



**January
2009**

TBS NEWS Happy New Year

The New Year is here....What's your resolution?

“This year I'm going to lose weight.”

“This year I'm going to eat healthier.”

WOW! Those are GREAT goals – but **HUGE.**

**SPECIFIC, ATTAINABLE GOALS
WILL CONTRIBUTE TO YOUR SUCCESS**



“I'm going to lose 2 lbs per month over the next 12 months.”

Here's How....

“I'm going to eat healthier by making one dietary change per month.”

In January I'm going to stop drinking soda and replace it with water.

In February I'll switch from whole or 2% dairy products to 1% or Fat Free.

In March I'll make an effort to eat breakfast every morning.

Etc, etc. Make the changes that apply to you. Just remember to make them slowly. Make a single change and, when you've adjusted, make another. TBS has nutritionists that can help you set your dietary goals.

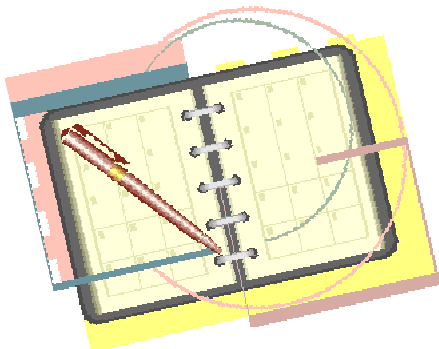
“I'm going to work out more by adding 1 hour of exercise per week.”

I work out 2-3 times per week for 30 minutes. I'll add 1 more day, let my schedule adjust, and add a second day next month. OR

I already work out 4-5 days per week for 30 minutes. I'll add 10-15 minutes per day to my routine.

KEEP TRACK OF YOUR CHANGES AND THE EFFECTS THEY HAVE

Measure your starting point, document any changes, then measure your progress.



TBS has nutritionists and personal trainers that can help you establish your baseline and provide guidance in setting goals.

Remember to keep your physician informed of the changes you plan, especially if you have a health condition.

Happy New Year, and good luck. Let us know how we can help.

Muay Thai

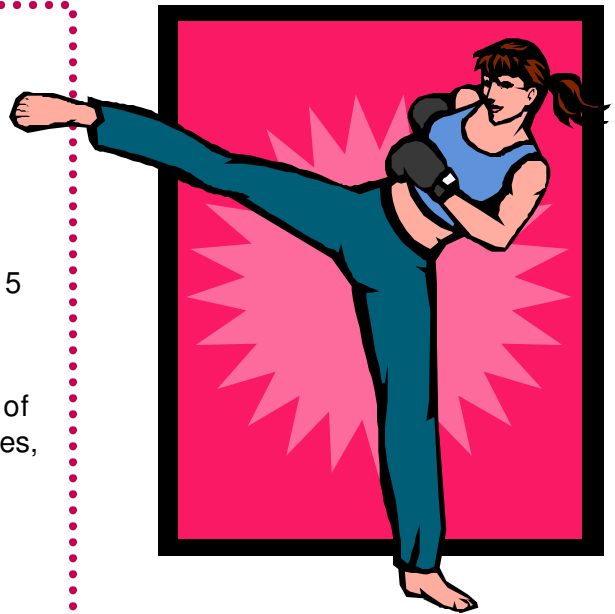
Friday Nights in January

Estelle Bonaceto will be teaching this exercise class at 5:15 on Friday evenings for the month of January.

The first class, on January 2nd, will include a brief demonstration of basic skills, followed by basic instruction of simple punches and combination moves, mirroring of moves, and a closing demonstration of learned skills on the Thai pads and heavy bag.

Every class will include a cardio warm-up of 3-5 minutes including "knees" in a circle or jump rope. This will be followed by stretching, which will become increasingly important as skills are developed through pad work. Each class will continue with skill development of hand, elbow and leg techniques. A variety of other strength and cardio activities will be presented to increase overall conditioning.

The series will run 5 weeks. There is no charge to TBS members. Non-members are welcome to join in on a class for \$12.00. There is a one time charge to all participant of \$5.00 for hand wraps.



Do You Know Someone Thinking Of Joining a Gym? Remember, If They Join The Body Shoppe At Your Recommendation And You Have An Auto-Withdrawal Membership, You Can Save \$5.00 Per Month Off Of Your Membership.



Did You Know That Fitlinxx Can Help You Set And Achieve Fitness Goals?

Fitlinxx does more than keep track of your Nautilus seat settings and poundage. You can use Fitlinxx to track your Cardio workouts as well. Have a TBS fitness instructor show you how to log in your workouts. You can track your Cardio calories from the upstairs equipment, from aerobic classes, and from outdoor pursuits. Set goals for the number of calories you want to burn each week or each month, then track your progress toward that goal.

You can log in and review your workouts from anywhere you have an internet connection.

Belly Dancing

Back In Full Swing

**Thursdays 6:30 pm
6 Week Series**

1/8/09-2/12/09

**Members \$10 / Class
\$49 / Series**

**Non-Members \$12 / Class
\$58 / Series**

January is National Oatmeal Month

OAT BENEFITS

- Oats are a source of soluble and insoluble fiber. Soluble fiber promotes heart health when eaten as part of a diet low in saturated fat and cholesterol. Soluble fiber binds with and helps to remove some of the cholesterol which can clog arteries. Insoluble fiber benefits the digestive system by helping move food through the digestive tract.
- Oats are a whole grain. As part of a plant-rich, low-fat diet, whole grains may help protect against chronic diseases, such as heart disease and some cancers.
- All oat forms are equally nutritious. On an equal weight basis, there is no nutritional difference between steel cut oats, old fashioned oats, quick oats and regular instant oats. The only difference is the way the groat has been cut and/or rolled.
- Oats are the only major grain proven to help reduce blood cholesterol. Eating three grams of soluble fiber from oats each day, as part of a diet that's low in fat and cholesterol, has been shown to lower blood cholesterol, which may reduce the risk of heart disease.
- Oats may help with weight control. Emerging research suggests that oatmeal slows digestion and may help with weight control by curbing the appetite.
- Oats offer many nutritional benefits including a variety of vitamins, minerals and antioxidants in addition to protein.

WAYS TO EAT MORE OATS

- Add oats whenever you bake. Substitute oats for up to one-third of the flour called for in recipes.
- Use oats in place of bread or cracker crumbs in meatloaf and meatball recipes. Add 3/4 cup oats per pound of lean ground beef or turkey.
- Substitute ground oat flour for bread or cracker crumbs when coating chicken and fish. Dip in egg white, then dip in oat flour to coat completely. Repeat. Transfer to baking sheet and spray lightly with no-stick cooking spray. Bake as usual.
- Power up your favorite fruit smoothie. Add 1/4 to 1/3 cup quick or old fashioned oats to blender container with fruit, low-fat yogurt and fruit juice. Blend until smooth.

Weights In Motion Coming in January as a BSF Addition. Watch Class Schedules

“Weights In Motion” includes slower paced Cardio routines performed with light weights in hand.

It is not weight lifting,
and it is not heavy cardio.

The primary objective is body toning.

The Body Shoppe
413-774-2138

306A High Street Greenfield, MA 01301
www.tbs-opt.com

Owners: Jeff Anderson, P.T. and Liz Dolby, P.T.
Manager: Steve Shattuck

Newsletter Editor: Bambi Chamberlin

befit@tbs-opt.com