

Gina Pona-Norton, MAT, NCFE,
Personal Trainer, Fitness Consultant

www.ginaponafitness.com
See my website for my price, class schedule and resume

(314) 650-3571

Classes to Try

Thursday, 6:30pm
Restorative Yoga—St Philips
Church

Friday 11:15am Pilates on the
Ball
Kirkwood YMCA

Friday, 12:30pm, Cardio Blast
Kirkwood YMCA

Saturday, 9am Women on
Weights lv 1-2—South City
YMCA

Saturday, 10m Women on
Weights lv 3-4—South City
YMCA

Web Site of the Month:

www.braingym.org

Definition of Brain Gym:

*Physical exercise which have
neurological developmental
benefits.*

*Brain Gym is about teaching
slow movements which allows
individuals to use more mus-
cles than fast movements. If
you want more info go to
www.braingym.org or contact
Gina Pona-Norton*

Fitness Tips of the Month

Setting Goals For The Holidays

Staying focused during the holidays requires getting into a pattern. I have a few tools to help. You must get into a pattern or schedule. This will keep you focused on achieving your goals throughout the holidays.

First, **state what the goal** is, what you want to achieve this month and you will keep focused. Second, **write down your goal** and you have a 90% greater chance achieving this goal. One of my goals this

month as a trainer is to get clients and students to **drink at least 90z of water during their training sessions.**

Several years ago, I started giving my clients a monthly calendar,

we would plan out 5 to 7 days of training and focus. I have seen tremendous success with this planning calendar and my client

even say it has saved them quite a bit of money, because they learn to be their own Personal Trainer. I have taught my clients that things come up appointments

have to be canceled, however, I motivate my clients to reschedule with themselves. My clients continue to impress me by using this calendar to its' fullest by reminding themselves to drink water an hour before they see me.



Water

There are many reasons why people “rationalize” with them selves, why they do not drink **80z of water 5 times a day.** I hear several excuses, “I will never drink what I should so I just don’t do anything” or “drinking water makes me run to the bathroom all the time.” I am trying to help clients get into a habit and realize that if they keep drinking water most likely they will stop running to the bathroom immediately after drinking. **Once theirs bodies are use to drinking the water the body will then absorb and use the water more**



efficiently. Clients begin to realize that their muscles will perform more efficiently during their workouts, and they will stop getting the afternoon fatigue syndrome if they are hydrated. I see about 40 clients a week, I would say 30 of them come to training sessions dehydrated. I am happy to say most people are getting better, however, constitutently, the dehydrated clients are still experiencing fatigued much faster than hydrated clients.

If you would like more information about how to make your workouts more productive and learn more about the benefits of water contact me at ginapona@ginaponafitness.com or (314) 650-3571.