

HEALTHY FAMILIES

1. Most employers offer an hour long lunch break and two 15-minute breaks throughout the day. Use some of that time to get up and get moving. If you work in a tall building with lots of floors, use your break time to go up and down the stairs. If stair climbing is not an option, walk around the building at a brisk pace a couple of times a day, stopping occasionally to stretch.

2. If you're a stay-at-home mom or dad, turn the baby stroller into work-out equipment. Head on down to the park or just around the block with baby once or twice a day and as you move, use the stroller as a piece of work-out equipment. You can jog behind it, incorporate walking lunges and use bands for resistance training. Not only will you get the benefit of exercise, your baby will love it.

3. Take up sports hula hooping. Ten minutes worth of vigorously wiggling your hips and moving around can burn off 110 calories, which is about as much as you'd burn if jogging or running an 8-minute mile. But burning calories quickly isn't the

only benefit the activity offers. It also promotes correct body alignment from the circular motions and proper posture in the upper body. Substitute that light, plastic hula hoop your kids play with for a weighted one, such as the Acu Hoop offered by California's Sports Hoop, Inc., and you can get even more health benefits.

To help you with your fitness regimen, keep these guidelines in mind:

- Stay mentally focused.
- Outline the reasons why you want to become physically fit. It could be to lose weight, tone muscles, or improve your performance in a sport.
- Move your exercise equipment to a convenient spot in your house.
- Set realistic goals. You don't have to do three sets of 10 from the start. Doing one set will give you success, and you can build on that success each time.
- Make exercise fun. Add music during the session. Mix it up by varying the content or sequence of the workout. Work on arms and legs one day, and legs and stomach the next.

T3 FITNESS ENERGY™ LAUNCHES RIVERSIDE'S PREMIER FITNESS BOOT CAMPS

T3 Fitness Energy announces the launch of Riverside's premier fitness boot camps and one-on-one personal fitness training. T3 Fitness Energy, in partnership with Tournament House*, offers fitness boot camps six days per week, Monday through Saturday, with both morning and evening classes. Outdoor classes are forming soon. (*Tournament House membership NOT required to attend boot camps.)

"Our boot camps are designed to keep your body in motion for one hour as you move from station to station giving your body various levels of cardio, resistance, strength and flexibility training. We mix it up—keep it fun—and keep you coming back to see what's in store next time. With your boot camp packages, you can kick-it by attending as many classes as you'd like per week," says Christi MacNee, CPT, owner and president of T3 Fitness Energy.

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Campers are encouraged to create their own *T3 Fitness Energy teams* with friends, co-workers, family members and neighbors. Through their referral program, campers can earn free camps and paid referral fees as team leaders**. *Lunch Crunch Mini-Boot Camps™* will be launched early 2009 (pre-register online now to save your space) and will be offered as 35-40 minute sessions during lunch time for businesses located in and around the City of Riverside. Indoor and outdoor classes will be offered with access to Tournament House locker-room facilities. (**Process patent pending.)

T3 Fitness Energy also offers customized, one-on-one personal fitness training at two locations: private fitness studio at 1326 Muirfield Road; and at Tournament House, 6250 Brockton Ave., Riverside. Contact MacNee at (951) 789-0059 or email trainer@T3fitnessenergy.com.

Visit the website at T3fitnessenergy.com for boot camp days and times, and to view package pricing for camps and personal training packages.



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