



Another year is just about done.

Once again December has kept us both busy with programs for new and existing clients.

Speaking of programs, I get asked all the time when is the best time to start a new program. This will be different for everyone and is actually quite a complicated topic. The simple answer is when you either a) stop seeing results (hit a plateau) or b) get bored of your current program.

This can be anywhere from a month to multiple years. However most good programs are designed for long term benefits so it is very possible to end a program before you start seeing your best results.

If you're unsure whether it's time to change your program up, drop in for a chat. It's entirely possible that I'll write something up within the next couple of months so keep your eye on the newsletter.

Merry Christmas and thanks for a great 2019. See you all in 2020!



FITNOW!

NEWSLETTER

December 2019

MONTHLY RECIPE : BLUEBERRY & YOGURT COOKIES

2 Cups quick oats

1 Cup protein powder of choice, vanilla works best

1 Cup Splenda or sweetener of choice

2 Large eggs

1-1/2 Cups unsweetened Greek yogurt

1/2 Teaspoon salt

1/2 Teaspoon baking soda

3/4 Cup frozen blueberries

Splash of vanilla extract

A few dashes of cinnamon

Preheat oven to 180.

Line a baking sheet or pizza pan with parchment paper (for easy clean-up).

Mix everything together.

Scoop 18 medium-sized cookies onto the baking sheet. A cookie dough scoop with a sweep or wiper works well here.

Bake for 15 minutes.

Check the cookies by breaking one open. If it's not baked through, bake for a few more minutes. The larger the cookies, the longer the bake time.

This recipe doesn't work well with old-fashioned oats, unfortunately. The quick oats are more processed, which makes them able to absorb moisture and act kind of like a flour.

Feel free to use fresh berries of any kind. This recipe also works well with sliced banana, chopped nuts, and dark chocolate chips.



FITNESS FOCUS : WALKING LUNGES

Finished with your squats? Good. Now do some lunges... and use a barbell.

Why? Lunges add total quad demolition and single-leg work. Grabbing a couple dumbbells will work, but barbell lunges avoid grip and posture fatigue while allowing greater loading.

You don't have to have an upright torso for these. Instead, use a torso angle that best allows you to keep a neutral spine and engaged core while maximizing range of motion and avoiding knee discomfort. Too often, staying upright can only be done at the expense of an aggressive lumbar arch.

Lunges can be done with a vertical shin for more glute emphasis or with a forward knee for more quad focus, though all forms of lunges hammer quads. Emphasize the quad-dominant version by allowing your knee to travel as far past the toe as your ankle mobility will allow and your knee will tolerate (free of discomfort).

Maintain firm heel contact with the ground on each stride. injuring your knees will shut down your quad training, so use the form combining the best quad emphasis with knee happiness. Stop touching your back knee to the ground. The extra little range of motion isn't worth the impact on your kneecap.

Alternate forward strides across a room or lunge in place. Do 3-4 sets to failure at about 10-15 reps per leg.

Take each stride forward instead of crossing your feet over as if walking a tightrope. This only makes balance harder with no training benefit.



Member of the Month

The last member of the month for 2019 goes to one of our new members; Kerry Parsons.

When Kerry first signed up for the trial, she said to me that she wasn't sure how often she was going to come, and had been convinced to come by her daughter.

That was a bit over a month ago and now Kerry is one of our most consistent members and is starting to see some good progress.

Well done Kerry! Keep up the hard work throughout the new year.



The way to get
started is to quit
talking and begin
doing.

WALT DISNEY