

VOLUME 15



F.I.T With Renee

August 2010

Notes from Renee!

Renee Pillow
F.I.T with Renee Owner



"The human body is the outer most symbol of ones inner most self discipline. When you train the mind and spirit, it is illuminated by the physical being"

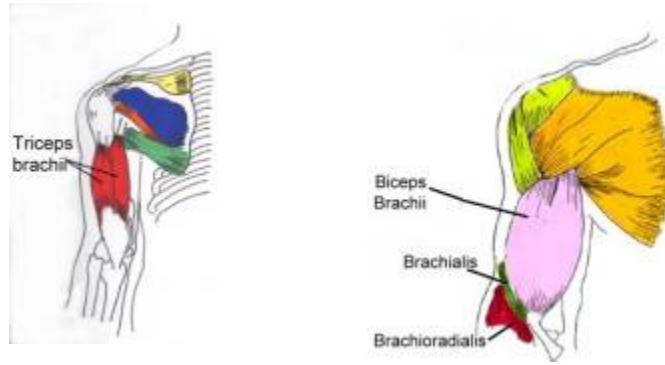
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FWR News/Reminders

- August 7th – Final Weight Loss Challenge Boot Camp – 10:15am – FWR Studios
- August 7th – Weight Loss Challenge Weigh-in –10:15am and 11:15am – FWR Studios

FWR "Building Better Bodies"



Our focus for the Month of August will be "Biceps and Triceps".

It is getting close to short sleeve season and who doesn't like to see a great pair of arms coming out of those tank tops!

Biceps and Triceps are antagonistic muscles. When the bicep muscle contracts to flex (bend) the forearm, the triceps muscle relaxes. To extend (straighten) the forearm, the biceps relaxes and the triceps contracts.

The arms are an important part of any training routine. Not only are they a noticeable body part, but you'll also be able to highlight your strength gains by working diligently on your arm muscles.

Your Triceps: The triceps are made up of three parts - a long head which originates at the scapula, a lateral head which originates at the back of the arm (humerus) and the short head which originates on the humerus a bit lower than the lateral head. The triceps are responsible for extending the elbow.

Why Should You Work Your Triceps? If you're working your biceps, you shouldn't neglect the other side of your arm. Muscle imbalances can cause pain and injuries. Also, your triceps work hard all day long--anytime you push something, your triceps are working. So, the stronger they are, the easier these pushing exercises will be. Your triceps muscles are fairly small, so keep in mind that you will not be able to use as much weight as you can for your chest or your back.

Your Biceps: The biceps are made up of a long head and a short head, although both are activated during bicep exercises. The biceps are responsible for elbow flexion, forearm supination (turning your arm in and out) and are also involved in shoulder flexion to a small degree.

Why Should You Work Your Biceps? Aside from looking great in sleeveless shirts, your biceps are involved in many upper body activities you do each day (picking things up and carrying them, etc.). In addition, your resistance training program should target ALL of your muscle groups, so make sure your routine is well-rounded. Your biceps muscles are fairly small, so keep in mind that you will not be able to use as much weight as you can for your chest or your back.

Client Spotlight

Joi DeFrantz

I was referred to Renee by my older brother around June of 2008. I have been known to ignore his advice, but when my scale kept creeping up and my normal diet strategies failed, I knew it was time to try something else. I decided to give Renee a call and set up my first consultation. I realize now how important making that phone call was and I am truly grateful to my brother for the suggestion.

I started training twice a week with Renee and Ebony in August 2008 (shout out to my girl Ebony, we miss you). The workouts were off the chain! Since I had been inactive for so long, I remember after one of the first workouts struggling to perform simple tasks like picking up a piece of paper off the floor. I had soreness in muscles I didn't know even know existed! But I started to love the changes I was making. I am impressed by Renee's and Ebony's level of commitment to their clients. They were actively involved in my progress by asking questions about what I had been eating, how many cardio sessions I fit into my week and giving suggestions of how to improve. They eliminated my excuses and made me accountable for my choices. Even after I sprained my ankle, I anticipated returning to training with Renee as soon as I healed.

Now I'm in the best shape of my life 2 years later. I traded in my inactive lifestyle and I continue to work with Renee twice a week, I go to the gym with my family, and continue to educate myself on maintaining a healthy lifestyle. I get regular compliments on my transformation. I thank Renee for her continued commitment to her clients, and for caring enough about us to bring out our best. God Bless you Renee!



Joi Before 1



Joi Before 2



Joi After

FWR Recipe's of the Month

Quick and Easy Sauteed Spinach (serves 3-4)

Ingredients:

- 1 bag (10 oz) baby spinach
- 2 tablespoons extra virgin olive oil
- 1 ½ teaspoon of garlic salt
- ¼ cup of grated parmesan cheese

Instructions:

Heat the olive oil in a large skillet over medium heat. Add the spinach to the skillet and cover; allow to cook 5 minutes. Stir in the garlic salt and cover again for another 5 minutes; remove from heat. Sprinkle with Parmesan cheese to serve. **Alternative option** is to remove the parmesan cheese and go with sea salt and fresh garlic instead of garlic salt.

Nutrients per serving:

- Calories: 76
- Total Fat: 5.5
- Carbohydrates: 3g
- Protein: 5g



Honey Chicken Kabobs (makes 12 servings)

Ingredients:

- 1/4 cup vegetable oil
- 1/3 cup honey
- 1/3 cup soy sauce
- 1/4 teaspoon ground black pepper
- 8 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 2 cloves garlic
- 5 small onions, cut into 2 inch pieces
- 2 red bell peppers, cut into 2 inch pieces skewers

Instructions:

In a large bowl, whisk together oil, honey, soy sauce, and pepper. Before adding chicken, reserve a small amount of marinade to brush onto kabobs while cooking.

Place the chicken, garlic, onions and peppers in the bowl, and marinate in the refrigerator at least 2 hours (the longer the better).

Preheat the grill for high heat.

Drain marinade from the chicken and vegetables, and discard marinade.

Thread chicken and vegetables alternately onto the skewers.

Lightly oil the grill grate. Place the skewers on the grill. Cook for 12 to 15 minutes, until chicken juices run clear. Turn and brush with reserved marinade frequently.

Optional cooking method – try marinating them overnight...

Nutrition Facts (per serving)

- Calories:178;Fat:6.6g ;Protein:17.4g
- Carbohydrate:12.4g; Cholesterol:45mg; Sodium:422mg

