

Newsletter Fall 09

Inspirefit Inc.

Personal Wellness Organization

Inspirefit Newsletter

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FEATURED ARTICLE



**Test yourself!
are you prioritizing
your health?**

By Richard Landman

OUR SPONSORS

Issue: # 002

Fall 2009



Inspirefit success story - Jason - After picture - go to www.inspirefit.ca for his entire story!

Introducing WWW.Inspirefit.ca

This month, I would like to introduce our new website, WWW.inspirefit.ca. The website contains information about our services, our facility, our trainers, staff and our philosophy. We also have a wealth of educational articles, helpful resources and links. It will also contain copies of this and past newsletters.

We will also be showcasing some inspirational stories from some of our clients. One story features Jason, who two years ago was overweight weighing 280lbs. Today, Jason is over 84lbs lighter and much healthier (see picture above). For Jasons

[Inspirefit Inc](#)

IPWO (Inspirefit
Personal Wellness
Organization) -
coming soon!

complete story, check out our website WWW.inspirefit.ca .

Richard Landman
President Inspirefit Inc.

Staff Update:

Ariadne leaving Inspirefit

As many of you may or may not have heard, as of mid November, 2009, Ariadne will unfortunately no longer be Personal training at Inspirefit Inc. Ariadne is a highly respected and knowledgeable trainer who has a fantastic rapport with all of her clients. She has been a great asset to Inspirefit for over 10 years and will be missed! We wish her luck in her new enterprise.

To Ari's clients: We cannot express how much we appreciate your loyalty to Inspirefit over the past 5 years! and hope that you will stay with us. We are making some exiting new changes, including new trainers (see below).

Please give me a call at 905-634-2224 or email me in confidence at inspirefitness@bellnet.ca

Richard Landman
President Inspirefit Inc.

New Trainers at inspirefit!

In order to fill the gap left by the departure of Ariadne, we have been able to bring in two new trainers with stellar qualifications, experience, knowledge and maturity. I would like to welcome Trainers Patricia Scott and Shaina Falcone to the "New Look" Inspirefit team. Both of these ladies have great pride in their own health and fitness and enthusiastically enjoy helping others achieve their health and wellness goals. We expect both of these trainers to be highly compatible with the majority of our clientele. They both hold the Inspirefit philosophy of lifestyle change for achieving lifetime health. The full bios of all of our trainers can be seen in detail on our website at: www.inspirefit.ca

Educational articles

Editorial:

Are you really prioritizing your health?

Would you consider your health your most important asset? After all, in sickness, how enjoyable are our fancy cars, homes, vacations, golf or tennis games. In sickness, how easy is it to care for our loved ones. For most of us, our daily routine is centered around a career which takes up most of our waking hours during the year. Without good health, our ability to perform at our careers can be greatly reduced, or even eliminated.

If you had an illness, disease or condition which could have been avoidable with certain simple lifestyle changes, would you regret not making those changes? We really must look hard at our lifestyle and where our daily priorities lie. For example, the average busy Canadian may have some or all of the characteristics listed below (Keep track of how many apply to you):

*Type A personality

- *High blood pressure
- *Anxiety issues
- *Depression
- *Frequent cravings for sugary, sweet foods/drinks
- *Smoking
- *Type II diabetes or high blood sugar
- *Consumption of more than 2-3 cups of coffee/tea (combined) per day
- *Use of prescription and non -prescription medications on a regular basis
- *Erratic sleep patterns and /or less than 7 hours sleep per night
- *Constant stress throughout the day (even after working hours)
- *Anything less than 1-2 easy bowel movements per day
- *Dining out or picking up fast food more than once or twice a week
- *Frequent Use of meal replacement bars, shakes and such (more than 1x/wk)
- *Consumption of artificial sweeteners and/or artificially sweetened products (Aspartame/Sucrolose/Cyclamates)
- *Consumption of margarine, store bought baked goods or anything with hydrogenated or partially hydrogenated oils or fats
- *Consumption of more than 1 serving of non-organic dairy products per day
- *Home meals consistently pre-packaged, prepared and refined. Using microwave oven more than 3x per week.
- *lack of fresh fruits and vegetables in the diet (should be 6 to 8 servings)
- *More than 1-2 glasses of alcohol per day (average)
- *Colds or flu more than 2x per year
- *Dizziness or shortness of breath under moderate physical stress
- *Seated for 80% or more of waking hours (do the calculation)
- *Not **making time** for daily exercise (20 to 30 mins)

All of the above factors create toxic conditions within our bodies which lead to to a downward spiral of health, disease, obesity, heart and coronary artery disease. Some of these factors are already a cause of neglecting of health. How many of the above factors apply to you?

Use the following score:

0-1 Great, you obviously prioritize your health. You most likely also educate yourself on health issues.

2-4 You have some work to do. See where you can improve.

4-7 Down the road could be trouble without change

8+ Imminent danger of severe health issues in the short run. Make changes now!

As you can see, in today's rat race, many of us tend to neglect our health to varying degrees. Remember where your priorities lie and make changes now to help prevent future roadblocks to success.

Richard Landman

Thank you for reading and feel free to contact us if you have any questions.

Sincerely,
Richard Landman

Inspirefit Inc 905-634-2224

