



PHAMILY PHITNESS

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FITNESS TIP 1

CRANK IT UP, NOT COVER UP!

THE COOLER WEATHER IS UPON US, THIS NORMALLY CAUSES A SLOW DOWN OF ACTIVITY, AND AN INCREASE OF THE EXTRA POUNDS. AS WE HEAD INTO THE SEASON OF SWEATERS AND JACKETS, LET'S BE AWARE THAT IT IS ALSO THE SEASON OF FAMILY GATHERINGS AND DINNERS.

THAT BEING SAID, EACH OF US SHOULD TAKE A RETROSPECTIVE LOOK AT OURSELVES. ARE WE WHOLISTICALLY WHERE WE WANT TO BE? THERE ARE SOME THINGS THAT WE CAN TAKE INTO OUR OWN HANDS, PHYSICAL WELL BEING IS ONE OF THEM. IT IS A LOT EASIER AND LESS TAXING ON THE BODY, TO EXERCISE IN COOLER ENVIRONMENTS THAN IN THE HEAT. SO INSTEAD OF HIBERNATING THIS SEASON, TAKE ADVANTAGE OF IT BY GETTING OUTSIDE AND GETTING A MOVE ON.

IF YOU HAVEN'T ACHIEVED YOU FITNESS GOALS THUS FAR, BE COMMITTED TO LOOKING AND FEELING BETTER IN THE SPRING WHEN IT'S TIME TO SHED THAT WINTER WOOL SO TO SPEAK. COME ON PHAMILY!! I'M CHALLENGING EACH OF YOU TO PUT YOUR BEST FOOT FORWARD, AND MAKE THAT TRANSFORMATION FOR YOURSELF AND THOSE YOU LOVE.

FITNESS TIP

- IN THE COOL WEATHER, YOU STILL NEED TO DRINK WATER WHEN YOU EXERCISE.

LAYERING IN THE COLD WEATHER.

WHEN EXERCISING IN THE COLD WEATHER, OR WORKING OUTDOORS, IT IS IMPORTANT TO LAYER YOUR CLOTHING. LAYERING WILL ALLOW YOU TO MAINTAIN WARMTH WITHOUT BECOMING OVERHEATED. EXAMPLES OF LAYERING ARE A T-SHIRT, SWEATSHIRT WITH A LIGHT JACKET ON TOP OF THOSE, OR BIKER PANTS UNDERNEATH SWEATPANTS. HATS AND GLOVES ARE VERY IMPORTANT FOR THE COMFORT OF CONTINUING AN OUTSIDE ACTIVITY.



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Men's Health

Bro. Rickey B. Roach #40- Chairman

PM Carlos Hudson #58- Member

WM Kenneth Golden #28- Member

EATING IN THE COLD.

EATING IN THE FALL AND WINTER CAN BE TRICKY, THE AMOUNT OF CALORIES CAN BE EASILY TURNED INTO UNWANTED FAT BY A LACK OF ACTIVITY. LIGHT MEALS ARE RECOMMENDED TO MAINTAIN OR DECREASE WEIGHT. FLUID INTAKE IS JUST AS IMPORTANT IN THE COLD SEASON, BECAUSE UNKNOWINGLY YOU MAY SWEAT AS MUCH AS YOU DO WHEN IT'S WARM. SO TAKE IT EASY AND ENJOY THIS HOLIDAY SEASON, WITHOUT ADDING THE FAT.