is no sense in beating yourself up. It's what you do most of the time that counts.



Dana Brown uses a Whole-Health Approach with Her Clients.

She Will Ensure that you are 100% Healthy, Inside and Out!

Meet Dana Brown, personal trainer to Bridgeport, West Haven and Hamdon CT and surrounding areas.

"My approach to training and fitness is whole body focused. All areas of life have to be addressed to complete the package. Exercise is futile if nutrition and diet are not being included. It is also important to assess issues that may be going on systemically and under the surface. Through an in depth nutrition questionnaire and muscle testing, answers and direction to your very individual needs can be addressed. I love putting the pieces together for each and every client.

My clients range in age, from school children to 95. My training approach is so individualized that it does not matter what 'shape' or 'condition' you think you are in--there is a perfect direction for you that is safe and will yield the results you are looking for. There in is the joy!"

Here is what some of Dana's clients have to say about working with her...

"Dana Brown has been my personal trainer at The Sports Clubs of Albuquerque for approximately two years. Her talents have certainly made a big change in my life.

I am a sixty-four year old woman with a husband with multiple sclerosis. As the disease progresses, I will need body strength to support him when he can no longer support himself. My physical condition has changed dramatically over the past two years. I have no doubts that I will be able to do whatever is necessary. Dana helped me by developing a comprehensive workout that would make me markedly stronger without causing damage or injury. I can honestly say I am more physically fit now than I have been in the last forty years.

Dana's knowledge of the nutritional needs of the human body, supplements to help any deficiency, and natural healing techniques has been helpful to me, and to my husband and daughter with MS. We all appreciate her skills."

Dana's Qualifications and Certifications:

- *Certified, Master Holistic Kinesiologist™
- *Certified, Nutritional Therapist
- *Certified, AFAA Personal Trainer
- *Certified, APEX Personal Trainer
- *PhD, Naturopathy
- *MS, Healing Arts

Dana Brown serves Milford, West Haven, Branford, Guilford, Stratford, Bridgeport, Westport, Hamden, and Cheshire CT and surrounding areas in Connecticut.



And you thought these little pumpkins were just for decoration! A very impressive, delicious and easy side dish, it's got fiber, loaded with vitamin A, and all is edible except for the stem. The pumpkin can be substituted with any small squash.



Stuffed Jack-Be-Nimble Pumpkins

½ cup wild rice
½ cup brown basmati rice
4 mini pumpkins
¼ cup dried cranberries
¼ cup chopped pecans
Zest of 1 orange, chopped
1-2 TB chopped fresh thyme
Salt and pepper to taste

Preheat oven to 400.

COOK THE RICES: Put wild rice in saucepan with 2 cups of salted water, bring to boil. Cook for 30 minutes or so until the grain is tender. Drain.

Add brown basmati rice to 1-1/2 cups boiling salted water and reduce to simmer. Cook covered until tender 20-30 minutes.

COOK THE PUMPKIN: Cut off tops of pumpkins and reserve. Scoop out the seeds and strings. Place the pumpkin upside down in pan with 1/2 inch or so of water, cover with tin foil. Bake for 15 minutes or until tender. Turn right side up and cook until flesh is fork tender about 5-10 minutes more.

Combine all filling ingredients and stuff into pumpkins. Serve with pumpkin tops askew like a little hat.

Nutritionals: 170 calories, 3 g fat, 5 g protein, 35 g total carbohydrates.

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 a nationally certified Yoga and Pilates instructor based out of North Andover who is 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 Patty Ferullo a try.

Are you my next Client of the Month?

November 2008 we congratulate...
Peter Accolla of North Reading, MA!



“Being 40 years old I feel I’m in the best shape I’ve been in since high school. To be able to go on the beach and not be self conscious is priceless.”

“I have been working out regularly all my life, but I was really, really stuck in a rut before Home Bodies. I would go to the gym 2-3 times per week and pretty much do the same routine. I had a strength training split and did 20-30 minutes of cardio on the elliptical. I did no core training at all. I didn’t know what to change to improve my results. I figured I knew enough about working out that I didn’t need a trainer.

However, one day I just got curious about what was out there, and I googled personal trainers in Reading MA and saw that one of my co-workers, Darlene Mack, trained with Home Bodies. I also noticed some people I knew from growing up in Medford. I was looking for a trainer because I was feeling stale with the same old workouts. In her testimonial, Darlene expressed exactly how I felt that it boring to do the same old thing. I was also interested in learning how to maximize my time with workouts. I was up to doing 3-4 sets of things, and I still wasn’t happy with my physique. I could never seem to lose the last few pounds.

I got started with Gina and I was loving it. I had new workouts that totally kicked my butt and I was making progress with

“A trainer makes working out fun and interesting again. I like going to the gym now. I’m not just getting through it anymore.”

my strength, my appearance and the balance of my body. Unfortunately, my chronic back pain reared its head. This is something I deal with that isn’t related to my workouts. I was totally bummed out that the pain came back in my back.

Gina encouraged me to keep going to the gym and just do what I can that I could do without pain, and still continue to strengthen my core. I did this, but also visited with my surgeon and chiropractor thinking I might need to do something drastic. However, as I continued my gentler workouts I noticed less and less pain over time. It seems that exercise helped me heal in a way. I can feel the strength and stability in everything I do now—something I never had before, even though I was working out regularly. I actually look forward to my workouts now!

The diet help was huge for me. I had always tried to lose weight and the only thing that worked for me was a fruit and vegetable based diet that was low in protein. I was doing this plan right before I hired Home Bodies. I was losing weight, but I was not as toned and muscular as I would like to be.

Gina created a custom-made diet plan for me that has been working great. I am eating foods I enjoy and I am not going hungry. I still can have some carbs, which I love. I really enjoy the food choices I have, and I have dropped the weight effortlessly. Gina has given me ideas for snacks and for additional sources of protein. I find I can have little cheats here and there without an impact on my weight.

Having a trainer helps so much because my form is critiqued regularly, and I am motivated to push myself and not get lazy. I like the change of exercises and the fact that my workouts are designed to target my weak points. My upper body looks better. My physique is finally balanced. I am now doing three sets of 8-10 pull-ups. I could only do one or two before. To see that accomplished over what I consider to be a really short period of time is phenomenal. I have been able to progress to climbing the rope without my legs.

Gina is tremendously knowledgeable. I admire what she’s been through in her personal life with health problems and taking care of a sick family member at home. I see that she doesn’t make excuses to not work out and I shouldn’t either. Her fitness level inspires me. Gina isn’t a hard ass, which I find obnoxious. She gets her point across and keeps the sessions fun and amusing. Her style is very unique.

If you are thinking of hiring a trainer but you’re just not sure about it, realize that there is so much that a trainer knows that you might not know of or think about. I always hesitated because I thought, ‘What would they know that I don’t already know?’ I’m telling you, there are so many different exercises and ways to target the muscles you would never think of. A trainer has tips and tricks that can help you. You can’t imagine how much there is to know about eating right and working out.

A trainer makes working out fun and interesting again. I like going to the gym now. I’m no longer just getting through’ my workouts.”

In the future, Peter Accolla would like to continue to get stronger and achieve a more balanced physique. He would also like to keep up with his core strength and the health of his back. Peter loves being able to keep up with a basketball league he is part of that is full of young, energetic guys, and he would like to keep it that way!

**Get Fit, Lose Fat,
and Feel Fantastic**
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Home Bodies in-home fitness
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