

**CLASS NOTES:** By now we are sure you are aware that each class gets a bit tougher. If any of the exercises are too much, please be sure to take a break or ask us for a modification. Our eyes are the only eyes that are watching what you are doing, the rest of the class is focused on themselves.



Also, if you have any pains or strains, let us know, we can always modify or give you a different exercise. We would rather have you here doing what you can than not here at all!!!

Remember, this is our expertise, we are not simply drill sergeants. We both have extensive training in anatomy, physiology, medical exercise and post-rehabilitation training. Use our knowledge to compliment your fitness.

One final note, we will always start our class right on time and will make sure to finish on time as well. Don't worry if you are running late, just come join us for warm-ups. Even if you miss half of the class – you will still get a great work-out!



**NOW OPEN: August Session Now Open for Registration**

We have just opened up the next Mr FIT and MissFIT sessions. Remember classes are limited to 20

people, so if you would like to keep going register here:

[http://changeofpace.com/missfit\\_register.html](http://changeofpace.com/missfit_register.html)



### **TRAINER TIP: Get Seven Hours of Shut-eye for a Healthier Mind and Body**

A full night's sleep is not a luxury — it's a basic necessity for healthy hormone balance. Once you dip below seven hours a night, you are increasing your risk of diabetes, cancer, heart disease, stroke, depression, and obesity.

Some researchers believe that slow-wave sleep — the deep, dreamless sleep that you ideally sink into about three or four times a night — may actually regulate your metabolism. Sleep researcher break down sleep into five stages. Stage 4 slow-wave sleep, which begins about an hour after we fall asleep, is when we release our greatest pulses of growth hormone, the hormone that prompts the body to burn stored fat. When we're young, we spend about 20 percent of our time asleep in slow-wave stages 3 and 4. But as we get older, we may only spend about 10 or even 5 percent there.

Sadly, just two nights of bad sleep will cut your satiety hormone leptin by 20 percent and increase your hunger hormone ghrelin by 30 percent. That one-two punch makes you much more likely to snack on high-carb treats, which couldn't come at a worse time for your insulin levels. In a recent study, University of Chicago researchers found that just three nights of poor sleep made the bodies of young, healthy test subjects 25 percent less sensitive to insulin. This level of insulin resistance is comparable to that brought on by carrying 20 to 30 extra pounds.

In order to block fat-storage hormones and allow the full release of fat-burning hormones, you need to get at least seven hours of sleep a night!

See you this week!

Lisa and Jen