

# 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*

## Sleep...The Missing Link

You've been working hard to get in your exercise sessions and eat a healthy balanced diet, but are you still feeling a bit sluggish? Don't have the energy to greet the day with enthusiasm? Hit a plateau on dropping those last few pounds? What are you missing?

### Diet, Exercise...And SLEEP

It may be as simple as having a regular schedule of good nights' sleep. Adequate sleep is necessary for healthy functioning. Research shows that sleep regulates mood and is related to learning and memory functions. When we sleep well, we wake up feeling refreshed and alert for our daily activities. Sleep affects how we look, feel and perform on a daily basis, and can have a major impact on our overall quality of life.

### What happens when you sleep?

To get the most out of our sleep, both quantity and quality are important. When we are sleeping, our bodies follow a pattern of alternating REM (rapid eye movement) and NREM (non-rapid eye movement) sleep throughout a typical night, in a cycle that repeats about every 90 minutes.

NREM is about 75% of the night; during this stage we are relaxing, our breathing and heart rate slow, our body temperature drops, we begin to fall asleep and move toward the deeper sleep. During this stage, the blood supply to the muscles increases, hormones are released, such as growth hormones, allowing for tissue growth, repair, and development (especially in the muscles). Also happening during this stage is our energy levels are restoring.

REM sleep accounts for about 25% of the night. During this stage, we are in deep sleep, where our body becomes fully relaxed and our muscles are shut off. While the brain is active (and typically dreaming) during this stage, this is the

## BIG NEWS IN A SMALL BOX

- Transform 2 class ends April 9th. The 4 ladies participating have lost over 100 lbs. In 90 days, stay tuned next month to hear their stories.
- Longview's women only Adventure Boot Camp starts April 19th. Find out how you can experience this program for as little as \$4.95 per class.
- Check at our youth sport specific training schedule at [www.PersonallyFitPerformance.com](http://www.PersonallyFitPerformance.com).

### *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.

sleep stage that will support our daytime performance and function.

If our sleep is cut short, the body doesn't have time to complete all of the phases it needs for muscle repair, memory consolidation, and release of hormones regulating growth and appetite.

Here are a few key benefits of regular good night's sleep:

- **Learning and memory.** Sleep helps the brain to commit new information to memory.
- **Metabolism and weight.** Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates and by altering levels of hormones that affect our appetite.
- **Safety.** A lack of sleep contributes to a greater tendency to fall asleep during the daytime. These lapses may cause falls and mistakes such as medical errors, air traffic mishaps, and road accidents.
- **Mood.** Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness. Too little sleep can also leave you too tired to do the things you like to do.
- **Cardiovascular health.** Serious sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat.
- **Disease.** Sleep deprivation alters immune function, including the activity of the body's killer cells. Keeping up with sleep may also help fight cancer.

### How much sleep do you need?

There's no 'magic number' here. Different age groups need different amounts of sleep and sleep needs vary by individual. Here are the recommended 'rule-of-thumb' ranges:

- Teens (11-17) 8.5-9.25 hours
- Adults 7-9 hours
- Older Adults 7-9 hours

To determine how much sleep you need, it's important to assess your own individual needs and habits. See how you respond to different amounts of sleep, pay close attention to your mood, energy levels, and health after a poor night's sleep, versus a good one. Determine how often you get a good night's sleep, if it's not often, then you may need to consider changing your sleep habits.

*Check out the Quick Tips for ways to get better sleep.*

## Quick Tips To A Good Night's Sleep

*8 Tips to Get Better Zzzzzz's....*

1. **Cut Caffeine.** The effects of caffeine can take as long as eight hours to wear off. So if you drink a cup of coffee or soda in the afternoon and are still tossing at night, caffeine might be the reason. Cutting out caffeine at least four to six hours before bedtime can help you fall asleep easier.
2. **Avoid alcohol as a sleep aid.** Alcohol may initially help you fall asleep, but it also causes disturbances in sleep resulting in less restful sleep.
3. **Relax before bedtime.** Stress not only makes you miserable it wreaks havoc on your sleep. Develop some kind of pre-sleep ritual to break the connection between all the day's stress and bedtime. These rituals can be as short as 10 minutes or as long as an hour.
4. **Keep your bedroom quiet, dark, and comfortable.** Use earplugs, window blinds or curtains, set the temperature between 68-72 degrees—everything possible to create the ideal sleep environment.
5. **Eat right, sleep tight.** Try not to go to bed hungry, but avoid heavy meals just before bedtime. And avoid any specific foods that you know cause you trouble, such as spicy foods that cause heartburn.
6. **Avoid napping.** While a nap sounds like a good idea after a long day, napping can only make matters worse if you usually have trouble falling asleep. If you do, keep it brief, between 15-20 minutes.
7. **Keep pets off the bed.** Allowing pets to sleep with you can cause you to wake during the night, either from pet movements or allergies.
8. **Avoid watching TV, eating, and discussing emotional issues in bed.** These activities can wire up your brain, making it difficult for you to fall asleep.

*(WebMD.com "Sleep Guide")*

### 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**
- ◆ **Transform Your Life Program**

For a complete listing of services visit our web site:  
[www.LongviewPersonalTrainer.com](http://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 ☺.

## CLIENT OF THE MONTH

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

# Mary Margaret Adkinson

### 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!

*In the past 4 months, Mary Margaret has lost 12 lbs, 2.5% body fat, and 7.4 lbs of fat! Way to go Mary Margaret!*

**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)663-0246**



### **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!**

### *Mike & Kegan Allen*

*And returning members: Debbie Oberthier, Stephan Tarpley, and Janet Porter.*

**THANK YOU! THANK YOU! THANK YOU!**



### **Planet Earth Factoids**

#### Did You Know?

- Earth is 4.6 billion years old. 200 million years ago Earth had only one land mass.
- Surface area is 197 million square miles, about 70% of the Earth's surface is covered with water.
- The average temperature at the Earth's core is estimated to be between 5000 and 7000 degrees Celsius.
- 11% of the Earth's surface is used to grow food.
- It takes sunlight 8 minutes and 3 seconds to reach Earth.
- The coldest temperature ever recorded was -129 degrees Fahrenheit at Vostok, Antarctica in 1983.
- The lowest dry point on Earth is the Dead Sea in the Middle East which is 1300 feet below sea level.
- The most abundant metal in the Earth's crust is aluminum.

### **Be Inspired!**

*"If you have an hour, will you not improve that hour, instead of idling it away?"*

**~ Lord Chesterfield**

## WARNING: Read This Before You Pick Up Another Household Cleaner

### Did You Know?

- Over **90% of poison exposures** happen at home with household products.
- Common chlorine **bleach** is the **#1 household chemical involved in poisoning**.
- Organic pollutants, found in many common cleaners and even air fresheners, have levels **2 to 5 times higher inside your home** than out.
- Common cleaners give off fumes that can potentially increase **the risk of kids developing asthma**, the most common chronic childhood disease.
- A person who spends 15 minutes cleaning soap scum off shower walls **could inhale 3 times** the 'acute one-hour exposure limit' for glycol ether-containing products (set by the California Office of Environmental Health Hazard Assessment).
- **1 in 13 school-aged children has asthma**. Rates in children under five have **increased more than 160%** from 1980-1994.
- Animal poisoning exposure cases totaled over 131,000 in 2005 with dogs accounting for 89% of the cases.
- If your home is anything like the average U.S. home, you generate **more than 20 pounds of household hazardous waste** each year (the EPA designates toilet cleaners, tub and tile cleaners, oven cleaners, and bleach as hazardous waste).

### Do you have toxic waste in your home?

Some food for thought—There are over 75,000 chemicals registered with the EPA and less than 20% of them have been tested for toxicity.

### Toxic ingredients you should know

- **Sodium Hydroxide:** Causes 75% of all caustic injury to the esophagus of kids under 5 years old; can cause burns in tissues, chronic skin irritation; irritation to the respiratory tract; liver & kidney damage. Found in—Chlorox Clean-Up Spray; Soft Scrub Liquid Gel; Lysol Toilet Bowl Cleaner; Comet Cleanser with Bleach; Clorox Bleach Pen; Tide Ultra Liquid.
- **Hydrochloric Acid:** Can cause severe damage to skin and eyes; throat irritation even when exposed briefly and at low levels; linked to reactive airways dysfunction syndrome (sounds like asthma to me). Found in—Lysol Toilet Bowl Cleaner; Lime-A-Way Bowl Cleaner; Febreze Laundry Odor Eliminator.

### Shaklee's Get Clean™ offers you cleaning choices that are **SAFE, POWERFUL, GREEN, and SMART.**

Because when it comes to keeping your house clean and the earth safe, you shouldn't have to choose. When you use Get Clean, you're never simply cleaning. While you make your home cleaner, you can make your family healthier. You also make the planet healthier for other families as well.

### What's In Your Get Clean Starter Kit?

This multitasking set is all you need to start cleaning your way to a healthier home. It's an amazing value that lets you make a positive impact on your budget as well as a positive impact on our planet.

#### Products Included In Your Kit:

- Basic H2 Organic Super Cleaning Concentrate
- Basic H2 Organic Super Cleaning Wipes
- Nature Bright Laundry Booster/Stain Remover
- Scour-Off Heavy Duty Paste
- Hand Wash Concentrate
- Dish Wash Concentrate
- Automatic Dishwasher Concentrate
- Fresh Laundry Liquid Concentrate
- Soft Fabric Concentrate
- Soft Fabric Dryer Sheets
- Hand Wash Decorator Dispenser
- Automatic Dishwasher Dispenser
- Nature Bright Dispenser



#### PLUS Everything You Need To Use The Products:

- Spray Bottles (2)
  - Windows and Mirrors
  - All-Purpose
- Basic H2 Dispenser Bottle
- Pump for H2 Bottle (2)
- Laundry Measuring Scoops (2)
- Dual Measuring Spoon
- Cleaning Accessories (4)
  - Super Microfiber Cleaning Cloth
  - Super Microfiber Window Cloth
  - Super Microfiber Dish Sponge
  - Super Miracle Scrubber Pad
- Get Clean Caddy Organizer Kit



**EVERYTHING** You Need To Clean Your **ENTIRE** Home for **MONTHS** (powerfully, safely and with **NO Toxic** chemicals)...  
**ALL** for just \$135.45



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