



## Shape Your Health

*Get You In Shape provides Scientific based, no-hype health and fitness solutions to its clients by delivering outstanding fitness experiences at each session.*

*We accomplish this mission by educating the community  
by delivering results driven programs  
by helping those who want to be helped  
by acting in a manner that brings out the best in others  
by enriching the lives of those with who we come in contact .*

## Is This Sabotaging your Weight Loss?

When it comes to weight loss, the most frustrating experience you can have is to hit the dreaded plateau.

That's when you're doing everything right-eating well, exercising and following everything- to the letter and still can't get the pounds to come off.

Whenever that happens, your hormones could be to blame. They could be sabotaging your fat loss efforts without you knowing it!

See, your body is a highly adaptive organism. It will do whatever it can to preserve the state it thinks is safe. If that means carrying those extra pounds is what is safe then it will release the hormones necessary to keep fat loss at bay.

Those hormones can influence everything from your appetite...your metabolism...and how sensitive you are to insulin. Not surprisingly, all these are critical factors for weight loss.

That's why if you've hit a fat loss plateau despite doing everything right- you may want to get your hormones checked. These days a simple saliva test can give you revealing information about the state of your health in your body. Among the hormones you'll want to check out.

Thyroid- having an underactive thyroid can sabotage even the best weight loss efforts. That's because your thyroid regulates your metabolism ( how much energy your body burns at rest, and while working out). If your hormone profile reveals you have a lazy thyroid, you can easily improve its function naturally.

**Bladderwick** is a kind of seaweed that helps improve thyroid function. That's because it's rich in **L-tyrosine** which is something else that can help. It is an amino acid the thyroid uses to make hormones.



You can find both Bladderwick and L-tyrosine at your local health food store.

**Cortisol**– This is the next hormone you'll want to have checked. Too many people these days have high cortisol levels, which puts a screeching halt on fat-burning. That's because cortisol is the stress hormone, and causes your body to hold onto your fat stores.

Most of us are under chronic stress; whether it's worrying about finances, being stuck in traffic or even our work environment. The result is our body releases a constant stream of cortisol, making fat loss more difficult.

To combat high cortisol levels, exercise is great. So is any meditative practice, like Yoga and Tai Chi. You may want to supplement with **ashwagandha**. It's been shown to be effective at lowering cortisol naturally when taken daily. Vitamin C is also a powerhouse when it comes to lowering the stress hormone.

**DHEA** (dehydroepiandrosterone)- This is the feel good hormone released by the adrenal glands that counters the effects of cortisol. Normally, your body releases DHEA when you're not under stress. It makes you feel good, it improves metabolism and serves as a precursor to the sex hormones testosterone and estrogen.

DHEA declines as you age, and you may not have enough of it if you are under constant stress. In one study, folks who were given DHEA at the Washington School of Medicine, saw a decrease in stubborn belly fat. Always check with your doctor before supplementing with DHEA and have him or her monitor you while you take it.

Hormones play a key role when it comes to weight loss. If you're stuck and have hit a plateau, get them checked. You might be surprised to see what you find!

#### References:

{1} Villareal DT, Holloszy JO. "Effect of DHEA on abdominal fat and insulin action in elderly women and men: a randomized controlled trial" JAMA 2004 Nov 10;292(18):2243-8.

#### Did You Know?

Get You In Shape Fitness offers a variety of fitness and nutritional services, including:

- ◆ Get You In Shape Fitness Boot Camps
- ◆ Get You In Shape Personal Training
- ◆ 24 Day Challenge
- ◆ Corporate Fitness
- ◆ Advocare Nutritional Products

For a complete listing of services visit our web site:

[www.GetYouInShape.com](http://www.GetYouInShape.com)

Or just give us a call and we'll mail you an info-pak!  
(214) 603-8287

## No Excuses!

### 4 exercises you can do Anytime, Anywhere

*Stay fit this summer, no matter what, with these simple-yet- effective bodyweight exercises...*

**1. Pushups.** These are great for toning your chest, shoulders, arms and strengthening your upper body. To do them, lay down on your belly and push yourself up using your palms. Lower yourself and push back up! Your hands should be about shoulder width apart. Look forward, not down ( your chin should be the first part of your body to touch the floor, not your nose.) Doing this helps keep your body straight.

**2. Jump Squats.** These will get your heart pumping and work your entire lower body! Start in a squatting position. Swing your arms behind you and then forward. Let them continue overhead as you jump as high as you can. Return to the starting position.

**3. V Sit ups.** Get ready for a challenge. Sit on the floor with your feet above the ground. Bring your knees into your chest and clasp your hands behind your head. Now, lay back as you straighten out your legs. Keep your feet above the ground, and keep your head and shoulders off the ground as you lean back. Return to the starting position.

**4. Burpees.** If you're up for a challenge, you can combine jump squats and pushups into one killer workout. Start in the squatting position. Swing the arms behind and up overhead as you jump as high as you can. As you land, immediately, shoot your legs behind you as straight as you can into a pushup position and lower yourself. From here, push yourself back up. As you do, bring the legs in by bringing the knees towards your chest. You should now be back in the starting squat position. (Rinse and Repeat! :-)

# Burpees

 0 people like this.



# Client Of The Month

## Jennifer Fariss

Jennifer Fariss is a stay at home mom with twins, Dylan and Kaylan, who has been in Coppell about 8 years.

Before joining Get You In Shape, she had always made it a priority to exercise, so working out was not a new concept for her. The past 3 years, she was staying home with her twins. "Early months with two babies results in very little sleep and not much exercise. Once we got into a rhythm with having two little ones...and started getting the rest we needed, we slowly made our way back to the gym. That left me with little progress though. I needed something DIFFERENT. I was in a rut doing the same thing, day in and day out with NO results. That's not to knock anyone who works out at a gym, I personally just needed someone to tell me to do those exercises I would not likely do on my own...rather than just the same routine on the treadmill or the elliptical." Her sister-in-law had joined GYIS and told her about it. She did some reading online and decided to sign up. "I think at first, I made a 3 month commitment. Since then, I've signed year long contracts. I LOVE it!"



Her first impression was "I can do this". "It was tough, but there were a variety of fitness levels represented. I quickly made friends with some moms of small children. It's definitely a community. Now I consider my 6:30 class regulars to be friends!"

Jennifer is a firm believer in the benefits of Advocare. "I've done the 24 day challenge a couple of times. We use Spark daily. Can't live without it:-). Another tool that helped me was the Biggest Winner Contest... I started using My Fitness Pal to track what I was eating. That really got me into a discipline of knowing what exactly was going in. I also had the good fortune of winning one of the Polar watches during a drawing. I LOVE having a tool that tells me how many calories I burn during a work out. And now that I'm also doing Cardio Club, it's really awesome to see those numbers."

Jennifer loves the trainers at GYIS. Well, who doesn't? "The trainers have our best interests in mind. I genuinely appreciate their eagerness to grow in the knowledge of health and exercise and pass that along to us, as the client. I'm thankful for their willingness to listen to clients and always ask "what can we do to help you?" The ever-changing workouts produce better results and the frequent class times "give you NO excuse to miss."

Since starting the program, Jennifer has lost about 30 pounds, with the biggest loss coming through this year's Biggest Winner contest. "That really gave me the kick-start I needed. I've been able to keep it off, and still continue to lose more. I've made the 3 month commitment to Cardio Club this summer. My first mile time was between 11 and 12. My fastest time came this month at **8:19**. I've been able to get rid of a lot of clothes that are too big. That feels really good, by the way:).

Jennifer would like to tell people "try it for a month, at least. If you do, you will be hooked. They say it takes 30 days of doing something to create a habit... that is definitely what happened with me. It gives me more energy to keep up with 2 active toddlers. I sleep well. I feel better overall. You have to make your health a priority. Period."



## Upcoming Dates

**July 1st** - Start of July Session

**July 2nd** - Summer Slimdown Contest information meeting @7:30pm at the Linder's home

**July 3rd** - Morning and Noon sessions ONLY! No PM sessions due to Coppell Fireworks

**July 13th and 20th** - Saturday Sessions in July (7am and 8am)

**July 27th** - Monthly Community 5k  
**Sept. 29th** - Sprint Triathlon- see or email Julie to participate



## WELCOME NEW CLIENTS

*Get to know these new clients as they take the steps to change their lives!*

Ted Bartley  
Sharon Bartley  
Jenna Bartley  
Nicole Bartley  
Erin Reynolds  
Michelle Solorio

FOR MORE INFORMATION OR TO PLACE AN ORDER

Call Brad or Cynthia Linder at (214) 603-8287  
or email [info@getyouinshape.com](mailto:info@getyouinshape.com)  
to order NOW at great prices!

## Who Else Wants to Lose 20-55lbs in the Next 72 Days?



72 Day  
Contest

### Summer Slimdown Challenge and Contest

The 72 Day Transformation is a coaching program designed to cover everything needed to make lasting changes. You will have a chance to come to a Kick Start meeting in Coppell, July 2nd at 7:30pm

Initial measurements and pictures will be taken to establish a starting point. These must be submitted no later than **Sunday, July 7th**. You will then receive all of the tools necessary to help you reach your health and fitness goals.

Accountability is key to making this program work. You will receive calls, emails, text messages, and have access to a group that you can rely on to make sure you are staying on track.

At the end of 72 days, all your measurements will be taken one final time. The top 5 (five) contestants with the greatest improvement will be selected. The #1 Challenger (it could be you!) will be awarded an iPad Mini. But frankly, that pales in comparison to the reward of achieving your fitness goal!

The official start day of the challenge will start **July 8th** and the final day of the contest is **Monday, September 16th**. All beginning weight measurements and photos must be submitted no later than **July 7th**. All ending weight measurements and photos must be submitted no later than September 16th (we will give you step by step details when you sign up). The top five awards will be announced in the weeks following.

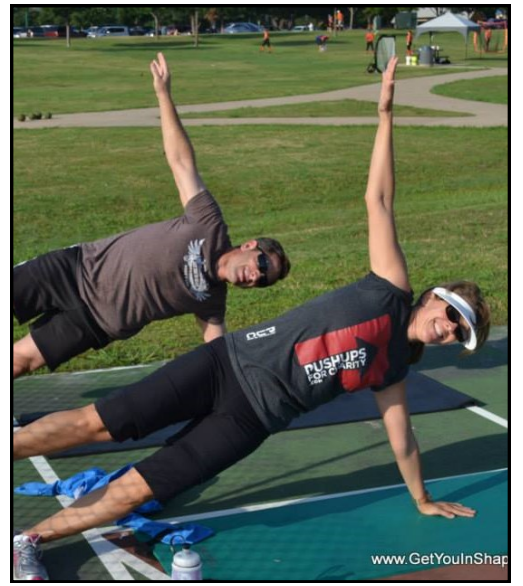
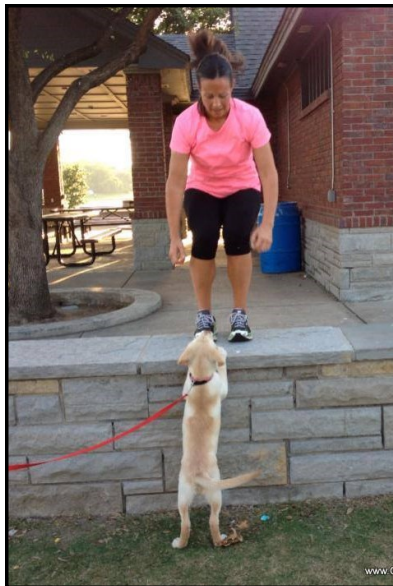
To register go to: [www.SummerSlimdownContest.com](http://www.SummerSlimdownContest.com)

The 72 Day Transformation is for men and women aged 18-80 who want significant, measurable fitness results in just 10 weeks. If you want your best body, best performance, and best health, this is the system for achieving it. You are welcome to tell your spouse and friends about this program and have them apply as well. This contest is only open to participants who purchase the Advocare products through an Advocare Distributor on Brad and Cynthia's team. When you sign up, you will be asked who your Advocare coach is so if you do not put one, we will be contacting you and putting you with a coach that will help you throughout the contest.





# Photos from the Park



**Congratulations to Boot Camper,  
Najah Rayburg and her husband Dennis!**



**Noah George Rayburg**

Born on June 7th at  
3:19pm

7lbs, 10 oz  
19 inches



# Client of the Month

## Meredith Adams

Meredith Adams is a Physical Medicine & Rehabilitation physician who works specifically on spine and musculoskeletal medicine. She is from here (McKinney) and there (Seattle).

She joined GYIS because “Ironically, I developed episodic low back pain and knew I needed to develop and maintain core strength to prevent future episodes.” Before joining, “I never had a problem wanting to be active but was very bored with the more typical visit to the gym and knew it was time to get back to exercising after having 2 kids. I knew within 2 or 3 classes that I had found the answer to my exercise frustration...finally! Being a spine specialist, I also realized early on that the program was conscientious about proper mechanics and that it was well-balanced in terms of strength and cardio.”



Meredith has benefited most from the addition of Cardio Club, “which came for me personally at just the right time in terms of my fitness. I realized I needed to step it up somehow and then here came KTC... The best thing about Get You In Shape is knowing that if I go consistently, I will get a great workout of each body region, as well as progress my cardio, and that it will be done safely and at the appropriate progression. There are other interval training-based programs out there that are unsafe and push clients too hard too soon. This leads to injury which ultimately leads to downtime and discouragement—I hear it every day from my patients. The program is also very encouraging no matter where you are in your fitness level or from where you have started.”

“I lost 7 pounds in my first month of the Get you In Shape program and another 5 in my second month. After five month, I am down 25 pounds.” I joined to improve my core strength and rid myself of back pain and I have noticed unbelievable improvement. I started boot camp nearly 4 years ago and haven't had back pain now for over 3 years. I have lost probably 8 pound or so but have improved my lean body mass significantly so I have decreased in size. When I added Cardio Club, I was initially very tired during the day, but within 6 weeks or so that went away and now I have more energy than ever. I sleep like a rock, too! I have learned a great deal about core strengthening through this journey as well, which has helped me professionally in advising patients.” Her total cholesterol is 27 points lower, her LDL is 30 points lower and her resting heart rate is 15 points lower. “So, KTC and being sore for 4 years has (somehow?!) been good for me. Ha.”

Meredith would tell others that “GYIS is a fantastic program. It is a full body exercise done the right way. It's great to exercise outdoors. It's fun, it's safe and the trainers do a great job designing workouts and motivating clients.



## Happy Birthday, Boot Campers!

*July Birthstone: Moonstone*

*Sign: Cancer*

*Life Pursuits: reassurance and intimacy*



Alison Durkee

Bill Brown

Ellie Halpin

Marina Datsco

Terry Welty

Anu Mudigonda

Christi Rodman

Kelly Ozymy

Russell Cowdrey

Virginia Schmidt

*If we missed YOUR July birthday, please let us know so we can update our records. Happy Birthday to you, too!*

### **Get You In Shape Scholarship Fund**

This new program for 2013 has officially begun! It was mentioned at our Client Appreciation Party and in a few emails before the break.

Through the thoughtfulness and generosity of boot campers like you, we are accepting any donation amount at anytime to support this program. Get You in Shape will and has already matched current contributions. Make check payable to GYIS and be sure to put: *SCHOLARSHIP FUND* in the memo.

Are you needing some financial support to continue with our boot camp program? Maybe you know of someone who is currently in the program or is a past client? Please encourage them to contact Brad or Cynthia. All information is completely confidential. We all know the mental benefits of exercise and being around wonderful people. Contact us!

### **Get You In Shape CORE VALUES**

- **Support:** Create a positive and healthy environment that promotes motivation, encouragement, accountability and inspiration.
- **Integrity:** Each individual has a deep intrinsic value and is always provided the highest level of service.
- **Empower:** Help motivate each client to a life healthy lifestyle so they can pay it forward.
- **Respect:** The human body is a temple given to us by God.
- **Over-Deliver:** Provide a service that goes above and beyond the typical fitness program

# GET YOU IN SHAPE MOD.

Brad Linder  
P.O. Box 1159  
Coppell, TX 75019  
214-603-8287  
[www.GetYouInShape.com](http://www.GetYouInShape.com)  
[www.CoppellFitnessBootCamp.com](http://www.CoppellFitnessBootCamp.com)

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