

“Home Bodies”

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

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Building up the Good Bacteria

Many people eat yogurt in an attempt to build up the good bacteria in the digestive tract. However, eating yogurt alone does not provide enough probiotics to really make a difference.

You are better off taking a probiotic supplement to make sure you have enough, especially if you have used antibiotics in the past year. Make sure you purchase a brand that requires refrigeration—otherwise the bacteria will not be effective.

Gina Paulhus'...



Get Fit, Fight Fat, and Feel Fantastic

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

Something is Better than Nothing!

A big problem I see, especially with people who are highly successful in their careers and lives, is allowing perfectionist behavior to sabotage your exercise and nutrition regimen. While it's a great thing to strive to be perfect, ultimately it can backfire if you aren't careful.

Sure, it's important to have an ideal routine in mind that will help you reach your goals as fast as possible. However, it's also important to have a 'plan B,' 'plan C' and 'plan D.' *The moments that you will have all your 'ducks in a row' are going to be few and far between.* There are going to be those times when you get sick, when work gets extra busy, when your family needs you, when you are injured, or when you are just plain exhausted. What are you going to do during those times to avoid falling off the wagon completely? What you do during these times is far more crucial to your results than what you do when things are easy and all is going smoothly.

The number one most important thing affecting your workout results is your consistency. You need to try to do whatever possible to be as consistent as possible with your workouts. It is much, much better to work out for 30 minutes, three times per week than it is to work out for an hour and a half once a week. If you must make a choice between doing weights or doing cardio, generally weights will be the best choice.

Try not to always be behind the proverbial eight-ball. Take advantage of

the times when you feel good to get an extra workout in. That way, if you miss a workout it's not the end of the world.

Your mind is going to play tricks on you to make it harder to achieve your goals. See, your physical body does not care about your long-term goal: it just wants to seek pleasure and avoid pain in the 'now.' It is your mind's job to overrule your body's message to be lazy as opposed to work out. Left to your own devices, unless you are very unusual, you will not naturally choose to move when you could be resting or doing a more 'fun' activity than exercise.

There will be times when you are tempted to skip a workout. Remember, 'something is better than nothing' and promise yourself you will work out for at least ten minutes each day. That time, however short, does add up. Sometimes after getting started you will realize that it's not so bad and want to continue, but even if you don't, something IS better than nothing.

Maybe it's just a day that you do not feel like hard exertion. Go ahead and lighten your workout, but focus on form. It will be an easier, more meditative workout, and you will be rejuvenated to work harder next time. It is healthy to take light days here and there.

Not in the mood for a normal workout? Try some yoga or aqua aerobics for a lighter workout. Or, spend an entire hour stretching. Most of us could use it!

New Study About Splenda Reveals Shocking Information

A new report outlining the dangers of the artificial sweetener Splenda (sucralose) recently became available.

In animals examined as part of the study, use of Splenda reduced the amount of good bacteria in the intestines by 50 percent, increased the pH level in the intestines, contributed to increases in body weight and affected P-glycoprotein (P-gp) levels in such a way that crucial health-related drugs could be rejected.

The P-gp effect could result in medications used in chemotherapy, AIDS treatment and treatments for heart conditions being shunted back into the intestines, rather than being absorbed by the body.

The report makes it clear that the artificial sweetener Splenda and its key component sucralose pose a threat to the people who consume the product.

Hundreds of consumers have complained about side effects from using Splenda and this study. A warning label on those little yellow packets as well as on the myriad of products that are sold containing sucralose might appear soon.

Snacking too much? It may be due to lack of sleep.

A recent study makes it clear that lack of sufficient sleep is accompanied by increased intake of calories from snacks.

Furthermore, sleeping fewer than eight hours per night is associated with obesity and may alter the endocrine regulation of hunger and appetite. It appears that with fewer than six hours of sleep per night, the problem is exacerbated even more. The extra eating came more in the form of snacks, while meals tended to stay the same.

Also, the snacks consisted of a higher carbohydrate content than when subjects had enough sleep. The increased carbohydrate intake is probably driven by a desire to increase immediately available energy. Weight gain ensued because subjects did not increase energy expenditure to match their increased intake. Set yourself a bedtime and stick to it!

Client Corner: Q + A

Client Question: *I have read that fruit is not great to eat if you want to lose weight due to all the sugar. Other people say eat all the fruit you want. What's the real deal?*

Gina's Answer:

Fruit started getting a bad rap around the time that low-carb diets like Atkins became popular. Although too much of anything isn't good, it's pretty hard to overeat fruit, due to the higher water and fiber content that leaves you feeling full before you've had the chance to eat too many calories.

Let me start with some of the great things about eating fruit. For one, fruit is the best way to replenish liver glycogen, and liver glycogen level is a powerful indicator of hunger. When your liver glycogen is full, you are less apt to feel hungry.

Fruit also is loaded with vitamins and minerals. When you are receiving adequate vitamins and minerals, you are less apt to feel hungry. Additionally, fruit has a high fiber content. Fiber slows down the rate of digestion and also keeps your stomach full because it adds bulk to the diet. Finally, fruit is largely composed of water, and when you consume foods with a high water content, you fill up on fewer calories.

Another great thing about fruit is it can help satisfy a sweet tooth on few calories. Fruit juice is not a great idea, especially if you are trying to lose weight, because it is higher in calories and lower in fiber and nutrients than whole fruit.

Fruit does contain sugar, but it is sugar from fructose, which does not affect insulin levels in a bad way like most other sugars. Generally, up to about four pieces of fruit per day, or more if you are very active, is absolutely fine, and actually a great asset to your diet and health.

The Magnificent 7

It's important to be able to fit in a workout even on those days you are pressed for time. If you do a weight-training routine with the following dumbbell and floor exercises, you will target all the muscles in your body in under 30 minutes!

1. Dumbbell squat
2. Push-ups
3. Dumbbell standing bent-over row
4. Dumbbell overhead shoulder press
5. Dumbbell stiff-leg deadlift
6. Dumbbell calf raise
7. Bicycle movement for abs

Bonus: If you have access to a chin-up bar or lat pulldown station, throw that in there too!

Move of the Month: Renegade Row

Works: Core, Back, Shoulders, Arms

Difficulty Level: Moderate with 10 lb. dumbbells, Advanced with 15-25 lb. dumbbells

First Master: Facedown plank held for 60 seconds; bent-over dumbbell row with at least 20 lb. for 12 reps

1. Assume plank position, hands gripping dumbbells (use bells with flattened edges).
2. On the left side, perform a row, keeping body in straight alignment from head to toe.
3. Cross knee to opposite side.
4. Return to starting position and repeat the moves on the right side.
5. Aim for 2 sets of 8 - 20 repetitions on each side.

Our model is the lovely Home Bodies trainer to Greater Boston, Dawn Boulay.



If you are stick of diets and just want a realistic, healthy food plan you will be able to follow for life to get and keep the weight off, call Home Bodies. We will design a personalized plan that includes as many of your favorite foods as possible, and we Guarantee weight loss results. The first 10 people to respond to this add receive \$20 off their customized nutrition plan. Call 508-633-7749 today!

Swiss Chard: One of the most nutrient-dense veggies

Swiss chard is bursting with nutrients, including vitamins K, A, C and E, plus several B vitamins, magnesium, manganese, potassium, iron and dietary fiber. It's a good source of calcium and contains promising cancer-fighting properties. Throughout history, various parts of the plant have been used to treat everything from ulcers to dandruff.



Just as importantly, it tastes delicious! Peak season in most areas is from June through October, though in milder climates you often can find interesting varieties at farmers' markets from early spring until late fall. Imported Swiss Chard is usually multi-colored and also tasty and available year-round. Look for crisp stalks with shiny, unblemished leaves.

Do You Justify Yourself?

Do you recognize thoughts such as below that you might say to yourself before you go of your diet or skip a workout?

"Well, I screwed up today so I may as well just eat what I want and get a fresh start tomorrow."

"I can always work out tomorrow instead."

"It won't really matter if I skip this workout just for today."

"I can get really strict starting next week."

Identify the self-sabotaging thoughts you pull out when you are having a week willpower moment and jot them down. Next time you try to use one on yourself, you will be reminded that it's just a temporary moment of weakness and that your greater goal is more important than

Track It!

Accountability Program

Week 34: ending March 1

WORKOUT and FOOD

(Cumulative Totals) then Cum. rank

Gina Paulhus	95 (3148)	n/a
Jeff Adams	92 (932)	
Amy Cieslik	90 (3127)	1st
Leah Rogers	88 (2759)	3rd
Cheryl Delfossi	87 (2738)	4th
Liz Mena	84 (3099)	2nd
Kathleen Cashman	84 (2108)	
Bill Powell	76 (2604)	
Lisa Taylor	72 (2094)	
Heidi Nicholson	68 (2369)	
Mary Desmarais	64 (2631)	
Andrea Bates*	(2655)	5th
Joy Lucas	(1909)	
Anne Althusen	(1636)	
Kevin Plante	(1326)	
Ann Ayers*	(446)	
Peg Puopolo	(227)	

WORKOUT only

Peter Allen	47 (959)	3rd
Jillian Bernier	47 (243)	
Kathy Allen	43 (1261)	1st
Tom Provencher	42 (775)	4th
Jesse Barnes	40 (1120)	2nd
Brian Petersen	35 (753)	5th
Paulette Holtgrieve	(173)	

It's free to join! E-mail

gina@homeexercisecoach.com

Thank You!
I couldn't do it
without your help.

Thanks to readers and clients, the word is spreading! Thanks to all of our 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 our clients have been spreading the word about our business. We try to go above and beyond the expectations of a trainer by providing you with written information on our website and through this newsletter free of charge that we hope you find helpful. I rely on the positive comments and referrals from everyone – I definitely couldn't do it without you!

How to Be a Successful Failure!

By Kathryn Payne, Home Bodies trainer to Greater Worcester

Do you want to get better? Sure, who doesn't? To do so, we (yes, myself included) must make a decision to *change something*...in this case, make a change in the area of fitness and a food plan. We begin with undaunted enthusiasm, telling everyone on the planet about our goals and how we will "do it this time" and we really believe it...sound familiar?

The problem is, even with the best of intentions, life happens. Our schedules become unmanageable or we encounter personal issues that demand more of our attention and so on. Many times we are just bored or impatient with our chosen "diet" or workout regimen...it's just not happening quickly enough and we become disenchanted with our new goal. The obvious happens...we quit. Most of us view this experience as one small failure after another and it painfully becomes our familiar pattern.

How do we change this unsatisfactory and unhealthy response? How do we make a *lifestyle change* and stop *trying* new methods only to become discouraged? One important element to staying on task with a challenging life change is *learning how to deal with failure*. This one element can help assure that we will achieve our long term goals.

"A love – hate relationship": *We love the ability to choose how we will respond and hate the responsibility of it!*

The ability to choose brings with it the responsibility for the choices we make. I choose every day whether I will eat correctly and exercise or not.

The commitment is lifelong--it's important to remember this. We are making changes that will implement a new learning curve and that curve is as different as we are. Be patient with yourself, it takes practice...which means, doing it over and over again! When you fail, begin again and you will begin to fail less and less. Is there any area in our lives that we can say have been achieved without getting sidetracked? We have jobs, raise children, live in marriages and know that in all these areas, we will fail to achieve perfection!

What do I learn from failing and how can it actually help me achieve success? We can learn about our strengths and weaknesses, which vary from person to person. Similar to learning a new job, learning about myself and how I respond to this challenge may take time. What's right for me and not someone else? What strategy must I employ in order to avoid sabotaging my goals?

Practical strategies to successfully deal with failure:

- 1.) Begin your program knowing you will fail from time to time...expect it and move on!
- 2.) Engage the help of people who have succeeded and/or could guide you in this area of fitness.
- 3.) Identify old behaviors that have not worked for you in the past, such as negative self talk, living with poor body image or binge eating out of frustration.
- 4.) Make sure your goals are realistic for your life style and reward yourself in small increments when you reach those goals (purchase a new outfit in a smaller size!)
- 5.) Remind yourself that "my body is my responsibility and I will take care of it."
- 6.) Do not allow your emotions to rule in decision making. In other words, if I *feel* like staying on task today I will ...or not! Emotions can sabotage your goals.
- 7.) Revisit your strength training and cardio programs often to assure you are keeping it interesting, challenging and yes, *fun!*

Becoming fit can be a source of real accomplishment in your life and sometimes a source of real frustration! Accept that it's not easy and that you will occasionally fail. Accept that it's a process and you are learning about yourself in that process, understanding that what works for you might be different than what works for others. Learn that emotions can be your friends *or* your enemies. Accept that success may look different than you thought it would and that the responsibility is yours.

Lastly, revel in the small accomplishments of every day with a strong resolve to make good decisions tomorrow. We are on the path to fulfilling our goals with improvements happening all the time...*little by little progress is made until we arrive!*

The 7 Most Effective Ways to Deal With Hunger

Diets fail for a lot of reasons but one of the primary ones is simply hunger. To say that human hunger is complicated is a vast understatement. A number of hormones coordinate to create sensations of hunger. Additionally, there are psychological reasons one may feel hungry in spite of the fact that no food is biologically required. If hunger can be conquered, following any diet will be a lot easier. Here are seven tips on how to deal with hunger on a diet.

1. Eat More Lean Protein

While dietitians continue to debate over whether carbohydrates or fats are more, the data is actually abundantly clear: protein beats them both out. Since it's important to consume adequate protein when dieting, the choice to consume at least 1 gram/lb. of protein while dieting is a no-brainer.

2. Eat Fruit

One aspect of hunger has to do with the status of liver glycogen; when liver glycogen is emptied, a signal is sent to the brain that can stimulate hunger. Eating fruit is the best way to ensure that liver glycogen is replenished. The fiber, nutrient, and water content of fruit also contributes to a feeling of fullness.

3. Eat More Fiber

Fiber can help with hunger in at least two ways. The first is that the physical 'stretching' of the stomach makes your brain think that you're full. Additionally, fiber slows the rate at which food leaves the stomach, which leaves you feeling fuller, longer

4. Eat Moderate Amounts of Dietary Fat

Exceedingly low-fat diets tend to leave a lot of people hungry. Like fiber, dietary fat also slows gastric emptying. In addition, very low-fat diets tend to taste awful, which psychologically is not conducive to sticking with a diet. Dietary fat also provides a certain mouth-feel that triggers people to feel satisfied with the food they have eaten. Without that mouth feel, most people will continue eating until it is satisfied. People who consume at least 20% fat in the diet tend to stay on their diet much longer.

5. Exercise

For most people, exercise triggers the release of certain hormones that blunts hunger. Furthermore, when a person is exercising regularly, he or she is generally more motivated to eat well, to ensure that the exercise is not in vain.

However, be careful that you do not justify eating more just because you exercised that day. If your goal is weight loss, allow exercise to add to your calorie deficit created by dieting; do not just replace those calories you burned off with extra food.

6. Consider Appetite Suppressants

The ephedrine and caffeine 'stack' (meaning take both drugs at once) is the gold standard of appetite suppressants that also carries the benefit of a metabolism booster. This combination is actually quite safe and proven in study after study to be effective. Not every dieter is a candidate for these drugs, however. Be sure to check with your doctor before self-administering. Also, if you are able to be successful on your diet without drugs, that is always preferable. Like weight loss surgery, using drugs is a technique that is available for those who have tried and failed without medical help.

7. Be More Flexible About Dieting

It's human nature to want what we're told we can't have. Many diets are predicated on some food being 'bad' or off-limits. If a dieter thinks, 'I can't ever eat XXX again in my life' it just makes the dieter want XXX that much more. And the followup to this is that when dieters do eventually eat XXX (and they will), then they just feel guilty and miserable, figure the diet is blown and eat the entire bag or box of XXX and abandon the diet altogether.

It's truly an approach to dieting that is destined to fail, and research has clearly shown that the type of rigid dieter I'm describing above (who expects absolute perfection from their diet or it's a failure) does worse than more flexible dieters. The reality is that, within the context of a long-term diet, even small deviations don't really do much harm. However, if you decide that you are a worthless piece of crap with no willpower and eat another 1000 calories of cookies; well you made it into a problem!

Foods You Might Want to Avoid if You Have Arthritis

Some arthritis sufferers experience relief when they avoid nightshade vegetables, so named because they grow in the shade of night rather than during the day.

Vegetables in this group include potatoes, eggplant, peppers (although direct application of peppers on joints can be helpful), and tomatoes.

Nightshades contain an alkaloid called solanine, which seems to have a negative effect on calcium balance, and can even cause headaches. Some arthritis sufferers notice increased joint pain and stiffness after consuming any type of tomatoes. Some believe that regular consumption of tomatoes, potatoes and eggplants is a primary cause of arthritis.

Try avoiding nightshade vegetables for a month and observing whether symptoms subside or are alleviated. Other substances to avoid include tobacco, coffee, caffeinated tea, salt, artificial colors, and preservatives.

Meat is also said to aggravate arthritis, as it is high in uric acid, a primary factor in the aggravation of symptoms. The effects of uric acid can be mitigated by not consuming meat, while being sure to consume foods like dandelion greens, parsley, alfalfa, and the herb devil's claw.

Lucas Gould is Home Bodies' Personal Trainer to southwestern Connecticut

By Lucas Gould



"I became interested in fitness during my high school years as a thrower for the Weston Trojans track team, of Weston, CT. During my career we won numerous regional and state championships. In addition to track and field I also passed time by skateboarding, mountain biking, snowboarding, boxing, and basically anything that was fast and dangerous!"

It was during my time on the track team when I realized that a specific plan, and hard work along with it could really get you places. However, at this point I still never thought I would end up as a personal trainer. After high school I worked as a sculptor, carpenter, and a musician until a fervor for martial arts overcame me. I bought a punching bag, some gloves, a few plates, and some other cheesy little pieces of equipment and started my own fitness program. My friends would drive by or stop in and see me training in the driveway and many of them began working out with me.

We ran, punched, kicked, and lifted for hours every couple of days and it started to become a lifestyle for me. I had 'clients' almost every day. Over time I realized that martial arts was not only a great way to obliterate stress and build confidence and discipline, it's also a great way to get in shape. One day when one of my friends who had been training with me told me that I had helped him change his life, I felt incredibly touched by what he said and surprised that I possessed some form of life-changing skill. Since I was at the time out of work as a sculptor/carpenter/musician I began to think, 'why not give fitness a try as a living?' I enrolled in the next available course at the National Personal Training Institute in Norwalk, CT to better my skills and my education.

If you were to begin training with me you could expect a progressive program involving elements of martial arts training with a specific program that my client and I formulate catering to their personal goals. If martial arts isn't your 'thing' per say, just let me know what *is*, so I can work it into our program. Mainly, I strive for my workouts to be specific to what you do every day so you can live a happy, healthy life in a fit and functional body.

I strive for my workouts to be specific to what you do every day so you can live a happy, healthy life in a fit and functional body.

You can bet that I'll put in my time to make your workout effective and enjoyable, but on the other hand you must realize that it's a team effort. I believe everyone can push themselves to the next level physically and mentally, but you need to be committed to making positive lifestyle changes. *Your hard work + my hard work = Success...It's as simple as that.* If your diet is what's getting in your way there are many ways to address this problem and we'll make sure we tackle that in addition.

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."

Luke's Qualifications and Certifications:

*Certification from AAAI/ISMA

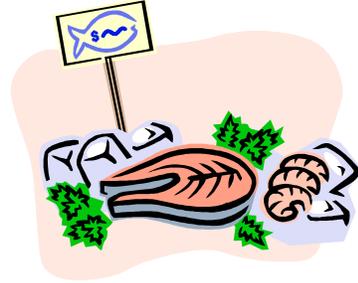
*National Personal Training Institute Student



With spring just around the corner, here's a fast, healthy recipe using seasonal ingredients that also makes a great presentation for guests. Easy to prepare, easy on the wallet, good for you!

Salmon with Orange-Balsamic Vinaigrette

¾ cup orange juice
½ cup balsamic vinegar
2 TB olive oil
¼ red onion, diced
Zest of 1 orange, finely chopped
Orange segments, separated and chopped
Salt and pepper to taste
2-3 TB of each, chopped: parsley, basil, mint

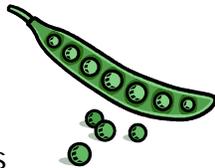


Combine first 6 ingredients in a jar with ½ of the herbs, shake vigorously to combine.

4 – 6 oz. filets of salmon, without skin
Salt and pepper

Roast salmon in the oven on a sheetpan lined with parchment @ 400 degrees for 10 minutes or so until done.

Place salmon on a bed of brown basmati rice in the center of the plate, drizzle with vinaigrette, sprinkle with remaining herbs, and surround with Parmesan Peas, recipe follows.



Parmesan Peas

2 cups fresh or 1 16 oz package of frozen peas
1 onion cut into thick half slices
¼ cup or more of grated parmesan reggiano cheese
1 TB olive oil
Salt and pepper to taste

If using fresh peas, blanch in a quart of boiling salted water for 2 minutes or until rawness is gone, drain.

Saute onions in olive oil until softened for 5 or so minutes, then add peas, salt and pepper. Continue cooking until peas are heated through. Remove from heat and toss with parmesan cheese and serve.

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.

Melissa Turco is Home Bodies Client of the Month for March!



Melissa Turco loves the fact that her clothes fit great again.

Melissa Trains with Kathryn Payne in the Worcester area.

By Melissa Turco

"I was active in dance and tennis throughout my childhood, but didn't do much for exercise during my college years. I started taking aerobics classes at a local gym in Somerville after college when I realized I had gained weight and was having trouble keeping it off. Then I started medical school--and all forms of exercise went out the window! I joined a gym when I started residency and used the elliptical or bike as regularly as possible.

In an attempt to keep my weight from slowly creeping up any further, I purchased an elliptical machine and treadmill for my home and tried to get myself to use those but found myself making excuses to avoid them. Instead, I would just sit around on the couch and

watch TV. Being a single mom with a crazy work schedule, I couldn't do the usual gym thing and was bored with my options at home.

I didn't know how to do anything other than my cardio workouts. I thought finding a personal trainer would help motivate me by showing me different home workouts. I choose Home Bodies for personal training because I just couldn't find a time in my day to get to the gym. Most gyms offer childcare during the daytime hours, but not in the evening when I would actually need it, so that made joining a gym impossible. I thought a personal trainer might be able to help me get focused again and challenge me with different workouts than what I was able to come up with on my own and which clearly weren't working for me.

I did a search for at-home personal training and found Home Bodies. I read the website and realized it was exactly what I was looking for. I met with my trainer the following week and have been working with her for over a year now.

Having a trainer has been more wonderful than I ever expected! I didn't know the first thing about strength training and was thrilled to know it was something I could easily incorporate into my home gym and see results. Kathryn has been so supportive and encouraging. I feel like I have my own personal cheerleader!

My initial goal was to learn to love exercise--until I realized that was not the most realistic goal! As a result, I made it my goal to tone and shape my body and hopefully lose weight. I knew I was getting there when I bought a strapless dress for a wedding over the summer and felt comfortable with my arms exposed!

My trainer has me doing cardio 5x/week and strength training 3x/week. I love that she tailors my workouts to my areas of concern and that I can see results. I feel great! I love that my trainer is so supportive and challenges me to do more. In the actual sessions, she monitors my form and pushes me to work hard but without making me feel stupid or lazy. I

love that she always checks in with me between sessions and offers words of encouragement to keep me going. I also appreciate how flexible she is with our schedule because my work/home schedule is often difficult to alter.

I was doing Weight Watchers when I started working out with my trainer so opted to stick with their program. I have since stopped and have been following a healthy eating plan on my own but gladly take suggestions/recommendations from Kathryn. I have lost both inches and pounds, my clothes fit better, I am more confident and I feel stronger. I have more energy to do my daily activities and I almost look forward to working out now!

If you are thinking about using a trainer but haven't made the commitment yet, give it a try! It's intimidating at first but it's amazing how good it will make you feel. You learn a lot about your abilities and will find yourself challenging yourself to do more. Even if you just try it to add some variety to your workouts, as I did, it's worth it!

I currently live in Ashland where I also grew up. I have lived in Somerville and Boston as well as Chicago.

I am an obstetrician/gynecologist in Framingham. I love to shop, cook, hang out with friends and family, play with my daughter, and watch the Patriots and the Red Sox. It is so much fun shopping now that I can find so many fun clothes to wear and feel confident wearing them!"

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**

Get Fit, Lose Fat, and Feel Fantastic
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