

SEPTEMBER 1, 2018

# September Newsletter

Check out what Body by Obona has been up to!!



# Fitness Tips

## Resistance Training



Resistance training is simply a form of training in which you're working against some type of force that "resists" your movement. Most people are familiar with weightlifting, but there are other kinds of activities that fall under the heading of resistance training, including bodyweight exercises, dragging sleds, running with parachutes, and even movement in water.

Let's talk about the basics:

1. Choose the right exercises: Some exercises are better—way better—for building muscle than others. Choose moves that are multijoint in nature. That means an exercise is a better choice if movement is occurring at two or more joints.
2. Wait At Least 48 Hours Before Repeating A WorkoutSome newbies might be stunned to learn that resistance training does not build muscle. Rather, it actually begins a process in which muscle building can occur in the presence of sound nutrition and adequate rest. It's the initial stimulus that begins a chain of events that causes the muscle to repair itself and make itself stronger the next time you hit the gym. Shortchange any of these factors, and you compromise your gains.
3. Control The MotionRegardless of whether you're using a light or heavy weight, control the motion. Here's a good way to perform your reps: Inhale and hold your breath as you lift the weight in a strong and forceful manner, exhaling only over the top portion of the movement. Then lower the weight under control as you breathe in. Reverse direction smoothly at the bottom position, never bouncing the weight at the bottom. It will become second nature with time.

Learn more at:

<https://www.bodybuilding.com/content/beginners-guide-to-resistance-training.html>

## \*\*CLIENT FORUM Weekly Schedule\*\*

All Live classes are listed in **RED** and are **EST** time zone

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Motivational Monday			Testimonial Thursday		Stay-Fit 10am	Weigh In (Bi-Weekly)
	Zumba 8pm	Zumba 8pm	Zumba 8pm	Zumba 8pm		Live Meal Prep w/Tanya (Bi-Weekly)
FFZ 9pm	FFZ 9pm	FFZ 9pm	FFZ 9pm	Freedom Friday (Time To be Announced)		Finding Hope 60m

### Description Of Classes

**Motivational Monday :**

Designed for clients to kick start their week with heavy inspiration. So post your before/after photos, Progress pictures, Inspirational videos, Etc, as long as its motivational, Monday is perfect.

**Testimony Thursday:**

This is the day where you post your testimony. Any hardship, struggle, battle, or war you've fought and won. Let's hear about it. Your story can/will motivate the next person who may be in the cusp of a similar situation and hearing your victory may give him/her the confidence they need.

**Freedom Friday:**

It's SHOWTIME!!! Live Class!!! Beginners/New comers this is for you. It's a fitness class that will be hosted by Obona or an Event Host. Class is Open to all

**Stay-Fit Saturday:**

Fitness class with Stacie that will range from 45-60 minutes long. Class Open to all.

**FFZ:**

Designed under the O-fit theme, the goal is to alleviate the obstacles of getting to the gym but still getting a TOTAL BODY workout. Experience 45-60 mins of high-intense exercises geared to rid your body of unwanted fat, burn calories and build endurance. All while in the comfort of your home.

**ZUMBA Tone:**

Latin and Hip Hop music Zumba tone is a interval training dance class using more traditional fitness moves for a more athletic, conditioning-style workout. Any level of fitness can participate and dance the calories away.... Contact Angie or Rose for detailed information.



# Nutritional Tips

## Take it to the Next Level



### 1. TRY NOT TO SKIP MEALS

One of the worst mistakes you can make on the journey to achieving your fitness goals is to eat too little or even skip meals entirely. It's the wrong approach for long term weight management and/or weight loss. Like a car, your body needs fuel to run. One approach to ensuring you have the energy you need and not encountering spikes or drops in blood sugar levels is to spread out your meals throughout the day and include nutrient-rich foods such as whole grains, healthy fats and oils, and lean protein.

### 2. OPT FOR PROTEIN POST-WORKOUT

Protein is critical for repairing and building muscle after a workout. Protein-rich foods include eggs, tuna, lean meat, soy, dairy, nuts, grains, and beans. Incorporating these foods into your post-workout meals can have a positive effect on your muscle growth. You should also focus on

distributing your protein intake evenly throughout the day for maximum muscle stimulus.

### 3. DRINK PLENTY OF FLUIDS

Make sure to drink enough not only during your workout, but throughout the entire day. In the case of dehydration, your muscle cells can no longer be provided with an adequate supply of oxygen and nutrients, which can be disastrous for athletes. But how much fluid does our body actually need? The basic rule of thumb is:  $35 \text{ ml} \times \text{kg body weight} = \text{ml fluid per day}$ . If you engage in moderate or intense physical activity, you should consume an additional 0.5 to 1 liter of fluids. Drink before you feel thirsty. That way you have more energy throughout the day and can prevent fatigue and headaches before they occur.

# Recipes

## Buttery Herb Roast Turkey



- 2 stalks celery, cut in 3-inch pieces
- 2 medium carrots, cut in 3-inch pieces
- 1 medium onion, coarsely chopped
- 10 lb turkey, rinsed and patted dry or Turkey breast
- 1/2 cup I Can't believe its not Butter
- 1 tbsp chopped fresh thyme
- 2 cloves garlic, finely chopped
- 2 tbsp lemon juice

### Instructions:

- Preheat oven to 425. Arrange celery, carrots, and onion in bottom of large roasting pan; set aside.
- Season turkey, if desired, with black pepper or Mrs Dash seasonings; set aside.

- Combine butter thyme, garlic and lemon juice in a small bowl. Starting near cavity opening, gently loosen the turkey skin. Spread 1/2 of the spread mixture under the skin over the breast, legs and thighs, then spread the remaining mixture over the outside of the turkey. Set turkey on top of the vegetables in roasting pan.
- Bake 30 minutes. Reduce oven temp to 375 and loosely tent with aluminum foil. Bake an additional 2 1/2 hours or until meat thermometer inserted in thickest part of thigh reaches 180.
- Remove turkey to serving platter and cover with foil. Let stand 20 minutes before serving.

Get more recipes at:

<https://bodybyobonallc.com/recipes>

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