



# F.I.T With Renee

September 2010

## Notes from Renee!

### The Benefits of a Full-Body Workout



*"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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#### Saves Time

Probably the biggest positive about training your entire body at once is that your gym frequency decreases to around two to three times every seven days. Secondly, you'll only be spending an hour in the gym for each session. Build muscle with only three to four hours of gym time during a week? Is this possible? Well it's all about the quality of your sessions, not the quantity.

#### Boosts Your Cardiovascular System

Squeezing a solid 2 to 4 sets per body part into a 60-minute workout session gets your cardiovascular system up to speed in a hurry!

#### Rules for a Full-Body Workouts - Train Once Every 2 Or 3 Days

The beauty of only training with weights every few days is that the days in between full-body workouts can be used to add a few cardio sessions instead of relying on ineffective cardio tacked on at the end of a workout.

#### Perform One Exercise Per Muscle Group

This one is pretty easy to follow, but is still very important.

Using basic, heavy exercises that will enable you to lift the most weight, means that you don't have to do more than one exercise per body part.

Example - for chest, do the bench press or incline bench press. For your back, choose bent-over rows or chin-ups. For your legs, nothing beats the squat (smile).

All of these movements allow you to move heavy weights and overload the muscles without performing endless exercises. Once you've chosen your exercises, plan your routines so that you're doing 2 to 4 sets of each exercise for 10 to 12 repetitions.

Renee Pillow  
F.I.T with Renee Owner

## FWR News and Reminders

- Sept 3<sup>rd</sup> – FWR Apparel – Tanks and Jogging Suits order deadline.
- Sept 4<sup>th</sup> – Weight Loss Challenge Weigh-in – 10:00am thru 11:00am – FWR Studios
- Sept 6<sup>th</sup> – Labor Day – FWR Studio will be CLOSED. If this is your training day and you need to reschedule - please contact us via email – by Friday – Sept 3' 2010.
- Sept 7<sup>th</sup> – Happy "40<sup>th</sup>" Birthday Renee Pillow!!!!
- Sept 11<sup>th</sup> – OCB Circle City Championships Lena Holton and Tara Stubb's - 1<sup>st</sup> Figure Bodybuilding Competition!
  - Location – Lutheran High School – 5555 S. Arlington Ave.
  - Prejudging – 11am (\$10)
  - Final Evening show – 5:30pm (\$20) – get there early.

## FWR Introducing Angie Knox and Corey



Renee and I met in 'BC' days (before children)! Shared pregnancy issues and even wore the same type maternity clothes! She has been a motivator, teacher, counselor... but most importantly a SISTER to me. She has been in my corner thru many endeavors of life as I will always be in hers!

Thru both of our pregnancies, Renee has opened my eyes to understand how important it is to add a regular fitness regime and good nutrition to daily life. As she would state... "Making it a life style and not something you do just to get ready for vacation."

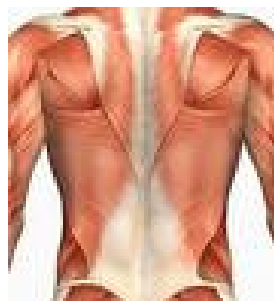
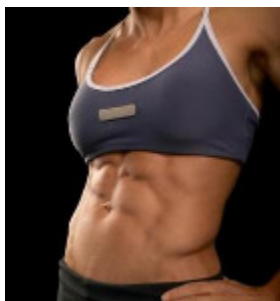
I enjoy meeting new people and helping others achieve their goals. Being the Office Assistant allows me to see all of the new clients and establish a personal relationship with each person... AND... I get to spend quality time with my best friend!

Angie Knox, FWR Office Assistant



Corey Arnold (FWR "newest" Trainer) comes to FWR with years of experience in personal training and body building. Corey is also an Indianapolis Fireman. FWR is excited to have him apart of the team and value what Corey brings to the table.

## FWR “Building Better Bodies”



### Our focus for the Month of September will be “Back and Abs”.

**Your Abs:** The abdominals are made up of different muscles on the front, side and middle of the abdominal area. When we think of the abs, most of us are focused on the flat muscle that travels down the front of the belly, from just below the chest to the pelvic area. This muscle, called the "rectus abdominis," is often called the "six-pack," because there are three tendinous creases there that separate the muscle, giving it that washboard look. The rectus abdominis is responsible for spine flexion, which involves bringing the shoulders toward the hips, as in a crunch, and is involved in most abdominal exercises.

There are other muscles beside the six-pack, though. The internal and external obliques are located on either side of the body, attaching on to the ribs, and are responsible for spine flexion and rotation. Whenever you turn or rotate the torso, the obliques are involved. The external obliques run diagonally (in the same direction as if you were putting your hand in a pocket), and the internal obliques lie under and almost at a right angle to the external obliques.

The transverse abdominis is actually an internal muscle forming the innermost layer of the abdominal wall. This muscle wraps around the spine and is involved in abdomen compression, rather than movements of the torso.

**Why Should You Work Your Abs?** While many people think ab exercises will lead to a flatter belly, the idea of “spot reducing” fat from the abs is a myth. In reality, you have to lose overall body fat to reduce fat over the abs. That doesn't mean, though, that you shouldn't strengthen the abs. Your abs are responsible for a variety of important duties, including rotation and stabilization of the spine. Strong abs will help protect you from injury, improve your posture and make daily activities easier.

**Your Back:** Your back is made up of three major muscle groups. The latissimus dorsi is located on each side of your back and helps you extend, rotate, and pull your arms toward your body. The erector spinae (lower back) is made up of three muscles that run the length of your back from your neck to your fanny. The erector spinae is involved in flexion and extension of the upper body, as well as rotation. The rhomboids (major and minor) are between the shoulder blades and aid in rotation, elevation and retraction of the shoulder blades. These are also known as your 'posture' muscles.

**Why Should You Work Your Back?** Your back muscles are involved in just about every activity you do each day, so it is important that they're strong enough to handle all that work. Strength training your back muscles will also add muscle mass to your upper body, which can help make your waist look smaller. Like your chest, your back is made up of big muscles that can handle heavy weight and, therefore, help you burn more calories.

# Client Spotlight

## Lena Holton

**M**y favorite word is perseverance. This is my testimony of how I persevered.

I always had a little struggle with my weight. I am 5 foot and always had a relatively small waist, big butt and hips. My weight would fluctuate between 145-155lbs.

When I got pregnant my starting weight was 154 pounds. All during the pregnancy I was concerned about how much I was gaining. I remember my husband saying don't worry I have your trainer. He said this the whole time and never reveal a name or anything. Once I had my baby I was over 200 pounds! It was time to start working out.

At the end of June 2009 my husband finally told me who this trainer was that he spoke so highly of. Our initial consultation with Renee was 8 weeks after I had my baby, by Caesarean Section. I weighed 176 pounds and 35% body fat. Renee stated that she wanted to get me to 120lbs. I was like that is too small. I was thinking more like 135lbs. I could tell that Renee was very interested in getting people on the right track to a healthy lifestyle. I started right away. I remember the workouts being so intense. My abs were so weak my incision hurt so bad but I kept on persevering.

Not only does Renee help with the workout. She also helps you eat clean. I didn't eat what I thought was bad food. My husband and I always ate chicken, fish and turkey. Right food but not enough! I would only eat sometimes just 2-3 times a day. Which Renee taught me that my metabolism was slow and my body was going into starvation mode and storing a lot of what I ate as fat. I ending up getting The Eat Clean Diet, a book by Tosca Reno and really cleaned up my diet. I started noticing changes.

By December 2009 I was back down to pre pregnancy weight at 154lbs, and won 3rd in Renee's weight lost challenge. I was excited but still had a way to go. At the beginning of this year my husband decided he wanted to train to do a bodybuilding competition and wanted me too also. Renee would say to me that she wanted me to get to show weight. I started doing some research about figure competitions. I was not ready to make that commitment but I kept it in the back of my mind.

It was not until March that I committed to doing the figure competition in September. Renee gave me the tools to help me on my journey. Today I have lost over 65lbs and my body fat is ~10% since starting June 2009!! I feel great! I love my new body and I'm excited about the competition. Whatever the outcome, I have already won!

Thanks Renee for your hard work and dedication that you give. Thanks for keeping me **Focused** on my goals. **Inspiring** me to keep persevering, despite what people were saying. Watching me **Transform** my body into something completely different and new! I hope that I have made you proud!

Lena Holton

**Trust God and Always Persevere!!!**



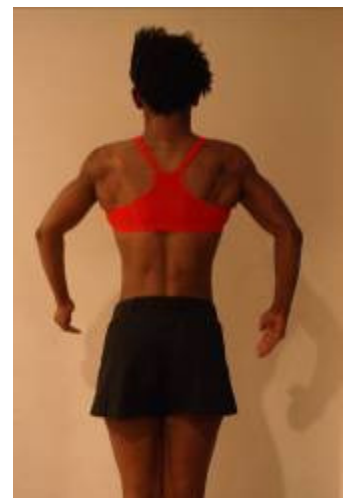
Lena H  
174lbs



Lena H.  
174lbs



Lena H.  
109lbs!!!



Lena H.  
109lbs!!!

# FWR Recipe's of the Month

## Renee's Favorite "Oatmeal"



### Ingredients:

1 cup steel-cut oats  
1/3 cup sweetened dried cranberries  
1/4 teaspoon salt  
1/4 teaspoon ground cinnamon  
2 cups water  
4 teaspoons chopped walnuts  
4 teaspoons Splenda

### Instructions:

In a saucepan, combine the oats, cranberries, salt, cinnamon and water. Bring to a boil over high heat, then reduce the heat to low and simmer, uncovered, until the oats are tender, about 20 minutes.

Spoon the oatmeal into warmed individual bowls and sprinkle each serving with 1 teaspoon of the walnuts and 1 teaspoon of the splenda. - Serve immediately.

### Nutrients per serving (serves 3-4):

Calories: 215, Total Fat: 4g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 150mg. Total Carbs: 40g, Dietary Fiber: 4g, Protein: 6g.

## Grilled Chicken Burrito (serves 1)

### Ingredients:

6 ounces boneless, skinless chicken breast ½ cup tomatoes, chopped  
2 tablespoons cilantro, chopped  
2 tablespoons red onion, chopped  
½ cup romaine lettuce (or spinach), shredded  
1/8 avocado  
1 tablespoon low-fat sour cream  
1 whole wheat tortilla  
Pam Cooking Oil



### Instructions:

1. Slice chicken and sauté with Pam Cooking Oil on stove for 10-13 minutes until it is fully cooked (or Grill or bake chicken breast in a Pyrex dish at 350 degrees for approximately 20 minutes)
2. Place tortilla in microwave between 2 paper towels and cook on high for 10 seconds.
3. Remove and put chicken, chopped tomatoes, cilantro, red onion, lettuce avocado, and sour cream into tortilla and roll up.

### Nutrition Information

373 Calories; 10 g Total Fat (23% calories from fat); 44 g Protein  
27 g Carbohydrate; 100 mg Cholesterol; 309 mg Sodium