

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 Power of Protein

Protein is essential to the growth, repair, and maintenance of all body tissues. It is also required for making enzymes - catalysts essential to all life processes, and hormones - powerful chemical messengers that circulate through your bloodstream to specific target cells, where they generate a wide range of biological responses. It also helps your body maintain fluid and electrolyte balance, provides a source of energy, and helps your body fight off disease. These are the powers of protein!

These powers are made possible by eating adequate amounts of protein from a variety of lean meats, fish, and poultry, as well as soy and milk, which supply the body with amino acids, the basic building blocks from which the body can make its own proteins.

Not All Protein Is Created Equal

Foods provide about 20 different amino acids, of which more than half are considered to be 'nonessential.' In other words, the body can make them for itself. However, nine other amino acids are considered 'essential,' meaning the body is unable to make them on its own. And unlike the carbohydrates and fats we consume, amino acids are not stored in the body. Therefore, the body must rely on a constant and steady supply from the protein-rich foods we eat every day.

So what are the best sources of dietary protein? And is there a difference between animal and vegetable sources? Well, it is true that not all dietary protein is created equal. It really is the protein quality of your diet that, in large part, determines how well a child will grow and develop and how well an adult will maintain his or her health. Put simply, high-quality proteins provide enough of all the essential amino acids needed to support the body's work, and lower-quality proteins don't. Two key factors that influence protein quality are the protein's digestibility and its amino acid composition. Protein digestibility is a measure of the amount of amino acids absorbed from a given protein intake, and amino acid composition refers to the simultaneous availability of all the needed amino acids from a food we choose to eat. In general, animal-sourced proteins (meat, fish, poultry, eggs, and dairy) are considered high-quality proteins, as is soy, a vegetable-sourced protein. However, other vegetable proteins tend to be of much lower quality and are often referred to as 'incomplete' proteins because they do not provide all the essential amino acids the body needs. Incomplete proteins can come from fruits, vegetables, grains, and nuts.

BIG NEWS IN A SMALL BOX

- ◆ IMPACT (Intense Mixed Accelerated Cross Training) is coming in January. This is a coed group based fitness program that uses a mixture of resistance training, high intensity intervals, flexibility, and nutrition to get you in phenomenal shape! Chris Hill just became a certified IMPACT instructor (the only one in East Texas)!
- ◆ TRANSFORM SEMINARY ON NOVEMBER 5TH AT 6:00PM. Come listen to Chris Hill as he shows how his new Transform program can get you in the best shape you have ever been in, and it only takes 90 days! Go to www.LongviewRegional.com to register.
- ◆ Longview Regional and Personally Fit partner together to offer Corporate Wellness programs!
- ◆ Zumba classes now at Personally Fit. Zumba is Latin style aerobic dance class that is guaranteed to enhance your calorie burn. This class is offered on Tuesday and Thursday mornings at 9:00am at Personally Fit Performance.

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.

- ◆ **Health Benefits:** When most of us think about the health benefits of dietary protein - its role in bodybuilding comes to mind, and rightly so. No new body tissue can be built without it. However, research also suggests that the intake of high-quality protein in the context of an overall healthful diet may also have positive effects on our body weight and body composition as we age, as well as play a role in the prevention of chronic diseases such as heart disease, certain types of cancer, and osteoporosis.
- ◆ **Weight Management:** Studies have shown that achieving a healthy weight and maintaining that weight can help add years to your life, and scientists believe that dietary protein may play an important role in weight management.
- ◆ **Age-Related Muscle Loss:** After about age 40, most adults will lose anywhere between 0.5% and 1% of their skeletal muscle mass each year. And in the early years, this gradual loss may go unnoticed because it might be masked by a concurrent increase in body fat. However, chronic muscle loss or what is known as sarcopenia is estimated to affect about 30% of people over age 60 and may affect more than 50% of those over age 80. Insufficient protein intake in older adults can contribute to a loss of muscle, and although the optimal amount of protein to prevent or offset the progression of sarcopenia has yet to be established, research findings suggest that protein intakes modestly above the present recommended dietary allowance of 0.8 grams per kilogram of body weight per day (i.e. 1 gram per kilogram of body weight per day or higher) enhance muscle mass in older adults who regularly perform resistance exercise. Protein intake in older adults also appears to have a more beneficial effect when consumed within an hour or so of resistance exercise. Emerging research also suggests that dairy protein, especially whey protein, may minimize sarcopenia because of its high concentration of leucine, an amino acid known to stimulate muscle protein synthesis.
- ◆ **Cardiovascular Disease:** One concern that has been raised about the trend in high-protein diets for weight loss has been that eating diets high in protein and fat, and low in carbohydrate, would harm the heart. However, recent research findings suggest that if done in a healthy way, eating a little more protein, especially vegetable protein, while cutting back on refined carbohydrates may actually benefit the heart.

How Much Protein Is Enough?

Although no one-size-fits-all answer exists for that question and research on the topic is still emerging, the current recommended dietary allowance for protein is 0.8 grams per kilogram of body weight per day for healthy young adults. That comes to about 62 grams of protein a day for a person who weighs 170 pounds. Although growing children, pregnant women, nursing mothers, and older adults may need a little more (1.0-1.3 grams per kilogram of body weight), getting the minimum daily requirement of protein is fairly easy. Cereal with milk for breakfast, a peanut butter and jelly sandwich for lunch, and a piece of fish with a side of beans for dinner adds up to about 70 grams of protein. —>

Hot Health & Fitness Tips

For Maximum Results In Minimum Time!

8 Fat Busting Tips!

Lose the fat permanently with these eight easy changes.

1. Replace all liquid calories with water and real brewed tea (green, black, or white—no fake prepackaged junk—and go light on the sweetener).
 2. If you bite it, you must write it—record your intake either by hand in a journal or on an online journaling source.
 3. Stay positive—always remember progress, not perfection. This way you will continue to make progress and not get stuck on the little things.
 4. PLAN AHEAD—sit down one day for 30 or so minutes and plan your meals out for the week ahead. This will allow you to make the best choices.
 5. Eat more fruit and veggies. Add 1 piece of fruit and 1 vegetable each day, and build on that each week until you're eating upwards of 5+ servings daily.
 6. Focus on quality, not just quantity. Calories do matter, but an apple and raw nuts for about 250 calories is much different than a 16 oz soda for the same number of calories. "Fill up" on nutrients, not junk foods.
 7. Stick to foods that have no more than 5 ingredients. Max. HINT—you won't find it with prepackaged foods, so leave those on the grocery store shelf.
 8. MOVE MORE—structured exercise is great, but you can't just be "an active couch potato."
- You should be moving for 30-60 minutes per day. Play with the kids, walk the dog, get up from your desk regularly and walk around. Movement is necessary!

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**
- ◆ **Zumba Classes**
- ◆ **Corporate Wellness**

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

Review your goals daily, commit to these habits, and you'll virtually guarantee success for life!

—>It's also important to pay attention to what comes along with the protein in your food choices. An eight-ounce broiled porterhouse steak is a great source of complete protein-54 grams worth. But it also delivers 44 grams of fat, 16 of which are saturated. Saturated fats raise blood cholesterol, and high blood cholesterol increases the risk of heart disease. On the other hand, a cup of cooked lentils has 18 grams of protein, but less than one gram of fat.

Vegetable sources of protein, including soy protein beverage mixes, are also an excellent choice and many also provide healthful amounts of other essential nutrients such as fiber, vitamins, and minerals. The best animal protein choices are fish and poultry. If you are partial to red meat, such as beef, pork, or lamb, stick with the leanest cuts, choose moderate portion sizes, and make it only an occasional part of your diet.

CLIENT OF THE MONTH

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

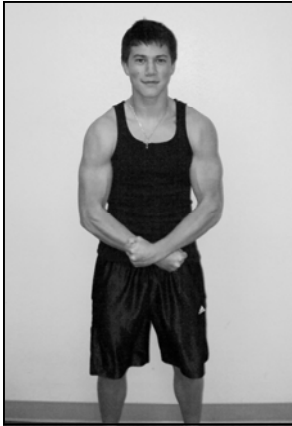
Mason Liu

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!



Mason Liu

**Lost 1.3% body fat
and gained 24.7 lbs.
of muscle in just 10
months!**

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



*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!

Evelyn Gor - (Referred by Jane Guillory, Susan Nix, and Rebecca Melton! Thanks!)

Alec Pack - (Referred by Colton Kincy! Thanks!)

We would also like to welcome Jason & Ethan Edwards, Katy Mayben, and Katy Mooney.

THANK YOU! THANK YOU! THANK YOU!

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 ☺.

Local Business of the Month

Every month I share one of my local favorites!

It'll Do Deli is November's business of the month. The building may be small, but this deli is making a big splash by going back to the basics. They have fresh grilled sandwiches and frozen yogurt with only 8 calories per serving. Their prices are so affordable, they've even been featured on KLTV's Cheap Eats. The atmosphere is friendly, the owners personally prepare each order, and you can enjoy a nice day eating outside listening to music from the 1940's and 50's.

It'll Do Deli

411 E. Marshall Ave.

Longview, TX 75601

(903)753-6000

www.itlldodeli.com

ADVENTURE BOOT CAMP

5:30 - 6:30am, Monday - Friday

**8:00 - 9:00am, Monday, Wednesday
and Friday**

5:15 - 6:15pm, Monday - Thursday

Visit

*www.PersonallyFitBootCamp.com
to register.*



Tantalizing Trivia Test

“What’s Your Turkey IQ?”

1. When was the first Thanksgiving celebration?
2. Where was the first turkey domesticated?
3. What great American statesman lobbied to make the turkey the national symbol?
4. Which state produces the most turkeys annually?
5. How fast can wild turkeys run?
6. Approximately what percentage of American homes eat turkey on Thanksgiving?
7. What is the name of the skin that hangs from a turkey’s neck?
8. Which president attempted to move the Thanksgiving holiday to the first Thursday in November to create a longer Christmas shopping season?

Answers: (1) 1621 (2) Mexico and Central America (3) Benjamin Franklin (4) Minnesota (5) 25 mph (6) 90% (7) wattle (8) Franklin D. Roosevelt

Be Inspired!

“The only way of finding the limits of the possible is by going beyond them into the impossible.”

- Arthur C. Clarke



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Inside On Page 3...

Our new ‘Local Business of the Month’ section.

Very, very cool!!!

Inside This FUN Issue of Richly Rewarding Living...

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*Client of the Month...*Page 3

Would you like to live a longer, healthier life? Here’s the secret...

Special Insert

Here’s Your Newest Issue of Richly Rewarding Living. Open and Read Now to See if You Are The Client of the Month!

«AddressBlock»

SPECIAL ANTI-AGING BULLETIN:

Wouldn't You Like To Live A Longer, Healthier Life? Here's the 'secret'...

Exploring longevity is truly the ultimate quest, and researchers are spending billions of dollars to unlock the secrets to living longer. In laboratories around the world, researchers are attempting to slow down the aging clock. The biological changes related to aging may start as early as birth, leading to a gradual loss of bodily function through changes at the cellular level. Emerging research reveals we may be able to influence these biological aging processes in positive ways. This has to do with how efficiently cells repair and replicate themselves, which can affect your health, well-being, and the aging process in various ways. In fact, cellular activities that may lead to aging are occurring on a daily basis.

There are four key mechanisms for cellular aging:

- ◆ **DNA DAMAGE.** Every cell in the body is bombarded daily by up to a million DNA-damaging assaults that can harm the cell's genetic database, creating a 'typo' that may compromise cell function and longevity.
- ◆ **GENETIC REGULATORS.** Genetic regulators contribute to age-related cellular deterioration by controlling the dynamic balance between damage and repair, including whether a cell will live or die.
- **DECLINING CELLULAR ENERGY PRODUCTION.** Mitochondria in our cells create energy we can't live without. As mitochondrial efficiency decreases, cell function declines.
- **ACCUMULATION OF AGE PROTEINS.** Excess accumulation of Advanced Glycation End Products (AGE) can cause cellular damage that can compromise cell integrity and longevity.

THE SOLUTION: A REVOLUTIONARY BREAKTHROUGH

Shaklee, the number one natural nutrition company in the U.S., is on the forefront of this emerging scientific research, and our scientists have designed a way to create a unique polyphenol blend with ingredients shown in laboratory studies to fight cellular aging.

As a result, Shaklee has developed the world's best anti-aging supplement.* One of its key ingredients, resveratrol, has been referenced in over 2,500 research publications, including studies conducted by Harvard University, the National Cancer Institute, and the National Institute on Aging, part of the National Institutes of Health.

The name of this remarkable new breakthrough dietary supplement is Vivix™ Cellular Anti-Aging Tonic, and Shaklee has filed patent applications to protect this unique and exclusive blend of polyphenols. Developed after years of research by Shaklee Corporation, Vivix is the world's best anti-aging supplement and it is all natural with no artificial colors, flavors, sweeteners, or preservatives.

THE SHAKLEE DIFFERENCE

3,000 Glasses of Red Wine: A 30-day supply of Vivix delivers the equivalent amount of resveratrol found in 3,000 glasses of red wine. One daily serving delivers the equivalent amount of resveratrol provided in 100 glasses of red wine.

10X More Powerful: In laboratory studies, Vivix ingredients have been shown to be 10 times more powerful than resveratrol alone at slowing the formation of AGE proteins.

Exclusive to Shaklee: The most complex product in Shaklee history, Vivix took years to develop—first to create and isolate a unique profile of polyphenols shown in laboratory studies to fight cellular aging, then to develop a patent-pending extraction process to harness the polyphenol profile of one of the key ingredients, and finally to secure the entire output from the largest and best growers in the world. These comprehensive product development steps make these cellular anti-aging benefits available exclusively to you.

All Natural, Patent Pending: Multiple patents have been filed to protect this innovation. No artificial flavors, colors, sweeteners, or preservatives have been added.



VIVIX™ BENEFITS AT A GLANCE

FIGHTS CELLULAR AGING & MORE*

In Laboratory studies, VIVIX ingredients were found to:

- Help protect and repair cellular DNA
 - Positively impact genetic regulators
 - Promote mitochondrial biogenesis
 - Slow AGE protein formation
- VIVIX Ingredients also*:
- Supports heart health and cardiovascular function
 - Supports brain health
 - Supports immune function
 - Supports joint health
 - Promotes cellular longevity
 - Supplies antioxidants; fights free radicals
 - Increases cellular energy

How Much Would You Pay For An Extra 25 Years?

Available ONLY from Shaklee

VIVIX is not in stores. It is **ONLY** available through Shaklee. You won't find it anywhere else. Its unique patented formula is a Shaklee exclusive.

*** 30-Day Supply Only \$85.00***

(*Member Pricing*; \$100 SRP)

PLUS Save an additional 10% with auto-ship!

For just \$2.83, you get all of the cellular anti-aging benefits from the key ingredients found in 1 serving of VIVIX—AND support joint, heart, brain, cardiovascular, and immune health.
All for less than a fancy cup of coffee!

Call (903)663-0246 to order now!

"We Here At Personally Fit Are Thankful...For YOU!"

Dear Clients and Friends,

Welcome to another issue of our 'Richly Rewarding Living' newsletter. As always, we're here to keep you up-to-date on the latest fitness, health, and wellness information, separate the fact-from-fiction, and help you get the most out of your health lifestyle.

Boy, time flies when you're having fun! It's already November - and the season of giving thanks. And what are we thankful for this month? YOU!

We here at Personally Fit are thankful for our ability to work as a team to truly impact peoples' lives—*your life*. We are thankful to have you as a part of our 'family.' You give us the opportunity to do what we are passionate about and to assist you in reaching your health and fitness goals.

Each and every one of our clients are special, because of your commitment to yourself, as evidenced by the tremendous, sometimes amazing results you've achieved with our help. In some cases you'll even go the 'extra mile', spreading the good word to others in the community about what we do by referring your friends and family (enabling us to continue helping more people). And for you we are grateful.

In each issue of our monthly newsletter, we recognize a client who has done something exceptional and reward you for it as well. Throughout this season, we'll be extending our 'thanks' and gratitude with rewards for your efforts, special deals we've set up within our preferred provider rolodex, and much more.

With sincere gratitude and appreciation,

Chris Hill

P.S. We are also always grateful for your feedback, so 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?

Personally Fit

(903)663-0246

www.LongviewPersonalTrainer.com

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

Kick Start Program

Gift a friend of yours with this Certificate good for a **complete health and fitness evaluation, 3 free personal training sessions, and a Rapid Results Nutrition Consultation for only \$197**. A \$369 value for only \$197!

We'll roll out the red carpet and treat your friend like royalty!

Referred By: _____ Friend's Name: _____