

STRONG

November 2006

minds & bodies



My, how time flies! The holidays are almost here and I have so much to do.

THANK YOU FOR SUPPORTING BREAST CANCER MONTH!

I want to thank EVERYONE who supported my efforts to raise money for breast cancer research. One dollar from every fee collected in the cycling classes held throughout October went to the M.D. Anderson Cancer Center. Together we raised \$115.00!!!

NOVEMBER FOOD DRIVE

November will be devoted to a food drive to help those who are less fortunate than us. Throughout November I'll be collecting non-perishable food items in all of my cycling classes. Additionally, we'll have a decorated box in the training center lobby where you can drop off your donations.

Please be generous during this holiday time.

BOOT CAMP

Boot camp has been launched and our participants keep coming back for more and more! Trish and I invite anybody and everybody to come out on Wednesdays at 6 a.m. for a 45-minute workout that is designed to make you stronger with each session. Contact me for more details.

GIVE THE GIFT OF HEALTH THIS SEASON

A gift certificate for personal training, boot camp or cycling classes is the PERFECT way to show how much you care about a loved one. Contact me for more information.

Dee Dee

Contact Information

Dee Dee Kokontis

Personal Trainer

Florida Fitness Concepts

407-415-0322

1039 N. Mills Avenue

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ddkokontis@cfl.rr.com

Certifications

- AFAA certified
- National Association for Fitness Certification (NAFC)
- National Health Club of America
- Boxing Certified
- CPR Certified
- Johnny G. Spinning® Instructor

**HAPPY
THANKSGIVING**



Food Drive

November will be devoted to helping those who are less fortunate. Please bring any non-perishable food items to any of my cycling classes OR drop your donation off at our decorated box in the lobby of the Training Center.

FYI: Publix has pre-bagged food donations in various sizes ready to purchase.



Heart Monitors

Listen to your heart; and get stronger! A **heart monitor** allows you to train in tune to your body's capabilities.

Check out the monitors, workout clothes and shoes at Track Shack—located right across the street from Florida Fitness.

1104 N. Mills Avenue • 407-898-1313
www.trackshack.com



BOOT CAMP!

Every Wed. @ 6 a.m.
Blue Jacket Park

WHO: Coaches Trish & Dee Dee

WHAT: A boot camp for women and men of all fitness levels designed to make you stronger.

WHEN: Every Wednesday from 6-6:45 a.m.

WHERE: At the fountain in Blue Jacket Park in Baldwin Park off General Rees.

COST: \$15 per person/per session. Monthly packages available.

We meet rain or shine. However, if raining, we'll meet at the Florida Fitness Boxing Center.

Cycling Classes

I lead fun and fit cycling classes for all levels of experience. Bring water to weekday classes. Water and fruit is supplied at Saturday's class. Classes meet in the room located between the boxing center and the personal training area. *Come prepared to have fun!*

DAY	Time	Cost/person
Wednesday, Nov. 1	12:15—1:00 pm	\$8.00
Wednesday, Nov. 8	12:15—1:00 pm	\$8.00
Friday, Nov. 10	12:15—1:00 pm	\$8.00
Saturday, Nov. 11	8:00-9:30 am	\$20.00
Wednesday, Nov. 15	12:15—1:00 pm	\$8.00
Friday, Nov. 17	12:15—1:00 pm	\$8.00
Wednesday, Nov. 22	12:15—1:00 pm	\$8.00
THANKSGIVING, Nov. 23	8:00-9:30 am	\$20.00
Friday, Nov. 24	12:15—1:00 pm	\$8.00
Wednesday, Nov. 29	12:15—1:00 pm	\$8.00

Call or email Dee Dee to reserve your bike:
407-415-0322 or ddkokontis@cfl.rr.com

\$115 Raised for
Breast Cancer
Research!



SINCERE THANKS to everyone who participated in the cycling classes. \$1.00 from every rider in every class was donated to the M.D. Anderson Cancer Center to celebrate October as Breast Cancer Awareness month.

Fitness Factoid

Q: How many cells are there in an adult human?

A: Almost 50 trillion!

Proper Form is Key to a Fun Ride

Experiencing aches and pains while cycling/spinning? Then your form may be askew.

Getting on the bike is one thing, sitting on it properly is another.



The following checklist will get you on the road to a fun ride.

1. If you have shoes with clips, wear them—they increase the benefit gained from pushing and pulling during the ride.
2. Check your seat height. When seated, place your feet on/into the pedals, and move one leg into 6 o'clock position. Your knee should have a slight bend. If the leg is too straight, or bent too much, re-adjust the seat height.
3. Does your seat need to move forward or back? To check for this. Move your leg into 3 o'clock position. Your knee should be right above the ball of the foot to prevent over-extending your knee.

4. Keep your upper body relaxed at all times. If you feel that you are "reaching" too far forward, adjust the handlebars toward you.
5. Your abs should be contracted—this will help support your back.
6. Keep your feet flat. Do not allow your toes to point down at the ground.
7. Resist the urge to lean on the handlebars. Your upper body should be over your knees and thighs.
8. Push AND pull with your legs.
9. Breathe in through your nose and exhale through your mouth.
10. Drink PLENTY of water—1 ounce to every minute of activity.
11. Stretch after the workout. Allow yourself 10 to 15 minutes to cool down and stretch, even if you have to leave the class early.

“The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.”

—Mark Twain, humorist