



Fitness ~ Wellness

15445 METCALF OVERLAND PARK

# Healthblast

11.3.18

Health Tips, Happenings & Recipes



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## BLACK FRIDAY SPECIAL

Who would like to actually DROP a few pounds this holiday season - Even if You're Super Busy - Instead of GAINING the average 4-7lbs?  
I fuse cardio, weights and abs all into one workout... You'll save time by burning fat, toning muscle and getting fit all at once.

Goals are only reached when you **commit** to them, have a plan of action, are clear and concise and you have a roadmap to get there.  
Don't let the next 12months be the same as the last 12 months.  
*Its time to do something about it!*

### || Goal Crushing Package ||

- **UNLIMITED** 30-Minute Private Sessions For Only \$300 / Month\* (Discounted Longer Term Options Available)
- In Depth Goal Setting Strategy

Your Get Sh!t Done Plan	
For the Week of:	
2019 Big Goal:	
Monthly Sub-Goal:	
This weeks mini goal:	
This weeks plan:	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Additional Projects & Tasks for this week:	

## \*\*\*FREE 2-Week Trial\*\*\*

\*Additional Options Available:

3-Month Commitment | \$285 / Month

6-Month Commitment | \$275 / Month

12-Month Commitment | \$250 / Month

|Multi-month commitments will be paid in full prior to starting|

Call or email →  
To Get Started



## Rebooting the Body Part I: Intermittent Fasting

Most people are interested in giving the body a reboot. It could be your old fashioned cleanse, pay the piper with intense exercise after too much booze and brats at the football game on Sunday, or strip some stored body fat through the latest fad diet. There are many tactics, programs, and clinics out there but gimmicks and opinions aside, rebooting the body really is easy and free! In this first edition, I'll quickly discuss IF or Intermittent Fasting, one tool to regenerate, and cleanse the body. In three subsequent Healthblasts I will discuss Calorie Restriction & Time-Released Eating, Autophagy, and revisit Ketosis.

IF is pretty simple folks: don't eat for a while. The best and the easiest way to go about it is to have an early dinner and not eat until the following lunchtime. Giving your body a rest has numerous benefits, but mostly it allows critical functioning organs like your pancreas, liver, kidneys, and intestines to repair themselves, regenerate tissue, flush out dysfunctional cells, and improve function.

To put IF into Turbo-mode, try long walks and Resistance Training on an empty stomach in the morning. Drinking tea with different herbs and plants that target specific organs is also a great idea. Ginger root, licorice root, mint, are always a good start. And as always, ignore whacky supplements and eat real food!

**THINK** POSITIVELY  
*and*  
**EXERCISE** DAILY  
**EAT** HEALTHY  
**WORK** HARD  
**STAY** STRONG  
**BUILD** FAITH  
**WORRY** LESS  
**READ** MORE  
**BE** HAPPY



### Words to Live by...

~Liz Trussell

Exercising can be one of the most rewarding parts of your day. From improving memory to fighting chronic diseases, exercise is truly the magic pill.

You can add excitement to your daily exercise routine by varying one or more of the FITTE (Frequency, Intensity, Time, Type and Enjoyment) principles. For example, instead of your standard pull down, challenge your neurological system by decreasing the weight, increasing the tempo, and alternate your arms while moving in & out of the sagittal and frontal plane.

As much as I love the gym setting, daily exercise does not require equipment. Put on your sneakers, leash up the dog and enjoy the beautiful outdoors. It does wonders for the mind, body and spirit!

**JOIN US!!**

# WE'RE HAVING A FALL PARTY!

## Client Appreciation & Open House

*Wednesday November 14<sup>th</sup>, 5pm*

- Food Provided by your Health-Conscious Fitness Alliance Staff
- Wine - Craft Beer - Coffee

**AND...**

### **The 1<sup>st</sup> Annual Planksgiving Plank-a-thon**

**Longest Plank wins a fantastic gift basket**

**Staff vs Clients: Teams of 5 on 5**



*Fitness Alliance offers a full spectrum of lifestyle strategies.*



**Fitness Alliance 15445 Metcalf**

We have Personal Training options for every budget and to accommodate any time of day.

- One-on-One
- Partner
- Small Group
- Weekly & Flat Monthly Rate for three workouts per week

Give one of us a call to talk options!



### **Personal Trainer Directory**

Bill Leavitt	816-916-7557
Ryan Bell	785-317-3688
Angela Stallings	417-294-4982
Liz Trussell	913-424-6043

### **We Also Do:**

- In-Home Sessions – Equipment Sales
- Corporate Lunch & Learns
- Company Exercise Programs

### **Fitness Alliance**

15445 Metcalf, Overland Park

### **Home Of:**

Johnson Chiropractic, Performance Rehab, Eilates Pilates, Elite Golf, Heather McCoy Massage, Sherri Mayer Photography, Bella Vita Skincare, Restorative Fitness.