

APRIL NEWS

Helping you move, feel, live, and look better...

Welcome!

We would like to publicly welcome the new clients who became members of our fitness family this last month. We wish you the best!

Harry Bobotis
Barbara Mann
Kelsey Sasser

Did You Know?

We offer a variety of fitness, nutritional and physical therapy services:

- Private Personal Training
- Semi-private Training
- Boot Camp
- Golf Fitness Conditioning
- Nutritional Counseling
- Functional Movement Screenings
- Performance Training for Athletes

Summer Countdown!

Want to shape up for summer? Don't wait until the last minute! If you start now, you've got ten weeks or so – plenty of time to see some serious results before swimsuit season starts.

A safe and achievable rate of weight loss is about one or two pounds a week. To lose a pound in a week's time, you need to tilt your calorie balance in the negative direction by about 500 calories per day. Since a pound of fat stores about 3500 calories, if you burn up 500 of those stored calories every day for a week, you'll lose about a pound of fat. Larger people can often tip the balance a little further – coming up with a shortage of 750 or even 1000 calories a day to lose more quickly.

Depending on your body size, that means that if you start now, you could lose 10 or 20 pounds by early June. With a one-two punch of diet and exercise, ten weeks is enough time to see some noticeable changes in your muscle tone and shape if you dedicate some serious time to your workouts.

Ready to start? Here are some diet tips to help you look your best by summer.

•The best way to create your calorie 'shortage' is with a combination of diet and exercise. Don't try to do just one or the other. Those persons whose calorie needs aren't that high to start with may not be able to cut out 500 calories a day from their meals without cutting back too far (you shouldn't go much below 1200 calories a day). If you try to cut too much, not only is it harder to pack all your nutrient needs into fewer calories – you may not have enough energy to exercise. Trying the "exercise only" approach is tough, too, because it takes a great deal of exercise to burn up 500

Premier Family Gathering--April 30!



Join us for a Premier family bike ride on the Swamp Rabbit Trail on Saturday, April 30. We will meet at 9am at Free Hub Bicycles. Bike rentals will be available for \$20. Lunch is on us!

Your Premier Staff



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calories – like a solid hour of nonstop swimming.

•Focus on eating the most "nutrient dense" foods – those foods that give you the most nutrition for the fewest calories per bite. Vegetables top the list, followed by the lowest fat proteins (fish and shellfish, poultry breast, egg whites, fat-free dairy products, protein powder), followed by fruit and then whole grains.

•Make sure to include some protein at every meal and snack. Protein will help keep you from getting too hungry in between meals.

•Cut back on your whole grains for the first week or two to give yourself a little head start. You don't want to cut them completely, but cutting back to just a serving or two each day can help you save a great deal of calories. As long as you're eating plenty of veggies and fruit, you should be getting enough carbohydrates to fuel your exercise.

Remember, a crash diet to take off a couple of pounds in a week might make you slightly less self-conscious in your board shorts, but if you really want to make some headway before swimsuit season, the time to start is now.

CONGRATULATIONS!

Patrick and Sarah Danielson on the birth of **Ann Elizabeth:**

Wednesday, April 6, 2016

8 lbs 1 oz, 21 in long

