

SmartFITT LLC

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Committing to a Healthier You

Running a business and taking care of my family didn't leave much time for exercise. Once I had an exercise plan designed specifically for me that maximized my efforts, I was realistic about setting aside time to workout. Beth had great suggestions for making exercise fit into my daily routine and was always a phone call away if I needed help. Now that I am seeing results, it's a lot easier to make time for daily exercise. I used to be out of breath just going up a flight of stairs. Today I'm training to run my first 5K!

~Jane Marks-Hastig



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

As little as thirty minutes of exercise per day has shown to help prevent or manage the following diseases:

High Blood Pressure, Obesity, High Cholesterol, Alzheimer Disease, Type II Diabetes, Osteoporosis, Heart Disease, Arthritis and more!

Meeting with a SmartFITT Exercise Physiologist can help you stay on top of your health. Measuring your heart and lung function regularly will make sure that you are doing all that you can to keep yourself healthy. Regular exercise within your body's aerobic zone can actually be enjoyable! Exercise, when done appropriately, is stimulating and addicting. Who said being healthy can't be satisfying?

The current mentality of Americans seems to be "Don't fix it until it is broken." Our health care

system also mimics this philosophy. The only time we go to see our doctor is when something is wrong. The problem with this is that most of the time what we are going to our doctor for would have been prevented with a little maintenance. Isn't it interesting that we will change our oil and rotate our tires every 3,000 miles but we do not do any maintenance on our own bodies?

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Metabolic analysis is a tool utilized by your SmartFITT exercise physiologist. Regular assessments of your Resting Metabolic Rate (RMR) will help you stay on track with your diet. Eating food portions that are appropriate for your body's needs will help you maintain a healthy weight. The current structure of eating whatever we want until we decide to "go on a diet" is not working. The "diets" that we decide to try usually forbid eating something as the miracle cure, however, it is a known fact that as soon as we cannot have something we want it even more! SmartFITT Exercise Physiologists work with you to make healthy food choices within your body's caloric range teaching you that diet modification is not something to dread but rather embrace because you don't have to cut out your favorite piece of chocolate cheese cake. You simply have to control your portions.