



# The “Health” of The Union Address

According to the NIH, 60% of the population is considered obese. That should not be shocking, considering we are the birthplace of fast-food, drive-up ATM's and 700 cable channels to chose from. Why is this such a problem? Because we are now leaving the hefty medical price tag for the future.

As a nation who is interested in growth and prosperity it is certainly reflected in our waistline. When does this stop? That is where this newsletter comes into play.

As Exercise Specialists and Health Coaches we will address

real wellness issues with sound principles and common-sense. These solutions may not be what people want to hear, but they have been on the back burner for a long time. Being in the health and fitness industry for a combined 20 years, we have seen things come and go, but some hold true.

Fitness is not just about exercise anymore, it is about education. Education about nutrition, sleep, and stress all play a role in our lives. Our job in part is to expose fallacies and give common sense answers to your concerns

and others like them, giving them the forum they deserve.



Jennifer Wrightington

## What Is Functional Exercise Part I ?

The “Functional Exercise” concept is the new “buzz” in the fitness industry, yet we have been doing this all of our lives! It is a way of training that utilizes all systems in the body. Functional Training is more in

tuned with how the body should be working, IN ALL PLANES OF MOTION! To illustrate this concept we will use the ancient history of farming and hunting. We as primal people had to do functional exercise in

order to get our next meal. If we could not **Pull, push, twist, squat, lunge, or bend** we would end up as someone's next meal. As a society we have progressed into a “sitting” nation. We must stop

- *Special points of interest:*

“Health of The Union Address”

What is Functional Exercise?

Why is Posture So Important?

What Personal Training Can Do For You

Why is Coffee Bad For You?

- Tip For A Healthier You

## Why Is Posture So Important?

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You have seen it at the gym, you have seen it at work and most importantly you yourself may be experiencing this phenomenon. What is you ask?

**BAD POSTURE!**

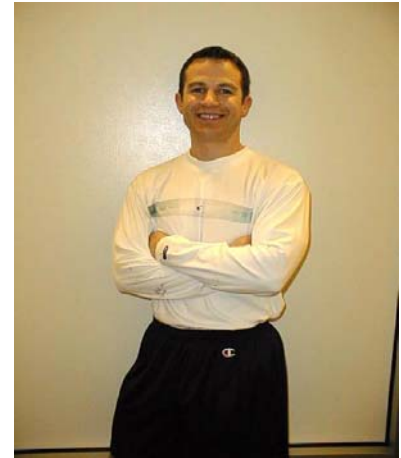
Who would've though it has such a direct correlation with our workouts and injuries? It surely does. I call this the "Letter C Syndrome"

The implications of poor posture run rampant. Work ergonomics are usually the culprit, perpetuated by commuting to work and poor work out posture! (Don't forget sitting on the couch watching T.V.!)

The alignment of our spines need to be ideal if we are to expect efficient range of motion in our exercises. If we are not doing this we run the risk of injury as well as teaching our bodies poor posture. As an

exercise culture based wholly on aesthetics, we exercise usually in one plane of movement. Examples would be your bench press, bicep curl and abdominal crunches from a flat surface. These movements then perpetuate bad posture and in time we are going to experience cervical spine injuries and even a dowager's hump. No body wants a dowager's hump especially at the ripe age of 40. (Hence the Letter C Syndrome!)

How do we combat this epidemic? We must be conscientious of our form and be aware at all times of our posture especially when we are **not working out**. After all we are in the gym for only 5-7 hours a week. It is the other hours outside of the gym that we have to guard against poor posture.



Keith Wrightington, CSCS Certified, Owner of FITWRIGHT Health and Movement

## What Personal Training Can Do For You

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Personal Training today is something more of a specialized field of expertise. Training can give you more for your money than previously thought. Being a CPT through the National Academy of Sports Medicine as well as the National Strength & Conditioning Association, the

FIT-Wright staff appreciates the finer details of a routine for the

client. It is not just about the reps, sets and "Will I look good in three months?" Personalized nutrition and postural assessments are all taken into consideration to make the clients routine tailored to meet their needs. This gives them the tools to enjoy their life outside the gym.

We hope to play a role in their fitness future by passing onto them the knowledge which will be a vital role to their health and well being.

## Why Is (Commercial) Coffee Bad For You

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The coffee bean has had an illustrious life for thousands of years. The coffee bean is one of the most traded commodities next to crude oil. Coffee itself has a long and interesting history, yet we perceive it as an afternoon pick-me-up or a kick start to our day. So why is it so bad for our health? Coffee in of itself is not that bad for you as long as it is not abused

(just like everything else, moderation, moderation, moderation). It is the processing which it undergoes that turns this natural product into a health hazard. Did you know that the coffee bean is the most highly sprayed bean on the planet? Did you know that it is sprayed with the top 12 deadliest chemicals in the world? Chemicals which the United States has banned.

However, we sell those very chemicals such as DDT/Agent Orange to European companies who then sell those same chemicals to third world countries to continually spray on their crops.

This java has been intoxicated with these horrific chemicals in order to grow these beans faster for our consumption.

# Why is Coffee Bad For You continued

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There is a way to fight back however, we must buy shade grown varieties of coffee. What is that you ask? Shade grown coffee uses the canopy of the rain forest in order to grow the beans without using the use of chemicals. Because it takes 3 years for the bean to grow to true fruition, the farmer uses the other amenities of the forest for survival. If we do not support his crops, he will be overrun by the sun-grown coffee Mongols who will buy him out and destroy the forest to grow their chemically induced beans. These poor farmers are only making 3 dollars a day, and that is a good day. If we do not support his

crops these hand harvested bean will be forced to merge with the chemicals and pesticides. Slowly, but surely the shade grown farmers are being pushed into using these chemicals. Mostly, by the big 3 Coffee companies Nestle, Kraft Foods and of course Starbucks. They are then promised a certain amount per pound for there precious beans. Which they may get, yet it is at our expense now. We are drinking aromatic DDT. So please support fair trade coffee and enjoy chemical free!!

That is why it is absolutely necessary to demand fair trade organic coffee. Though Starbucks' is the leading coffee purveyor, you must ask for

fair trade organic coffee for your order. It does not come standard. We must act with our conscience and our wallet when it comes to our health

## TIPS FOR A HEALTHIER YOU

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DO NOT EAT PAST 6:00 P.M.

INCREASE YOUR PROTEIN INTAKE

INCREASE YOUR GOOD FAT

EAT LIKE A KING FOR BREAKFAST, A QUEEN FOR LUNCH AND A PAUPER FOR DINNER.

WHEN HAVING CARBOHY-

DRATES INCORPORATE FAT or PROTEIN

AVOID PROCESSED FOODS!!

We will give more tips in the next newsletter, this is just the tip of the iceberg! Stay tuned for our next newsletter

## THE INSIDE STORY OF FAT!!

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I love fat. Why do I love fat? Because over the course of 5 years while researching the good deeds of fat, I have actually kept my weight off and enjoyed myself while doing it. Granted, I did gain 22 pounds with my first child, but that 22 pounds have come off relatively easy. And I owe it all to the consumption of good fat. Fat comes in a variety of forms, mono,

poly and saturated fats.

We as a nation have become fatter as we decrease our overall fat consumption. Does this jive? Nope, not at all. As a primal person, "living off the fat of the land" only made me healthier and leaner. (I am not saying eat Crisco directly from the can!) However, we are meant to eat fat, or God would not have made Dairy Queen!

(continued on back)



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**Eat right, Move  
right..FIT//RIGHT!**

*FIT-Wright 's founders Keith and Jennifer Wrightington have been pursuing the journey of good health and fitness for a combined 20 years.*

*FIT-Wright's services include Personal Training, Group Fitness, Nutrition and Health Coaching, Corrective Exercise, and Neuromuscular Massage Therapy.*

*FIT-Wright is based out of the Greater Boston area in Needham, Braintree and Boston and now in out new location Dedham.*

**We will soon be on the web!**

## The Inside Story of Fat continued

Nor my love for Haagen Daz.

On the serious side the lack of essential fatty acids have been implicated in depression ( note the correlated increase in Prozac prescriptions), dyslexia, anxiety, Alzheimer's, ADHD, Parkinson's and even MS.

Essential Fatty Acid's (EFA's) come in many forms, however, we have been ingesting too much of the Omega 6's when in fact we have taken nearly none of Omega 3's.

Omega 3 EFA's are in your nuts, seeds and fishes such as salmon. Your brain is comprised of over 60% fat. It is in the form of cholesterol. Cholesterol is needed to cover each neuron in your brain. If your nerve endings do not get the right covering of fat, action potentials (little electrical currents) cannot receive or send mes-

sages because the neurons has too many pot holes in its' road!

Therefore, chemicals called neurotransmitters (Dopamine, Serotonin, GABA etc) cannot be released to and from the cells. When this does



not occur over time we will be experiencing mood swings of all types!

We must realize that fat is here for a reason and we must consume it in order to give us energy, to transport hormones and vitamins and we need it to balance out our brain chemistry. And don't forget we need good fat as well to lose unwanted weight. If we intake enough good fat we won't have those cravings for certain foods all the time. And if that happens we will actually lose that unwanted weight. The irony is we need the fat to do it!