



# Maxwell's Fitness Programs *Newsletter*

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WE'RE ON THE WEB!  
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## Have you hit a plateau?

Most of us who work out eventually hit what is known as a "plateau", a point at which you get stuck and can't seem to get further results. Sometimes it's a plateau with resistance training. For example, you're stuck on 100 pounds on the bench press, and just can't seem to increase the resistance. Sometimes it's a plateau with your weight or body fat. For example, you can't get below 24 % body fat, or lose that last 5 pounds. Why does this happen? Well, sometimes it happens because your body is at the point it's supposed to be, and perhaps your goal was a little overzealous. But sometimes you just have to change something up! When is the last time you changed your exercise routine or added new exercises or sets? Sometimes this is all it takes to take it a step further. Are you pushing yourself as hard as you can during your resistance training? When is the last time you added minutes or intervals to your cardio? You must always challenge yourself. How many days a week are you spending at the gym? How many days a week are you getting your cardio in? When is the last time you took a good, hard, honest look at your dietary habits? The problem often lies there! Keeping a food journal is an ideal way to identify problems with that. If you have reached a true plateau, talk to us about it. We can help you past your plateau. We want you to reach your goals.

## Warm weather is here!

No more excuses! Get outside! Take a walk or jog, ride your bike, walk your dog(s), do some gardening, play tennis, go swimming, play "chase" or other outdoor games with your children or grandchildren, go canoeing. Florida is a beautiful place for enjoying outdoor activity, practically year-round, but especially in the spring. Plus being outdoors affords you the opportunity for fresh air and sunshine (don't forget your sunscreen!). If you plan to stay active outdoors for an extended period of time, make sure you're well hydrated, especially as we approach the hot summer months. But being a Florida resident certainly has its perks, so take advantage!

## Referral Program

Don't forget we have a referral program at Maxwell's! For any person you refer to us who signs up for 10 sessions, you get 10% off your next round of 10 sessions. It's a win-win-win situation (you win, they win, we win)! So spread the word, help make this community more fit, and save money while doing it!

**S-T-R-E-T-C-H** Thursday mornings, 11:30 to noon, work on that flexibility!  
It's a vital component of overall physical fitness. Want more information? Ask Kelly!



## RPE!

What is "RPE"? It stands for Rate of Perceived Exertion, and helps you determine how hard you're working out. It closely correlates with actual heart rate. You should strive for an RPE of 4 to 6, which should put you around 60% to 80% of max heart rate. This will help you to ensure that you're not going too easy so that you get very little out of your exercise, and not going too hard so that you overtrain. The scale looks like this:

- 0 – Nothing at all
- 1 – Very weak
- 2 – Weak
- 3 – Moderate
- 4 – Somewhat strong
- 5 – Strong
- 6 –
- 7 – Very strong
- 8 –
- 9 –
- 10- Very very strong



## Power –VS- Strength –VS- Endurance

At Maxwell's, we train your muscles for any of these 3 things: Power, strength, or endurance. Which one depends on you and your goals. So what's the difference between muscular power, muscular strength, and muscular endurance? Muscular **power** is the ability to move a lot of weight at a high rate of speed. Muscular power is required to throw a football across the field, to perform a high jump, to spike a volley ball, etc. Muscular **strength** is the amount of weight a muscle can lift one time. Muscular strength is required in gymnastics, but overall muscular strength benefits all in that it increases metabolism, improves posture, strengthens tendons and ligaments thereby reducing risk of injury, and reduces the risk of osteoporosis, among many other things. Muscular **endurance** is the ability to move the resistance repeatedly. Muscular endurance is required for distance activities such as running, swimming, cycling, rowing, and daily tasks like gardening or vacuuming. Most people need to work on both muscular strength and muscular endurance for overall benefits. Generally, only certain athletes train for power.



## Good News!

There's good news for each and every one of you! The fact that you work out on a regular basis automatically puts you in a different health level than any person who does not. Research has shown that people who exercise regularly have stronger bones, stronger muscles, stronger joints, improved moods, lower blood pressure, lower cholesterol, lower occurrence of diabetes, lower occurrence of osteoporosis, lower risk of heart disease, reduced risk of certain types of cancer, better weight management, more energy, better sleep patterns, improved immune system, increased mental focus, higher self esteem, improved digestion, increased metabolism, better posture, decreased risk of stroke, less back pain, and LIVE LONGER! Isn't that what it's all about, folks? Need any more reasons to exercise?!?!

