



The Fit Effect

*Effective Fitness through Motivation,
Communication, and Perspiration!*

February is Heart Month

10 Tips To Prevent Cardiovascular Disease

1. Know the facts. Cardiovascular disease is the No.1 killer of adults in the United States.
2. Don't smoke.
3. **Exercise.**
4. **Manage your weight.**
5. **Follow a heart-healthy diet.**
6. Know your family history.
7. Manage diabetes.
8. Monitor your blood pressure.
9. Monitor your cholesterol levels.
10. Know the symptoms of a heart attack.

Feeling Stressed? Work It Out

A new study confirms what many of already know: Regular exercise is one of the best ways to combat daily stress. Researchers at the University of Texas, Houston, asked 135 college students to fill out questionnaires to assess their daily stress loads as well as their moods, physical activity patterns and overall health.

Those who reported exercising less often experienced 37 percent more physical symptoms and 21 percent more anxiety during periods of high stress than those who exercised more frequently. Exercise, it seems, offered students a temporary respite from their problems, a period of rejuvenation before returning to the pressure of daily stress.

According to lead researcher Dr. Cindy L. Carmack, "Minor, everyday stress contributes to the development and exacerbation of physical and mental health problems. However, people experiencing minor stress develop different degrees of symptoms, depending on their level of physical activity."

Source: Annals of Behavioral Medicine, November 1999; ACE FitnessMatters



Have You Considered Personal Training?

The Fit Effect is owned and operated by Ray Bessette. Ray is a 48 year old Certified Personal Trainer, and has over 27 years of experience in the fitness industry.

A graduate of the Professional Fitness Institute, located in Las Vegas, NV. Ray is also ACE, NASM, NSCA certified, and a National NPC Bodybuilding competitor.



When you meet with Ray or Christine, you'll be impressed with the caring and the undivided attention they will give you when listening to your specific fitness needs.

They will evaluate and develop a tailored and structured fitness program based upon your current fitness condition and short and long term fitness goals.

Programs mainly consist of resistance training, cardio, meal planning, rest and recovery, with a strong emphasis on core stability, flexibility, strength, speed, balance,

agility. Soon, pilates classes will also be offered.

With these fitness components, clients reach and exceed their wellness and fitness goals safely and quickly with a well structured and documented program.

Their client base includes both male and females at all fitness levels, all ages from children to older adults.

The Fit Effect personal trainers play many roles their in client's fitness relationship. They motivate, inspire, educate, and coach all their clients to levels once accepted as being unattainable.

They invite you to visit The Fit Effect website at www.thefiteffect.net. Be sure to click on the results page to see what changes are possible. Bottom line, results are what The Fit Effect is all about.



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***What are the benefits of hiring a personal trainer from
The Fit Effect?***

To get you There

www.TheFitEffect.net

