

With the incredibly awesome weather that has come our way, I think everyone would agree that its time to get outside! I know that my Boot Campers LOVE their time outside lately. If you really want to loose fat and inches and change the way your body looks for those days at the lake, remember where your money is made...resistance training. Cardio is great, it burns fat, strengthens your heart, and will defiantly help you to lose weight. But if you really want to gain great shape, tone, firm, and lose inches then need to strength train. When you build muscle you eliminate fat, the more muscle you have the less fat you have. With every pound of muscle that you add to your body you expend an additional 15 calories a day, that's just for having that muscle on your body, not even moving once. So, if you take 10 pounds of fat off your body and add 10 pounds of muscle you will expend an additional 150 calories a day. So over the course of a year you will loose an additional 54,750 calories. HOLY COW! Pair this up with a little healthy eating and you will be working on a killer beach body.

Create a great day!

### Backward Fitness

As you can imagine, I hear a ton of excuses from people on why they don't exercise.

Sometimes the reason is self inflicted: *I don't have the time.*

Other times the reason is procrastination: *I'm going to start as soon as tax season ends.*

And occasionally the reason is downright funny: *The dog ate my gym shorts.*

I usually point out to these well meaning folks that, despite their reason, exercise is a very important activity that will dramatically improve their life. I bring up the health benefits and describe how many of their physical ailments would improve. I talk about how great they will feel dropping excess weight and rediscovering a slender figure.

However, there was always an excuse that would get me.

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Ian McGriff

Results Fitness Training

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### Results Testimonials

I love working out with Ian! I have never felt so strong, athletic or graceful. I love that when I started with Ian I could barely do 2 dips or 1 push up and now I can do nearly 20 of each! Unbelievable! I love working out with Ian!! Amy Mueller, Columbus, IN

Ian has done a great job of helping me achieve my fitness goals. I used to think that working with a personal trainer wouldn't make much of a difference, but I was wrong! Working with Ian enhances my motivation and I look forward to our training sessions as an opportunity for me to learn from an expert. Judith Spector, Columbus, IN

Ian is encouraging, enthusiastic, and eager to bring out the best in my health and fitness potential. As a physician, I have found there are multiple roles to play including "shrink". I give you credit for keeping my sanity and giving me that 3 P.M. rush of energy after completing an

The devious excuse of 'being active': *Oh, I don't need to exercise in a gym - I'm very active. I play tennis and hike in the summer and I ski in the winter.*

Well, they have a point, right? Tennis, hiking and skiing are all active sports that burn calories. Maybe they *can* be fit without doing any other exercise, especially if they are at a reasonable weight.

Then I started to notice a trend.

The 'active' people couldn't touch their toes in a simple flexibility test. The 'tennis players' couldn't jump rope for 60 seconds. The 'hikers' needed a week to recover from a one mile jog. The 'skiers' encountered injury after injury. And then it hit me.

You don't become fit by simply being active. That's backward fitness.

Only by being fit can you become more active.

To become and maintain a level of fitness there is no replacement for a consistent exercise program. It's the only way.

True fitness is when your body can do whatever you ask of it. This means having flexibility, strength and endurance.

Do you exercise? Or are you fooling yourself with the excuse of 'being active'?

How happy are you with your level of fitness? Are you able to meet all of the functional demands of life? Or do you find yourself opting out of experiences or situations that you know would be too challenging?

If you've used the excuse of 'being active' in the past, it's time to reconsider your options. Don't practice backward fitness with the hope of true results.

Contact me to get started on a program that will make you truly fit. And if you're furthest from active and simply want to lose those extra inches and pounds, make the decision to take action today.

After all, there's no trial run in the game of life.

### Be Excellent

The most important aspect in becoming and staying fit is to be persistent. You can exercise every day for a week, but if you follow that week with a month of no exercise then you've lost all ground. Find an exercise program that you are able to consistently do and then stick with it. In the words of Aristotle, "We are what we repeatedly do. Excellence, then, is not an act, but a habit."

early 6:15 A.M session. I never thought cross training could be so "fun". Jennifer Szyrchak , Asheville, NC

### See Results Quotes

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. Thomas Jefferson

Create for yourself a great day today and tomorrow you will have created an opportunity.

Defy gravity!

### KOKORO

Kokoro is a Japanese phrase that was adapted by the U.S. Navy Seals as a tool to unite the group and inspire the individual. Translated Kokoro means "FAST AS THE WIND, QUIET AS THE FOREST, AGGRESIVE AS FIRE, AND IMMOVABLE AS A MOUNTAIN." Think about this phrase and try to incorporate ways that you can take on these characteristics with your own life.

### See Results Links

[Runner's World](#)

[Yahoo Health News](#)

[Discovery Health Page](#)

[Food Network Healthy Eating Page](#)

## Simple Spaghetti Squash

Spaghetti squash is one of the easiest vegetables to prepare without adding fat in the cooking process. Each squash is filled with folic acid, potassium, vitamin A, and beta carotene - and best of all it is a low calorie food.

**Servings: 4**

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

- **1 spaghetti squash**
- **1 Tablespoon dried basil**
- **1/2 teaspoon garlic salt**

1. Cut squash in half and scoop out the seeds and fibers. With a fork pierce the squash skin a few times.
2. Fill a microwave safe dish with 1/2 inch of water. Place the squash cut side down in the dish.
3. Microwave on high for 10-20 minutes or until the skin gives easily under pressure (be sure to use an oven mitt, as the squash get very hot.) Let stand for a few minutes.
4. With a fork, scrape the pasta-like insides into a medium bowl. Mix in basil and garlic salt.

**Nutritional Analysis:** One serving equals: 42 calories, 0g fat, 10g carbohydrate, 2g fiber, and 1g protein.

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