

Newsletter Spring 2009

Inspirefit Inc.

Personal Wellness Organization

Inspirefit Newsletter

IN THIS ISSUE

[Exciting Changes At Inspirefit](#)

[Renovations at Inspirefit Introducing IPWO !](#)

[Too busy or stressed to workout... Think again!](#)

[More info on Inspirefit](#)

FEATURED ARTICLE



Think your too busy or stressed to work out? Think again! --- See article below.

By Richard landman

Issue: # 001

Spring 2009

Dear: Valued Clients and Associates

I would like to introduce our new format email newsletter which you should receive on a seasonal basis.

I will include information on what is going on at the studio and Informative articles which are aimed at a broad cross section of our clientele. Also, motivational stories on some of our client's personal triumphs.

I urge you to please take the time to read the newsletters as I am sure that they will be very educational and motivating.

Our philosophy of holistic health, wellness and happiness will be reflected throughout the newsletters.

Please enjoy!

Richard Landman

President Inspirefit Inc.

Inspirefit Changes

New Equipment and Renovations

Inspirefit has just recently undergone some renovations to make more efficient use of our space. We have moved all cardio equipment (cycles, treadmills and ellipticals) into a separate area. We also now have three treadmills, two ellipticals and two cycles. We have also added a full new multi-station, more dumbbells and benches. We have rearranged the configuration giving us a more wide-open feel. Sound levels will also be better with the cardio equipment searegated. We are sure that these

OUR SPONSORS

[Inspirefit Inc](#)

IPWO (Inspirefit Personal Wellness Organization) - coming soon!

changes will please all of our clients.

Introducing Inspirefit Personal Wellness Organization (IPWO)

We are very excited to introduce **Inspirefit Personal Wellness Organization (IPWO)** to our clients. Inspirefit has a philosophy that goes beyond fitness and weight loss. We preach fitness as a small piece in the puzzle of total health. We would like to create a holistic network with a goal that allows our clients and others to obtain the rest of the missing pieces thus **obtaining total health and happiness!**

How often do we hear about the celebrity or professional athlete who gets hooked on drugs or alcohol, or can't maintain relationships with their spouses or other family members. These people seem to have the world at their feet, fame, fortune, admiration and so on, yet happiness eludes them. There are many reasons for these situations and each one is unique.

The unfortunate reality is that we as individuals have been conditioned to take the path of least resistance (or the path that others feel we should take), in other words, we will continue doing what makes us happy or what we feel should give us happiness until something stops us (health issues, personal issues or a sudden realization). There is a tendency to avoid unpleasant situations until we are forced to deal with them. Case in point, most of us often resist maintaining a consistent exercise program and healthy lifestyle until we have a negative health changing event. We therefore tend to practice treatment more often than prevention. One of the major philosophies of IPWO is to promote total wellness preferably via prevention rather than treatment strategies.

In today's world, all of our major problems, stresses or barriers to our complete happiness come from three areas:

1-Physical, mental or spiritual health issues of ourselves or someone close to us.

2-Personal relationship issues with family or someone close to us

3-Financial and or legal issues

Our goal is to provide a networking organization allowing its members access to professional services which will help people prevent, treat or solve issues in any of the above categories.

We are in the process of developing a network of high quality professionals and businesses which will aid our clients in developing total health and happiness in all areas of life, such as:

Physical Health and Wellness: Includes -

Fitness Professionals and Holistic Nutritionists, yoga, Sport Specific specialists such as golf pros, massage therapists, chiropractors, accupuncture, chiropridists, dentists, reflexology and more.

Psychological and Spiritual Heath: Includes - Stress management and relaxation, motivation, relationship counselling, spiritual consultation and more

Financial and Legal Health: Includes: Financial planning , investing, credit, insurance, legal, real estate, business consulting and more

The organization will include 3 types of members:

Corporate members: These include all of the professionals and business owners that are part of the network.

Benefits:

*Seminars/Meetings every two months at a different member's place of business

*Discounts(where possible) for other members goods/services

*Discounts

*listings on our directory, website listing and links

*Cross client promotion and referrals of your business through the organization. (Example, a nutritionist recommending a personal trainer)

*Informative network newsletter with articles and offers

General members: Any member of the general public that wishes to join

Benefits

*Discounts(where possible) for members goods/services

*Informative network newsletter with articles and offers

Preferred General Member: Any member of the general public that wishes to join with additional benefits (see below):

Benefits

*Seminars/Meetings every two months at a different member's place of business

*Discounts(where possible) for other members goods/services

*Informative network newsletter with articles and offers.

Introductory rates: First 25 corporate members or preferred general members--*\$15 00/ month general members *\$10 00/month --Also first

3 months from start date will be free.

*+applicable taxes.

Current Inspirefit clients! For joining IPWO you will receive a \$1.00 per session drop in their rates if they join the Corporate or Preferred. (\$.50/session for general members) (for some, this will already almost cover their monthly fee! and don't forget all of the other discounts and benefits available to you.

If anyone has contacts (or themselves) in the Burlington/Oakville area involved in any of the above related professions who may be interested in becoming a corporate member please feel free to forward this information to them

More details to come!

Educational articles

Too busy or stressed out to workout?

Actually you are too busy or stressed out to not work-out. As many of my regular clients and myself have noticed over the years, we always feel better after a workout. This is no coincidence. Many people are unaware that from a benefit standpoint, exercise programs have many more benefits than just fitness and fat loss. I will discuss just a few in detail here:

Destressing: If you've had a stressful day and the last thing on your mind is your workout, think again, working out helps you forget the things that stressed you out during the day. Also, the release of certain hormones and chemicals during exercise (endorphins, Serotonin) help us feel more relaxed and content. These chemicals naturally elevate mood and create an anti-depressant effect. (MK McGovern 2005).

The effects of work stress on our health is also contributable to many serious illnesses and severely weakens our immune systems, leaving us more prone to viruses and infections. Stress is a risk factor that we must

control if we want to have good health in the long-term.

Depression: Moderate, consistent exercise programs have been shown to decrease symptoms of depression by 50%. This again relates to the release of the brain chemicals and the general feelings of well-being associated with exercise.

Increased work performance and efficiency: If you think that you are too busy at work to find time for fitness, you may want to solve this problem by **scheduling time for your fitness**, just like any other appointment.

In a study done by NASA on 80 office workers, exercisers were found to be 12.5% more efficient. In a 40 hour work week, the exercisers got 5 more hours of work done! If the exercisers worked out an average of 30 minutes a day, **this indicates that they would still have done approximately 2 1/2 hours extra work per week, even if they took time out of their work day to exercise**(assuming a 5 day/8hrs per day work week).

Workers who have been involved in fitness programs, have been shown in study after study, to be more efficient, make better decisions, get along better with their peers and have fewer sick days.

Anti-Aging / Anti-disease: Moderate exercise has shown to have an anti-aging effect on nearly all areas of the body, including the brain. There are indications that physical exercise helps the brain regenerate neurons and actually elevates cognitive functioning.

The health benefits of exercise are well documented. In North America, we have an epidemic of cancer, diabetes, and heart disease. All of these diseases have been shown to be influenced heavily on poor lifestyle factors (including stress and sedentary lifestyles)

Conclusion: If you combine the obvious health benefits with the information given in the above article, there should be no reason not to incorporate moderate exercise into your daily schedule (Treat it just like brushing your teeth or getting dressed in the morning).

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

Sincerely,
Richard Landman

Inspirefit Inc 905-634-2224

