



# CRE8YURBODY

PERSONAL FITNESS PROFESSIONALS

Improving Your Quality Of Life

12/15/2008

## 5 Signs That You're Doing it Right

Ever wonder just how effective your workout routine really is?

Maybe you saw great results when you first started to exercise, but now those results have come to a screeching halt.

Want to know why?

If the following 5 statements accurately describe your exercise routine, then fear not-you're doing it right. However, if the following 5 statements don't describe your exercise routine then listen up-there's no better time than now to rev up your routine.

**1. You Make the Most of Each Move:** Gone are the days when workouts lasted more than an hour and you had time to single out each muscle individually. These days time is of the essence, and compound movements deliver excellent results in less time than ever before.

Not sure if your routine includes compound movements? Any exercise that uses two or more joints is considered to be a compound movement. Squats and lunges are great examples. If you want to pack even more benefit into each move then try adding a shoulder press with your squats and a bicep curl with your lunges.

**2. You Keep it Intense:** Let's be honest, at one time or another you've spent time in the gym 'exercising' without ever breaking a sweat. Maybe you drifted from one machine to the next or joined an aerobics class for a few minutes, but the bottom line was that your heart wasn't into it.

Workouts that lack intensity are practically a waste of time. Your body craves a challenge, and you see the most results when you keep your intensity high. Keep your workouts concise and push yourself with each exercise.

**3. You're Consistent:** Anyone can have one great workout, but one workout won't translate into killer results-only consistency will do that for you. Exercise must be a part of your daily routine, plain and simple.

One of the best ways to stay consistent with your routine is to do your workout at the same time everyday. We are creatures of habit, so once your exercise schedule has been firmly set you'll find the process to be automatic, rather than an occasional afterthought.

**4. You Seek a Challenge:** Just like hairstyles, exercise routines quickly become outdated. That is why the best routines are dynamic, and the worst routines never change. How do you know when your routine needs to be updated?

You'll know how effective your routine is by the results, or lack there of, that you experience. If you feel that you are simply going through the motions then stop wondering about the effectiveness of your routine and start doing something new.

**5. You're Having a Blast:** Do you dread the very thought of going for a jog, but force yourself to do it simply because you've no other ideas for exercise? Stop right there. Exercise is an enjoyable activity, especially when you find the form that is best suited for your personal preferences.

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### Cre8yurbody Success Stories

I needed to refocus myself on a fitness lifestyle and get motivated. Al emphasized key concepts such as balance, flexibility and core strength. Al has been respectful and encouraging, praising my strengths and showing me keys to overcoming my difficult areas. My program has been a tremendous stepping stone in my quest for fitness at Cre8Yurbody. Charles Temecula, Ca.

Al's program was really great if you are looking for a FUN and motivational fitness program. His program is creative and LIFE CHANGING. I would definitely recommend Al to anyone looking to change their fitness routine and be in the best shape of their life! Sarah, School Teacher

If you don't like exercise there is a good chance that your technique needs help. I pride myself in showing my clients the fun side of exercise-yes, exercise is fun!

If your routine includes all of the above then congratulations - you are doing it right. You're consistent, you challenge yourself and you're seeing results. However, if your routine doesn't include the above, you now have the blueprints to do it right.

Want a routine that incorporates everything you need to reach your fitness goals? Call or email today to set up a consultation and I'll show you how to get amazing results in less time than you think.

### That's Nutty

Recent studies confirm that nuts are an important part of a healthy diet. Nuts promote a healthy heart, improve digestion and help ward off cancer. Of course, nuts need to be eaten in moderation, as they are a calorie dense food. Incorporate a small handful of raw almonds into your daily diet, and reap the healthy benefits of nuts.

### Pear Power Snack



This simple recipe makes a fast, healthy snack. The fresh pear, non-fat ricotta cheese and natural honey blend with great flavor and texture. It is also tasty with cracked black pepper instead of honey. Servings: 1

#### Here's what you need...

- 1 fresh pear, sliced
  - 1/4 cup nonfat ricotta cheese
  - 1 teaspoon natural honey
1. Arrange the pear slices on a plate and spoon the ricotta cheese over the pears. Garnish with honey.

**Nutritional Analysis:** One serving equals: 197 calories, 0g fat, 34g carbohydrate, 5g fiber, and 6g protein.

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Temecula, Ca.

At my annual/routine physical I found out I was 25 lbs. overweight, my cholesterol was 298 and my triglycerides were high. I dedicated myself to Al's program. Four months later, cholesterol down to 190, I've lost 13 lbs.(so far) and my triglycerides are in normal range. My sincerest thanks to Al. Can't wait til my next session. Greg Sommer Temecula, Ca.

*Member Temecula Valley Chamber of Commerce*

*2005 TVCC Ambassador of the Year*

*Today, if you will hear His voice , do not harden your hearts. Hebrews 4:7*

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