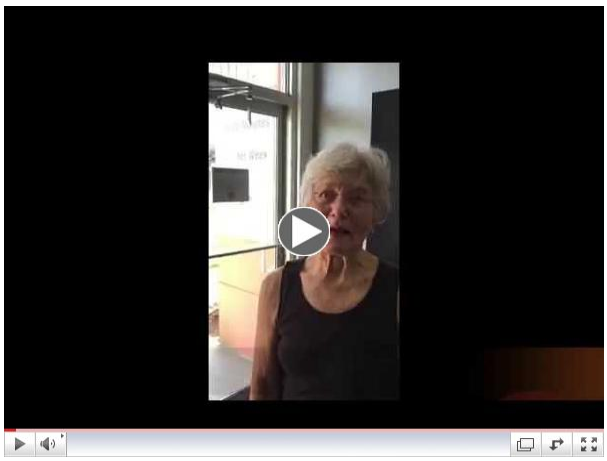
personal training results

Description

Gentle Reader,

I was wondering if I could walk to the car on my rubbery legs from the lunges with a weight vest on when PJ Glassey captured me on video. I had just finished my 21 minute workout with Dan this morning at the Xgym on Alki in Seattle. My goal in going to the Xgym 2 x a week for personal training is to increase bone density. At my next annual physical in Sept 2015, I'll get that tested and report on the success. What has surprised me is thefunctional improvement in my daily life tasks.



Betsy X Gym Testimonial

Here's one of the exercises, bench row with barbells.



I am in the middle of what they call splits: controlled small movements monitored for form, lasting until the muscles in use fatigue completely, about 4 1/2 minutes. Efficient and not damaging to joints. Can you see that it's 25 lbs in each hand?
Two things: I have hiking friends who give me a run for my money without this kind of training. Some people are lucky with their genes and don't have as much to overcome as I do. Secondly, I amconvinced diet and supplements make a big difference in my recoveryand improvement. I always take an after workout recovery drinkPhysiqueor the 180 smoothie Shaklee makes, to repair the musclebreak down. The protein powder has leucine in it that heals muscle. I get enough protein every dayfromboth plant and meat and fish sources, at least 100 grms. And I eat many servings ofvegetables, beets, carrots, celery, kale, other greens, onions, tomatoes plus apples,raspberries and blueberries. No grains, or very little. It seems to be working to keep thisarthritis-ridden body going. Hiking, anyone?
Be well, Do well and Keep Moving,
Betsy
www.GrandmaBetsyBell.com/be-well/ for more health stories and tips
www.HiHoHealth.com to shop for Shaklee products on my personal web site
206 933 1889 I still love to talk to people, answer questions, hear your stories.

Sign up today for my monthly Health4U newsletter for the latest Shaklee product

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Category

1. Arthritis
2. Be Well health tips
3. Health and Fitness
4. Keep Moving: Managing Arthritis

Tags

1. bone density
2. functional life tasks
3. personal trainer
4. Protein
5. work out recovery drink
6. xgym

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