



GOLD'S GYM NEWS

NATICK * ASHLAND * MILLIS

JULY 2009

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Bring a Friend for Free

Group X
BODYPUMP™

From the Nutritionist

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Contact Us

Natick
508.820.8886

Ashland
508.881.9909

Millis
508.376.6007

GYM HOURS

5am–11pm (M-Th)

5am–10pm (F)

7am–7pm (Sa-Su)

BABYSITTING

Natick
8am–12pm (every day)

Ashland
8am–12pm (every day)

Millis
8am–12pm (every day)

3pm–7:30pm (M-Th)

3pm–6:30pm (F)



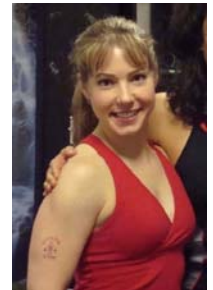
FRIDAYS: BRING A FRIEND FOR FREE!!!!

BRING 1...BRING 2 FRIENDS DURING THE MONTH of July your friends (accompanied by you) can come for free on Fridays! This is a great way for them to try out the gym. Better yet...if they join that day (and mention your name) you receive a month free!!!!

A MESSAGE FROM AMY ABBATOMARCO, Director of Group Fitness

BODYPUMP started in New Zealand in 1990. It is currently running in more than 12,000 clubs with an estimated five million participants a week.

What makes BODYPUMP so great is that it has been *proven to deliver results*. It is a safe program for people of all ages (young to mature). Because the movements are so straight forward, people of all ages, shapes, and sizes can participate. Each new release goes through extensive research and development, which includes doctors and exercise physiologists. Before members and instructors see the new release it has already been tested extensively to ensure its safety and effectiveness.



Another great thing about **BODYPUMP** is that even though just about anyone can do the exercises, there are ways to accommodate those who cannot. So if you have an injury (ex. shoulder), see your BODYPUMP instructor before or after class and he/she will tell you how to adjust the exercise. Additionally, **BODYPUMP** is safe to do all during pregnancy (providing you have your doctor's approval). [Click here](#) for the exclusive BODYPUMP and Pregnancy Brochure. Your instructor can also provide specific modifications.

Additionally, if you are a "weight room junkie", **BODYPUMP** is a great class to take once a week to supplement your weight room regime. You'll develop muscular endurance that will enhance your current weight room workout and/or sport if you participate in one.

Since doing **BODYPUMP** three times a week for 2 1/2 years, I have seen definite changes in my body composition. I am also stronger and fit. I have seen cross over benefits in the other types of exercise I do. For example, I am able to lift heavier in the weight room and I simply have better muscular endurance. Additionally, the group camaraderie has been a blast. Members and instructors have literally bonded from this one group exercise class.

Haven't tried a class yet? What are you waiting for?

BODYPUMP is offered at our Natick and Ashland locations. Millis members may take classes at either location. [Click here](#) for the Natick schedule. [Click here](#) for the Ashland schedule.

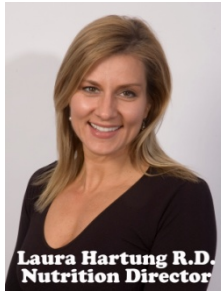


WHEN IT COMES TO HARD WORK, THERE ARE THREE KINDS OF PEOPLE!

Some turn up their sleeves, some turn up their noses and there's some that don't even turn at all. We back the sleeve-turners. The ones that "DIG IT IN", scream "HELL YEAH" when the instructor barks **TEN MORE**. Our lot view sweat on their brows like a crown of achievement. They're the ones we **APPLAUD**. They're the heroes that box on, leave nothing in the tank and are slaves to the deep burn. To be one you can't just step it up you've got to **TURN IT UP**.



Gold's Gym is now on **FACEBOOK**. Log on to track your progress and find others with the same fitness goals.



Laura Hartung R.D.
Nutrition Director

From the Nutritionist

A Message from Laura: Losing Body Fat

HELLO ALL! If you are exercising and still not changing your body composition than you **HAVE** to get honest about what you are eating! **Proper food is 80% of the equation when it comes to losing body fat and gaining lean muscle.**

If you are having trouble losing body fat, try these suggestions.

Top 6 rules to follow:

1. **Do not eat any processed carbs!** Stick to sweet potatoes, legumes, whole wheat bread, brown rice and old fashioned, steel cut oatmeal.
2. **Eat 22-25 grams of protein at breakfast** – equivalent to about 1 chicken breast (3oz), 1 cup fat free Greek yogurt, 1 cup of 1% cottage cheese along with good carbs and healthy fat for a total of 300 – 600 calories.
3. **Eat more fish!!!!** Cod, scrod, salmon and sardines!!!
4. **Always have an 11-12 hour fast between dinner and breakfast.**
5. **Have a 3 hour time frame between your last meal and bedtime.**
6. **Eat 3 meals and 2 snacks per day.**
 - Breakfast: 7am
 - Snack: 10am
 - Lunch: 1pm
 - Snack: 3pm
 - Dinner: 6pm that's it! **Go to bed hungry!!!!!!**



Laura Hartung is Gold's Gym's Registered Dietitian and is available in Needham, Natick, Ashland, and Millis locations. For more information about Laura please visit www.laurahartungrd.com

Exercise & Health

TRICKS TO TRANSFORM YOUR METABOLISM

GRAZE LIKE A SHEEP!

You probably heard that 6 small meals are better than three large ones...take it a step further and try eating 10 times a day. If you eat frequently, you maintain a higher metabolic rate because the physical act of digestion raises your metabolism.

TWITCH AND FIDGET OFF CALORIES

A study by the Mayo Clinic found that people who spend more than two more hours a day fidgeting, standing and walking compared with obese people, which translates to a DIFFERENCE OF 350 CALORIES A DAY. Keep your metabolism revved up with small, frequent movements like tapping your feet, rolling your neck in circles or shrugging your shoulders.

BEAT STRESS!

Stress leads to increased levels of cortisol, which leaves fat accumulation in the body. So relax! Take five deep breaths before every meal and practice a few yoga moves daily. [Click here for some ideas.](#)

BE YOUR OWN CHEF

Everyone knows that fast food and takeout won't help you burn calories. BUT did you know that when you prepare your own meals, you're not only controlling what goes into your dishes, you're also burning calories in the kitchen. Experiment with spices – your metabolism responds to heat by increasing your body temperature and metabolic activity.

PUMP IRON WITH ACTIVE REST

A POUND OF MUSCLE CAN BURN UP TO NINE TIMES AS MANY CALORIES AS A POUND OF FAT, so the more muscle you have, the more calories your body burns (even while you sleep). Try doing exercises that use the most body parts in the least amount of time by cross training and super setting your workout.



TRY TWO A DAY CARDIO SESSIONS

For the best metabolism boost, incorporate interval training; a few two – minute bursts of speed or added resistance throughout your 30-minute workout will burn more calories during and after.

-adapted from goldsgym.com

VACATION FITNESS



It is easy to let a vacation destroy your fitness schedule and eating habits, but why let something as wonderful as a vacation leave you feeling unhealthy upon your return? Here are some ideas to avoid putting on those vacation pounds:

Walking, swimming, running or hiking...Do some research. Look for a park, or some nearby trails.

Plan a specific time each day or every other day to do your workout.

Remember that 30 minutes is all you need. Do it for you!

Before you go, check [Gold's Gym Locator](#). All automatic debit and year paid in full members can take advantage of the Gold's Gym Travel Program which gives you access to any Gold's Gym

worldwide, at least 50 miles from your home gym, fourteen days each calendar year. Stop by the front desk of your gym for a travel pass.

[Click below to visit each gym's website](#)

[Gold's Gym Natick](#)

[Gold's Gym Ashland](#)

[Gold's Gym Millis](#)

NEEDHAM MEMBERS: THIS NEWSLETTER IS FOR NATICK, MILLIS & ASHLAND LOCATIONS. NEEDHAM WILL BE GETTING TOGETHER ITS OWN EMAIL LIST AND NEWSLETTER SOON. IF YOU WISH TO BE REMOVED FROM THIS LIST SEE THE INSTRUCTIONS BELOW.

You are currently subscribed to receive special offers and the newsletter for Gold's Gym Natick, Ashland & Millis locations. Maximum emails received is 3 per month. To unsubscribe please send a blank message to goldsgym-news-off@newsletter.listserve.us

