



Phat Fit



“Reconnect with YOU and do the things that make you happy everyday.”

“What is your favourite exercise?”

“Burpees! I love them because at the beginning I could barely do them....I hated them. But as I became more fit, they became easier, so I started gauging my progress on the burpees!”

Christine (so Great!!!)

PHAT FACT: You do it up to 22,000 times a day. Most of us spend our entire lives **BREATHING** the wrong way, which can have some surprising negative effects on our health. Shallow, incomplete breathing can result in lethargy, poor circulation, headaches, anxiety, panic attacks, and other problems. If already angry or anxious, the rapid shallow breaths reinforce the emotions.

Try this...to see if you are a chest breather place your right hand on your chest and your left hand on your abdomen. As you breathe, see which hand rises more. If your right hand rises more, you are a chest breather. If your left hand rises more, you are an abdomen breather.

Why you want to be an abdominal breather...

In deep, abdominal breathing, the upward and downward movement of the diaphragm, combined with the outward and inward movement of the belly, ribcage, and lower back, help to detoxify inner organs, promote blood flow and peristalsis, and pump the lymph more efficiently through the lymphatic system. The lymphatic system, of course, is an important part of our immune systems and has a great impact on our health.

Start by stopping a few times each day and breathe deeply 3 times. Connect with yourself!

PHAT NEWS:

Easter Weekend Workouts are outside!!! Friday 9:30am, Saturday 9am and Easter Monday 9:30 (no workout Easter Monday pm)

Adventure Race Contest Participants have been selected and are presently being notified! Training starts April 11th!!!

New Workout Schedule and location effective Monday, April 19th! We are changing our evening workouts to Tuesday and Thursday night from 6:30-7:30pm. And we are back outside as of the 19th!!! We'll keep reminding you closer to the date. Just wanted to give you a heads up!

BE BRAVE! BE AMAZING! BE PHAT!

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