



Newsletter

June/July, 2010

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What's New?

- Welcome to APF's third newsletter!
- The **Super Circuit** class is still going on and going strong! Give it a try! Great way to get your exercise in on the weekend! Fun, non-intimidating atmosphere! Only \$10. Every Saturday morning at 6:30am. All fitness levels!
- We are still selling APF water bottles. Buy one today and reduce your use of Styrofoam! Only \$5.

Trainer adventures!

- Ryan's birthday is June 3rd.
- Dee's 50th birthday is June 8th!
- Marvin is getting married on June 12th!
- Bree and Ryan are doing the Festival of Flowers triathlon on June 13th in Greenwood, SC, and Bree is doing the Irongirl triathlon on June 27th at Lake Lanier, along with the Client of the Month, Susan Bogardus.

Nutrition AND Fitness Tips

How to maintain a relatively **healthy lifestyle** while on **Vacation!**

- **Plan ahead** when it comes to nutrition! A vacation should be a vacation, BUT it shouldn't be a free for all when it comes to food indulgences! Allow yourself 3-5 meals that are unplanned and try to enjoy them without guilt. For everything else, have a general plan. Make a grocery list before you get there. Stick to clean, high fiber, minimally processed foods for breakfast, lunch, and snacks. Plan some dinners in, especially if you are staying at a condo that has a kitchen.
- **Stay active** everyday! This doesn't mean that you must plan structured workouts everyday while on vacation, however, it does mean that you should stay mobile and plan some activities that keep your heart rate up and the blood flowing strong! Walk on the beach and/or to and from shopping centers. Bring your bike and do some rides before dinner. Stretch or do yoga in the mornings. Plan some beach games like Frisbee or volleyball. Get out after dinner for a late-night stroll!
- Try out a **new vacation!** Instead of the beach, visit a national park, go hiking/camping, do a bike tour, or go snow skiing where it is winter!
- **Get back** to your healthy routine when you return home! Have a plan for the few days when you get back. Get to the grocery store right away. Take care of some things before you leave on vacation, so you are not dealing with them when you get back. Get back to the gym asap...have your personal training appointments set before you get back into town! Ask you trainer or someone you trust for nutrition advice!
- If you **didn't stick to your plan** while on vacation, leave it in the past! What's done is done. Now it is time to move ahead, start fresh, and get back into the swing of things! Remember, a week away is not what prevents you from accomplishing your goals. It may just be a short detour to your road to nutrition and fitness success!

Client of the
Month!

Susan Bogardus



“I get more out of working with a trainer for an hour two times a week at APF than I would at any other gym by myself if I went everyday!” This is what Susan Bogardus quickly realized after rejoining Athens Personal Fitness for the second time last August. Before coming back to APF, she was convinced that she needed knee surgery and was hoping that the trainers here could get her stronger before she went under the knife. She was unable to do most leg exercises, but now she can do squats, lunges, and step-ups without pain! And her knee surgery is postponed indefinitely! With the smart and safe progression that APF provides, Susan is also able to train for her first triathlon on June 27th! Susan believes that APF provides “true personal training,” also stating that “they take good care of me” and “listen, encourage, and focus on my specific goals.” Susan, along with many other clients, loves the non-intimidating environment that APF provides, and states “everyone is wonderful.” Outside of the gym, Susan completes 4 cardiovascular training sessions on her own, focusing on her training for the tri...she swims, bikes, and walks/runs. She is a vegetarian and loves the nutrition advice she gets from the knowledgeable APF trainers on how to fuel her workouts, keep her energy up, and maintain a healthy body weight.

Good luck Susan...you have come a long way!