



PEACE & JOY DURING THE HOLIDAYS *with Front Door Fitness* December '10

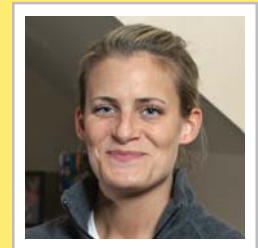
FDF Trainer Tip **WORK OUT A WAY TO KEEP YOUR PEACE & JOY!**

With the HOLIDAYS in full swing, you're most likely finding yourself dealing with some extra stress. While many put their physical fitness on the back burner this time of year, NOW more than ever is a time when keeping your FITNESS GOALS in check is important. **Exercise** is essential for maintaining your **health**, your **weight** and your **sanity!** Here are a few tips to keep your spirit and weight in check over the holidays!

- 1. Officially Schedule Exercise Into Your Calendar.** It's just too easy to let workouts slide this time of year – plug all your workouts into your calendar for the next 2 months, and don't let anything interfere.
- 2. Drink a glass of Water between your Calorie-Filled Beverages.** Eggnog, lattes, mochas all have one thing in common: they are packed with hundreds of empty calories.
- 3. Use Healthy Ingredients.** Your holiday meal will taste & feel better when you seek out fresh, organic and low fat ingredients. Go to www.eatingwell.com for amazing healthy holiday recipes.
- 4. Develop a Strategy.** The best way to NOT gain weight over

the holidays is to approach them with a plan. Write down 3 ways in which you plan to avoid weight gain this year and tell a friend.

5. Take part in the Front Door Fitness December Live Fit Challenge! Keeping up with your exercise programs and watching your calorie intake will not only make you feel better, but will be the best gift you can give yourself and your loved ones!





MEET KRISTIN
FDF TRAINER
Western Illinois University
Kinesiology, NASM


December Live Fit Challenge

BUY A PERSONAL FITNESS GIFT THIS WEEK!

SAVE TIME & STRESS with FDF's 5 GREAT FITNESS GIFTS Under \$59 to promote a **HAPPY** and **HEALTHY LIFESTYLE!**

 **Foam Roller** - Regardless of whether you're a conditioned athlete or spend hours at your desk, you're likely to experience muscular tightness in your back, neck, or legs. A foam roller is your best self-treatment option to quickly relieve Muscular Pain & Tightness. It's convenient, economical, and remarkably effective. **TKO 36" Foam Roller \$29 Amazon.com**

 **Travel Yoga/Exercise Mat** - Some of the top-rated yoga mats can weigh nearly 10 pounds -- not ideal for toting around. This reversible travel mat weighs just over a pound, and it folds easily to tuck into a tote bag or suitcase. **Gaiam Reversible Eco Travel Mat \$25 Gaiam.com**

 **Heart Rate Monitor** - These fitness gadgets tell you if you are exercising at the right intensity to strengthen your heart and lungs, as well as monitoring the calories you are burning. **Timex T5G971 Unisex Sports Personal Heart Rate Monitor Watch \$46 Amazon.com**

 **Running Gloves** - Outpace the cold, keep your fingers warm, dry and frost-free. Dri-FIT fabric wicks sweat away from the skin to help keep hands dry and comfortable. Reflective stripes help enhance visibility in low-light conditions. Key pocket provides secure, easy storage. **NIKE Lightweight Running gloves, GX0040-046 \$9.00 NIKE.com**

 **Personal Training** - Front Door Fitness is offering a **Special Holiday Package – 1 Week of In-Home Personal Training for \$59!!** Don't miss this **SPECIAL 5 Day Deal!**

CONTACT FDF
(913) 384-4077
FrontDoorFitness.com
START LIVING FIT TODAY!



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Life is busy, especially around the holidays. This makes it very hard to find time for fitness...unless it comes to you. Save yourself or a loved one the hassle of fighting traffic, weather & crowds to get to the gym. Give us a call and we will get you started with our super convenient service.

DON'T MISS OUT...Special FDF Offer Expires in 5 days!
913.384.4077 or info@frontdoorfitness.com