

# HOMEBOY FITNESS:

www.homebodyfitness.biz

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SPORTS NUTRITIONALIST

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## GETTING STARTED:

**S**o you want to get in shape but you don't know where to start. You look in the mirror and say, "I can do this, but how?" Well, you are right; you can do this. Once you get the desire and passion to change your body, you are on the road to success. What is left is the know-how, and that is where a personal trainer comes in. We take you from start to finish, and have fun and work hard along the way. It is a journey, and with the right education and motivation you can do anything that you put your mind to. *Remember, even if you are on the road to success, you can get run over if you are standing still.*



## MONTHLY SUCCESS STORY:

**A**fter being overweight for 20+ years and being over 60 years old, I never thought it would be possible to lose weight. Then I met Jason. His superb motivation and encouragement skills have helped me to push through the plateaus and set backs, and to never lose heart. Well, I did lose something...over 60lbs!

**Arlie** -- Humble, TX

### FITNESS CHALLENGE!



Coming up in January we will be holding our 2nd annual Fitness Challenge where you can lose weight and win up to **\$500!**

It consists of before/after pictures, an essay, and a 3month time period to make the greatest change of your life. You will receive a fitness journal and 1 hour free with a personal trainer.

You do NOT have to belong to a gym or purchase any personal training to be involved, though discounts will be given for those who enroll in the challenge!

So grab a friend and be prepared for what the new year will bring you

Call 832.445.4674 or visit our website, [homebodyfitness.biz](http://homebodyfitness.biz) for more info.

 Don't forget your loved ones this Holiday Season...   
Help them get on the right track for their life & give them a

**Gift Certificate!**

**GET STARTED TODAY:**

CALL US AT 832.445.4674

ALSO VISIT US ON THE WEB AT

[WWW.HOMEBOYFITNESS.BIZ](http://WWW.HOMEBOYFITNESS.BIZ)

Please make sure to check with your physician before starting any exercise regimen.

## NUTRITION TIP:

~~HAPPY HOLIDAYS ‡ 20lbs~~



**H**ow would you like to enjoy your holidays, but skip the guilty feeling when it is all over? HOMEBOY FITNESS is here to help in ways that are whole lot easier than you think!

### Tip #1: Eat beforehand

This way you don't arrive starving and your cravings will have less of a hold on you. You can't create more room by starving yourself and you will tend to gorge when you arrive if you do.

### Tip #2: Eat what you want

Go for your favorites first. Many of us like to eat the things that we don't love first, and then we still want to eat the things we love after we are already full. Start with what you like so that you can stop when you are full and don't feel like you missed anything!

### Tip #3: A Taste is just a Taste

Just take enough for just one to two bites. This way you can taste a little of everything, no depravation, and you leave some for the rest of the family. Also, depending on the size of the party, you might not even have to worry about getting seconds--there won't be any! Allow your family and friends to take care of the temptation for you!

### Tip #4: LEAVE THE LEFTOVERS

Leave them there! Try to avoid taking home any remnants of the party. Otherwise, you are only taking the temptation home with you! Also, be careful of how much you keep around your house. Don't bake cookies if you know you are about to go to a party, and if you have to bake just cook half the batter at one time and refrigerate the rest. Less gets cooked, less gets eaten, and there's less work to be done when you want some next time.



## EXERCISE TIP:

With all the Christmas specials on t.v. you will have plenty time to add this exercise to your day. The core side bridge is an excellent, time saving exercise for your whole body.. Lay on the ground on your stomach in a push up ready position. Instead of pushing up on your hands, you are going to rest on your forearms. Make sure your elbows are directly under your shoulders. Grip your stomach to keep your body straight. Now, turn on one side so that you are now balancing on one forearm (just like you were sleeping on your side, but propped up). Hold this position for an extended amount of time. Rotate back to the front and repeat to the other side. Make sure you breathe! Increase the time on both sides each workout to add intensity. The key is to keep your body straight and everything off the floor except your forearm and the sides of your feet. Have FUN!