

*IF IT'S
MEANT
TO BE...
IT'S UP
TO ME!*

Check out our
website,
www.onetoonefitness.ca
Zip us an email and let us
know what you think.



ALISON'S T.V. COMMERCIAL WORKOUT

So, you think you don't have time to do a workout? Take the time you spend watching your favourite show and use the commercials to do your exercises.

Commercial One:

- ▶ 20 lunges on each leg for 3 sets
- ▶ Intersperse each set of lunges with 10 pushups

Commercial Two:

- ▶ 20 squats for 3 sets
- ▶ Interspersed with 30 secs of abdominal planks

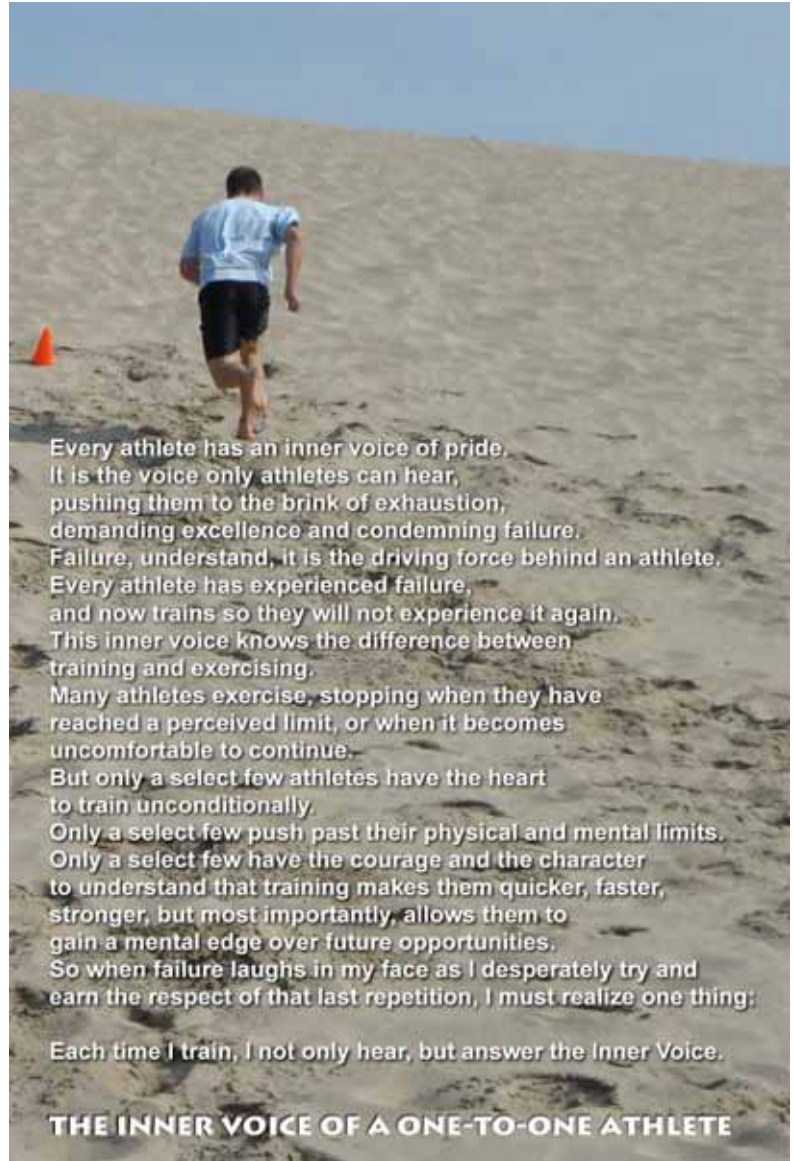
Commercial Three:

- ▶ 10-20 tricep dips off your coffee table for 3 sets
- ▶ Interspersed with 20 low back extensions

Commercial Four:

- ▶ 30 seconds of bicycle legs for 3 sets
- ▶ Interspersed with 20 seconds of side abdominal planks

For an extra challenge, try sitting on a stability ball for the length of your television program. Sitting on a ball for one hour will burn on average 200 extra calories.



TRAINING FOR CHARITY

5 KM WALK/RUN

Since 2001 One-to-One has been a supporter of the local Cancer Society. Our clients, their families, friends and sponsors have collectively raised over \$35,000.00. **This event is held on the first Saturday in May, rain or shine!** All of our clients and their families are encouraged to participate and raise money for a great cause. The great thing about this community is that a portion of the money raised stays in our community to help with local programming and the difference goes to research. This year we will be selling beaded Cancer bracelets, necklaces and key chains. All of these proceeds will be donated to our Cancer charity. If you would like to volunteer for this event or become a sponsor, please contact Alison, Andrea or Jason.

Date: Saturday, May 5, 2007

Time: 9:00 a.m.

Registration: 8:00 a.m.

Place: One-to-One Health and Fitness Centre, 269 Palmer Road

Registration Fee: \$25.00 (Registration fee includes a T-shirt and draw prizes)

GROUP PERSONAL TRAINING

We invite you to experience what so many of our other clients have already discovered—Group Personal Training. This method of training is an absolutely fabulous way to make your training more enjoyable and reaching your fitness goals more motivating than you ever thought possible. You have seen it happening in the studio...why not give it a try yourself? Group training is available for up to four clients per trainer or in a group class setting. Many of our clients who have switched to group training still maintain their personal sessions and have never looked back.



DRYLAND TRAINING

is available year round.

Summer dryland sessions, winter team training, small group and individual sport specific training for all athletes of all ages.

Please contact Jason Supryka.



Back Row: Jason Supryka, Liz Grant, Andrea DiRocco-Supryka, Greg Smith, Bill Jeffs, Austin Gaber
Middle Row: Michelle Meilleur, Jillian Robinson, Dorothy Macklin, Jackie Jarrell, Kristy Langevine
Front Row: Jeff Cammaat, Guylaine Lanthier, Alison Kemp, Jillian Raycroft
Missing: Janet Foran-Goneau, Sabrina Reid, Karla Foley Sage, Nadine Leblanc-O'Donnell, Kelly Sexsmith, Sandy Musson

GET STARTED

AT HOME!!

Three sessions and a stability ball is all it takes to *get you started*. Let us teach you how to train at home. We will teach you proper stretching, cardiovascular, and strength training routine that is personalized just for you! Let us help you take the guess work out of how to *get started*. This program is available to new clients only.



+ for Your Child's Health...

By Jillian Raycroft

Keep health simple. A healthy body is just as important as a bright brain. While children are busy getting A's at school, unfortunately health can be overlooked or seen as too much of an effort. All you need is **air** to play in, **apples** to snack on and **aspirations** to keep them interested.

Air is free and children benefit entirely from being outside in nature. Ask your children what activity they would like to partake in on that day and build upon their request. Remember that most children are stuck indoors 5-6 hours a day (at the least), they need natural light, air and a change in scenery to keep them stimulated.

Apples can be sprinkled with cinnamon, cut into fun shapes, dried into a light snack or mixed with cheese, greens or yogurt. Let your children join in the preparation, they will learn from you and it will increase their interest in their health and simply please them knowing they helped you.

Aspirations can lead to bigger dreams and huge success inside and out. Children must be stimulated when it comes to keeping them healthy. Give your children the chance to show off to you, allow them to be creative and imaginative, never say no to their interests and give them someone to look up to. Children watch closely and they will mimic what those whom they admire are doing. **Teach by example, create goals with your children and allow them to take on adventures in a healthy direction.**

The Importance of Resting Heart Rate...

By Greg Smith

Changes in your resting heart rate can be an indicator of improvements in your cardiovascular fitness. **As your fitness improves, the heart muscle becomes stronger, meaning that it can pump more blood with each contraction.** This means that the heart must beat less often to meet the demands of your body. To take your resting heart rate, do the following:



1. Wake up in the morning and remain in bed for about two minutes.
2. Place two fingers on the thumb side of your wrist or on the side of your neck and locate your pulse.
3. Count the number of beats in one minute using a watch with a second hand. This is your resting heart rate and it should go down as you become fitter!

TESTIMONIAL

*I thought it funny when my non-athletic, sleep loving wife started going to One to One thrice weekly at 7:30 a.m. But, when one year later, still going religiously, she joined the One to One 5km running club, I decided also to give One to One a try. I intended only to walk on the treadmill, figuring that starting running at 52 was inadvisable, got annoyed when trainer Alison suggested I inject some short jogs into my walking routine, but listened to her assurance I was capable. Nine months later I was running 3 miles a session, slowing down to 6 mph to catch my breath. I lost 5% of my body weight with little effort. **My blood cholesterol and lipid levels which had been borderline high for five years plunged to normal and excellent levels, and I didn't worry I'd have a heart attack running up the Spanish Steps last fall in Rome.** Seeing this, my 86 year old Father started with One to One, and after nine months watching what you did for him, Mother has just announced she's going to start with One to One as well.*

Andrew Simpson

MOMS & DADS

We sell the
Top of the Line
BABY JOGGER

Ask Andrea
for more details



WHY EAT A GOOD BREAKFAST

...By Janet Foran-Goneau

Breakfast literally means “to break the fast”, which is exactly what you do when you eat in the morning. Metabolism is the rate at which your body burns calories. During the night, your metabolism is at its slowest. We can increase our metabolism by exercise and, ironically, by eating. Your body stores sugar in your blood and is released as energy throughout the day in the form of glycogen. **Eating breakfast will jump start our metabolism and rev our engines into high gear.** If you skip breakfast your body will run out of glycogen (energy) by the middle of the morning, which means no more energy bursts. When this happens your body is like a car that runs out of gas.

Skipping breakfast leads to:

- ▶ Impaired ability to think and concentrate
- ▶ Decreased ability to learn
- ▶ Increased stress hormones and irritability
- ▶ Feeling tired with decreased physical performance

REMEMBER....

When the weather is poor outside, please bring in clean, dry shoes.



TRI&RUN SPORTS

*“When you are investing in yourself
not just buying a product,
When you need advice on the proper fit,
When you want the latest on nutrition,
training, and upcoming events.
We understand all that.
We tri & run.
We share your passion.”*

ARE YOU LOOKING

for a treadmill, elipitcal or small piece of equipment? We have them for you as a satellite location for **Fitness Town** in Kingston. Talk to Jason



PILATES & KRIPALU YOGA

....by Guylaine Lanthier

Are you looking to add variety to your current exercise program? Strengthen your core muscles, increase your flexibility, improve your posture and reduce stress? **Why not try a mind-body class:** Pilates and Kripalu Yoga classes are available in a group setting, or private and semi-private classes.

You are always welcome to try a group class at anytime, our compliments. Visit our website www.onetonefitness.ca to view our class schedule. There is a wide range of classes available to suit your fitness level. Please call or e-mail before attending a free trial class. We invite you to come and nourish your mind, body and spirit.



With nutritional coaching you can reach your goals faster!

Call 613-771-9420

to book your free initial consultation.



GROUP CLASSES

are available to everyone.

“Drop ins” are welcome.

\$15.00 per class

Cardio Package

This is for our clients who wants a little extra, especially to get them through the winter months. **How does this program work?** Cardio packages are purchased and renewed on a monthly basis. This program will allow you to sign up for 30 minutes of cardio training during studio hours as many times as you like during the month. To take advantage of this program you must be training with a trainer at least one