



Addie's Presents:

Addie's Studio 8th Annual **REMODEL YOUR BODY™** & 1st Annual **MOVE YOUR BODY** for kids

Benefiting Autism Tree Project Foundation



AUTISM
tree project
FOUNDATION
creating
BRIGHTER
Futures for
children with AUTISM



Reese Merrill

In 2007 Addie's first child Reese was diagnosed with Autism.. Over the last two years Addie's has raised over \$14,000. through it's annual RYB contest. This year the goal is \$20,000. For the first time Addie's has added a "Move Your Body" bootcamp for children ages 5-12 years. While the kids won't be measured or weighed, they will have 7 weeks to have fun working out and moving their bodies in a class next to their parents.

The Challenge: Lose the greatest relative amount of body fat and gain the most relative amount of muscle in 8 weeks

Start Date: April 3rd

Body fat measurements 9-11am at Addie's Personal Training Studio

Boot Camps: Start April 10th– May 27th on Saturday's from 9-9:50am at Kate Sessions park in Pacific Beach.

End Date: May 29th

Body fat measurements 9-11am at Addie's Personal Training Studio

Awards Ceremony: June 5th 12-3pm

The winner will receive a voucher for 12-25 minute personal training sessions at Addies valued at \$720

Who Can Participate? Everyone is eligible. You do not need to be a current (or past) client of Addie's Studio to participate. Encourage family, co-workers and friends to join you this year to lose weight and get moving!

Entry Fee: \$100 per adult (REMODEL YOUR BODY)/ \$50 per child 5yrs.-12 yrs. old (MOVE YOUR BODY)). Entry fee includes body fat measurements (for adults), 7 boot camp workouts, and all the food you can eat at the awards ceremony!

For more info: Don't hesitate to call the studio or check out our website

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addiesstudio.com

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Welcome to Addie's!



Deanna Bond
Rachael Lane
Gail Goldman
Heidi Cassamise
Maggie Holloway
Colette Steele
Stacey Clark
Bobbie Irwin
Nicole Christians
Sandy Shapiro
Don Blaikie
Cathy Frost
Nikki Incandela
Sara Langer

Happy Birthday!



Renee Rosenblatt	March 12th
Ashley Hildre	March 30th
Doris Trauner	April 3rd
Bobbie Irwin	April 13th
Kleanthis X.	April 15th
Connie Ahrons	April 16th
Tom Anderson	April 17th
Erica Penn	April 22nd
Karen Conde	April 26th
Don Hildre	April 30th



Introducing Casey Kirch



Casey is back in San Diego after receiving his bachelor's degree in business administration at Sacred Heart University in Connecticut. Casey has been training clients for 3 years and is a nationally certified personal trainer through NASM. Please take a minute to introduce yourself if you haven't yet met Casey.



Going to the movies

Most of us enjoy going to the movies; and most of us enjoy grabbing a treat at the concession stand. But buyer beware! A medium popcorn and a medium soda can equal approximately 1400 calories and can contain one to three days worth of saturated fat and up to 1500 milligrams of sodium. A healthier alternative? Bring a fruit bar or a small bag of trail mix. If that won't fix your craving, you can bring a normal size candy bar as opposed to buying the king size version at the theatre. If you go for it and get the popcorn and soda— just keep in mind you want to log some extra cardio time that day.

When is a good time to stretch?

By Erica Penn

Just recently in the Union Tribune there was an article regarding the dangers of stretching pre-exercise.

This can be true, but is not always the case. It is absolutely not a good idea to do a static stretch of the hamstrings or quadriceps right before a 5k race or jumping rope. The reason is that it doesn't make sense to stretch and relax a muscle that needs to be prepared for a high energy, high impact workout.

Having said that, static stretching still has it's place, and is still safe to do both before and after exercise.

It is preferable to have your muscles warmed up before stretching, which is why your trainers are always telling you to hop on a piece of cardio equipment for a few minutes before your session starts.

The perks to a pre-exercise stretch are that it can help you get mentally prepared for the upcoming workout as well as continue warming up the muscles.

Post-exercise stretching is more beneficial when it comes to increasing range of motion and decreasing muscle soreness.

The bottom line? Stretching should be a key component of your workout. More important as to when you stretch, is to make sure that stretching is a part of your workout in some capacity.



Addie's
Personal Training
STUDIO

addiesstudio.com