

Richly Rewarding Living

Your Monthly Newsletter For Maximizing Life's R.O.I.™

"The more you put into it, the more you get out of it"

For Clients and Friends of Personally Fit

The Life Of Your Eyes & How To Keep 'Em Healthy

Our eyes are a truly amazing piece of 'equipment'. Your eyes are your body's most highly developed sensory organs. In fact, a far larger part of your brain is dedicated to your vision than those of hearing, taste, touch, or smell combined!

We tend to take our eyesight for granted...but when problems arise we do all that we can to get our vision back to normal. Here's some basic info that you need to know about your eyes, common issues and diseases, and how to keep 'em healthy.

Anatomy of an Eye

"At the front of each eye lies the cornea, a rounded bulge that allows light inside. That light passes through the pupil, a transparent space in the center of the colored iris. Behind the pupil is the lens, which is connected to the zonules (ligaments that tighten and slacken to focus). Light goes through the lens and hits the retina, the tissue at the back of the eye, which sends a message through the optic nerve to the brain, telling it what you're looking at."

Eyes At All Ages

When you're born, the lenses inside your eyes are generally crystal clear and flexible, and the ligaments connected to them are strong.

Did you know that the eye grows during childhood? The length of the eye (from front-to-back) elongates nearly one-third between birth and age five, and the volume of the eye nearly doubles! As we age, the lenses become less flexible, and the ligaments are not as effective. Your eye shape, which is genetically determined, may mean that you need corrective lenses.

Into your 40s you begin to lose your ability to focus up close, this is called presbyopia. This is because the lenses are getting harder and the ligaments are weakening. Even if you've always had perfect eyesight, you'll probably need reading glasses around this time.

50s and beyond...The lenses continue to harden, and you may need stronger corrective lenses or even bifocals (which are lenses that have two prescriptions built into them). You are also at greater risk of developing an eye disease.

Common Vision Problems

Nearsightedness & Farsightedness—These issues have to do with the way the eye brings images into focus on the back of the eyeball, where 10 layers of delicate nerve tissue make up the retina. Images that do not focus on the retina will appear blurry. The further away

BIG NEWS IN A SMALL BOX

- ◆ New Transform Your Life class starting in March! Call (903)240-6207 to schedule your phone interview.
- ◆ IMPACT class starts in March and will be held at 9:30am, Monday, Wednesday, Friday. Visit www.ImpactLongview.com for more information.
- ◆ Adventure Boot Camp - Longview's only all women boot camp - kicks off its 26th camp on February 8th. New participants are welcome to join at any time. For more information visit www.PersonallyFitBootCamp.com
- ◆ Personally Fit will be teaching Physical Education at St. Mary's starting February 9th.

What's The Deal With The Title?

When I was trying to come up with a name for this newsletter, lots of stuff went through my head onto this page. But nothing grabbed me until I hit on the title/subtitle you see now. Because I think it sort of encompasses what I view as my role in your life: *helping you really get the most bang for your buck. Helping you grab this bull by the horns and take it for a good, long, fun and rewarding ride.* My hope is that, just like any friend, I can positively impact your life, and not just through exercise and nutrition, but also with stimulating and entertaining information. I'm certainly far from perfect, and have my moments of doubt and frustration like everyone, but I look at it as a privilege and an honor to have the opportunity to make my life, and to help make the lives of those around me, as good as they can be - as rewarding as they can be. But ultimately, *it all comes down to what we put into it, right?* The more we put into life, the more we get out of it. Return On Investment (ROI). The more we exercise, eat right, love, laugh, strive to accomplish goals, have fun *and really LIVE*...the better we feel, the better we are! **It is the immutable law of life: you get out of it what you put into it.** So that's why I chose this title.

images focus from the retina, the blurrier they appear.

Nearsightedness (doc's call myopia) affects about 40% of the population. The condition runs in families and affects men and women equally, usually appearing in childhood and stabilizing in the 20s.

Farsightedness (or hyperopia) is the opposite of nearsightedness. Children often outgrow mild farsightedness as they mature and the eyeball reaches adult size.

Astigmatism—Nearly two-thirds of the eye's focusing power occurs along its front surface or cornea. The normal cornea should have a semi-spherical contour, similar to a soup spoon. With astigmatism, the central cornea is not symmetrical or uniform.

Astigmatism often combined with nearsightedness or farsightedness, occurs when the cornea has a non-round curvature—more like a teaspoon. Because of that, the eye lacks a single point of focus. People with astigmatism may have a random, inconsistent vision pattern, where some objects appear clear and others blurry.

Astigmatism is usually present from birth but is typically not recognized until later in life. Most astigmatism is fully correctable. It neither improves nor worsens over time.

Color Blindness—is most commonly a disorder of the retina's light-sensitive photoreceptor cells, which respond to different colored light rays. We have two kinds of photoreceptors—Cones and Rods—each produces a pigment that respond to specific colors of light. Color vision is affected if those pigments are absent, defective, or if they respond to the wrong wavelengths. Color perception problems occur more often in men, afflicting 24% of the male population. It is extremely rare for someone to be totally colorblind, able to see only shades of gray.

Common Eye Diseases

Cataracts—These form when the lenses of the eyes become cloudy. Your eye becomes like a window that is frosted or yellowed. More than 20 million Americans have cataracts. The most common type of cataract is related to aging. In an age-related cataract, the center of the lens gradually hardens and becomes cloudy occurring gradually over a period of years. If you begin to notice your vision blurring, visit your eye doctor for an exam, cataracts are a common cause of vision loss, but they are treatable.

Glaucoma—Glaucoma damages the optic nerve fibers (the part of the eye that carries the images we see to the brain), causing blind spots to develop. If the entire nerve is destroyed, blindness results. This disease affects more than 2 million people in the U.S. and is a leading cause of blindness. Early treatment can often prevent loss of sight. Regular eye examinations by your eye doctor are the best way to detect glaucoma.

* WebMD.com & EyeCareAmerica.com

Five Tips for Keeping Your Eyes Healthy & Protecting Your Vision:

Taking care of your eyes and getting regular examinations can prevent many leading causes of eye diseases and vision loss. Here's a few things you can do to protect your eyes at any age:

- ◆ **Protect Your Eyes From The Sun**— Like your skin, your eyes never forget UV exposure. Studies show that exposure to bright sunlight may increase the risk of developing cataracts and age-related macular degeneration, leading causes of vision loss among older adults. Select sunglasses that block ultraviolet rays. Don't be deceived by color or cost. The ability to block UV light is not dependent on the darkness of the lens or the price tag.
 - ◆ **Prevent Eye Injuries** - Approximately 1 million eye-related injuries occur in the U.S. each year. Ninety percent of these injures could have been prevented. Keep a pair of protective glasses, with 'ANSI Z87.1' marked on the lens or frame, around the house. Wear them when playing sports, mowing the lawn, working on your car, or when working with chemicals.
 - ◆ **Take a multivitamin**— A National Eye Institute study showed that supplements with antioxidant vitamins C and E, beta-carotene, and the minerals copper and zinc slowed the progression of advanced macular degeneration in high-risk patients.
 - ◆ **Elevate Your Heartrate** - Some studies have indicated that aerobic exercise can decrease the pressure inside the eyes, helping reduce the risk for glaucoma. Aim for three 30-minute workouts a week—walking, jogging, using a cardio machine, or taking a class at the gym.
 - ◆ **Eat dark, leafy greens.** Spinach, kale, collard greens, and other deep-colored vegetables contain lutein and zeaxanthin, two carotenoids that have been associated with reducing the risk of developing cataracts and macular degeneration. Try to eat two servings a day.
- ◆ **Crunch on carrots, too.** Carrots, as well as pumpkin and butternut squash, contain beta-carotene, a carotenoid that may help keep eyes healthy.

Did You Know?

We offer a variety of fitness and nutritional services here at Personally Fit, including:

- ◆ **Rapid Results Nutrition**
- ◆ **Adventure Boot Camp for Women**
- ◆ **Sport Specific Training**
- ◆ **Couples and Trio Personal Training**
- ◆ **IMPACT Classes**
- ◆ **Trasform Your Life Program**

For a complete listing of services visit our web site:
www.LongviewPersonalTrainer.com
Or just give us a call and we'll mail you an info-pak!
(903)663-0246

REFERRAL REWARDS!!!

I'd much rather pay you with free personal training sessions or lavish gifts than pay for advertising. Just refer us a friend, co-worker or family member who becomes a client and you WIN! **And the more you refer...the more you win.** There's no limit to my gratitude! Just tell the person you refer to use your name when they call or come in, and **we'll roll out the red carpet for them.** Seriously, we have a red carpet and we're not afraid to use it 😊.

Before



After



CLIENT OF THE MONTH

This month's client of the month is...

Jaleesa Hatchett

Congratulations!

Every month we choose one client who has done something exceptional and reward him or her with a **FREE Personal Training session**

Watch for YOUR name here in a coming month!

Be Inspired!

“Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.”

~ Michael Jordan

Jaleesa lost 8 lbs, 2.4% body fat and 5.1 lbs. of fat in less than 5 months!

Way to go Jaleesa!

Valentine's Day Trivia: Cupid's Numbers

180 Million - Number of Valentine's Day cards exchanged annually, making Valentine's Day the second-most popular greeting-card-giving occasion (this figure excludes the packaged kids valentines!).

1,330 - number of different cards Hallmark has specifically for Valentine's Day.

50% - Nearly half of all Valentine's Day cards are purchased in the six days beforehand.

2.2 Million - The number of marriages that take place in the U.S. annually, that's more than 6,000 a day.

73% of people who buy flowers for Valentine's Day are men. 15% of U.S. women send themselves flowers on Valentine's Day.

110 Million—approximately how many roses will be sold and delivered with a three-day time period, the majority are red roses.

And don't forget, if you have any questions or concerns about your health, we're just an email or phone call away. We're here to help, and don't enjoy anything more than participating in your **lifelong good health**. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email or call with your question and I'll do my best to address it in an upcoming issue (or with you personally).

I'd love to hear from you.

chris@personallyfitbychrishill.com (903)240-6207



DO YOU KNOW THESE PEOPLE?

Welcome New Clients!

Here are the new clients that became members of our fitness family this last month! We'd like to welcome you publicly, and wish you all the best!

Staci Martin - (Referred by **Jamie Barber!** Thanks!)

Steve Bodenheimer - (Referred by **Nicole Bodenheimer!** Thanks!)

Shirley Bratton - (Referred by **Carla Szafran!** Thanks!)

Kenton Goodman - (Referred by **Carmela Davis!** Thanks!)

We would also like to welcome **Brad Steele, Marcy Smith, and Austin Watkins!**

THANK YOU! THANK YOU! THANK YOU!

SPECIAL HEALTH BULLETIN:

Feeling Sluggish? Need A Pick-Me-Up?

Finally, A Healthy Alternative to high calorie, high volume energy drinks.

Midterms. Back-to-back meetings. Big games. Life gets busy sometimes. When it does, you can be left feeling run-down. In fact, the Natural Marketing Institute reports that 75% of consumers are concerned about issues relating to energy and vitality. It's no surprise, then, that sales in the energy market reached \$8 billion in 2008, according to the *Nutrition Business Journal*. The problem with many energy drinks, however, is that they're not exactly healthy. The question is: What are you putting into your body?

SOLUTION

Get going with Shaklee Energy Chews and get the healthy edge you're after. Scientifically formulated Shaklee Energy contains ingredients that deliver an effective boost to help energize your body, sharpen your mind, and improve your mood. Tasty, pocket-sized Shaklee Energy Chews contain a powerful and unique blend of natural caffeine from green tea, L-theanine, and L-tyrosine to help promote focus and alertness, plus energy-releasing B vitamins and bone-supporting vitamin D. And unlike many other energy products, Shaklee Energy Chews do not contain artificial flavors, sweeteners, added preservatives, or extra calories that can weigh you down. Stay charged when you need it most. Get focused for a long night of studying. Power through a tough workout.*

Healthy Edge = Healthy Energy + Smart Focus Energy for Every Day

Shaklee Energy is formulated with the right ingredients to help energize your body and support alertness, focus, cognitive function, and mood. It's a great blend to help get your mind and body ready for action!*

Take them now, later, or whenever you want to boost your energy and help sharpen your focus. With ingredients such as natural caffeine from green tea, energy releasing B vitamins, and key amino acids to support cognitive function, Shaklee Energy Chews are perfect during times of increased mental and physical exertion. They're great for students who need an extra boost during a long night of studying, individuals who need a quick pick-me-up at work, or busy moms and dads who are always on the go.

Shaklee Energy™ includes:

- ◆ Key nutrients such as energy-released B vitamins, immune-supporting vitamin C, and bone-building vitamin D
- ◆ Key amino acids L-tyrosine and L-theanine—associated with mental alertness and focus
- ◆ Natural caffeine from green tea—associated with energy and performance
- ◆ 75% organic ingredients
- ◆ No gluten
- ◆ All natural sweeteners
- ◆ All natural flavors

Energy for Sports Performance*

Shaklee Energy Chews contain ingredients scientifically proven in controlled studies to boost sports performance. Power through that tough workout or get focused for the big game without filling up on calories that can weigh you down the way some energy products do. These individually wrapped, pocket-sized chews allow you to customize your intake so you can get what you need to get energized and ready for action.*

Feel energized...Get focused...Think clearly...Stay awake...
Stay Alert...Improve your mood

Shaklee Energy Chews

**** 10 Servings \$18.10 MN****

Members save 10% off the SRP.

Call (903)663-0246 or email chris@personallyfitbychrishill.com to order now!



"Seeing The World Through Rose-Colored Glasses"

Dear Clients and Friends,

Well, not *literally*. But February's going to be a great month, so why not!

Our New Year over here at Personally Fit is getting started off right. As we mentioned last month, we have an optimistic outlook for the new year ahead of us. And we've got all kinds of great things happening over here. New programs, classes, upcoming events, more great client success stories (see inside), and new clients joining us to achieve their new year's resolutions. If you haven't seen us in a while, I encourage you to stop in and see what's new. Join us and take charge of your health and fitness this year!

On another note, we've got another great issue of the monthly newsletter here for you. This month, we're talking about eye health. When your looking at your health as a whole, your eyes are certainly apart of it. We've pulled together some really useful information for you about the life of your eyes, common issues, common diseases, and some tips for protecting your eyes and keeping them healthy.

For this Valentine's Day, instead of buying a box of chocolates or candy hearts, 'gift' your valentine with the certificate below. It's good for 2 personal training sessions or they can come with you for two buddy workouts. The gift of health and fitness will last much longer than a sugar buzz!

To You Health,

Chris Hill

P.S. And, as always, certainly let us know what you think, by emailing us at chris@personallyfitbychrishill.com

Referral Rewards: Win free sessions or lavish gifts for your referrals. Be sure to print your name as "Referred By" We'll "roll out the red carpet" for your referrals and treat them like royalty!



\$ Can You Put A
Price On Looking
& Feeling Great?

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Guaranteed Results Personal Training & Boot Camp
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\$ Can You Put A
Price On Looking
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Gift-A-Friend...Bring-A-Friend

Gift a friend of yours with this Certificate good for **1 free personal training session** .
Or bring your friend with you (please call ahead to let us know)
for a free buddy workout!
We'll roll out the red carpet and treat your friend like royalty!

Referred By: _____ Friend's Name: _____

Gift Certificate Expires: 2/28/2010