

Fit-X San Diego Consumer Handout Index

BOOK ONE

Abdominals

- Crunch Your Way to a Tight Midsection
- Developing Grade-A Abs
- Don't Let These "Abs" Fool You
- Get It Now: Flat Sexy Abs
- Muscle Lab: The Abs
- One Move for Fab Abs
- Perfect Sit Ups
- Strengthen Your Abs with Stability Balls
- Your Phenomenal Abdominals

Alcohol

- Alcohol and Health

Back Health

- 3 Moves to Help Restore Good Posture/ Muscle Balance
- A Better Back
- Fit Back Program by Holli Clepper
- Posture Analysis Guide
- Posture Deviation Exercise Cheat Sheet

Balance and Stability

- A Matter of Balance
- Balance Training
- Ten Tips for Better Balance

Caffeine

- Caffeine Content of Popular Food, Beverages and Soft Drinks
- Should You take a Look at Your Caffeine Habit?

Cardio Training

- Exercise and Heart Rate
- Measuring Exercise Intensity
- Monitoring Exercise Intensity Using Heart Rate
- Monitoring Exercise Intensity Using Perceived Exertion
- The Latest Way to Determine Your Heart Rate

Cholesterol

- Cholesterol
- Cholesterol and Exercise
- Cholesterol Consciousness
- How to Reduce the Amount of Saturated Fat You Eat
- Managing Cholesterol With Exercise
- Reducing Dietary Cholesterol
- Tips for Choosing Restaurant Foods
- Your Cholesterol Number

Choosing a Personal Trainer

- Choosing a Personal Trainer
- How to Choose an Online Personal Trainer
- How to Choose the Personal Trainer Who's Right For You
- Making the Most of Personal Training
- Reap the Rewards of Personal Training
- Selecting a Qualified Personal Trainer
- Training Smarter: Tips from the Pros
- What a Trainer Can Do For You



A Division of Island Fitness Express, INC.

Fit-X San Diego Consumer Handout Index

Equipment and Shoes

- 10 tips for Choosing Shoes
- Footwear for the Gods
- How to Design Your Own Home Gym
- Sneaker Savvy
- What You Need to Know to Purchase a Treadmill
- Women and Walking

Fad Diets

- Big Fat Lies
- Glycemic Index: Can It Help You Lose Weight?
- Nutrition Myths, Fads and Quackery
- The Carb Controversy

Fit-X Marketing Tools

- Fit 101 Course
- Inspirational Cards

Fruit of the Month

- January-Grapes and Portabella Mushrooms
- February-Apples and Carrots
- March-Kiwi and Broccoli
- April-Strawberries and Romaine Lettuce
- May-Oranges and Artichoke
- June-Mangos and Snow Peas
- July-Peach and Plum Roma Tomatoes
- August-Watermelon and Eggplant
- September-Peaches and Beets
- October-Pear and Butternut Squash
- November-Granny Smith Apple and Pumpkin
- December-Plantains and Bell Peppers

General

- 5 Fitness Mistakes Fixed!
- A Brief History of Strength
- Batteling Boredom
- Cross Training for Fun and Fitness
- Diggin' in the Dirt
- Humor Therapy: Benefits of Laughter
- If you Don't Use it, Will You Lose It?
- Interval Training
- Interval Taining for All
- Jest for the Health of It
- Jumping Rope: Not Just for Kids Anymore
- Kick Your Way to Fitness
- Making Fitness Fun
- Periodized Training and Why It's Important
- Plateau? Get Unstuck
- So You Want to Spot Reduce? Here's How
- Weight Training Q & A
- Why Exercise When You Can Play Instead?



Fit-X San Diego Consumer Handout Index

Getting Started

Are You Ready to Exercise
Before You Start an Exercise Program
Building Good Habits Month After Month
Developing a Personal Fitness Plan
Do I Really Need to Warm Up?
Don't Deprive Yourself of the Rewards of Exercise
Exercise Helps You Live Longer
Get Motivated
Getting Started: 1st Steps to Lifelong Fitness
How Important is Exercise?
How to Avoid Common Fitness Mistakes
How to Begin Your Exercise Program
How to Choose an Exercise Video
How to Choose a Health Club
How to Pace Yourself
How to Stay Motivated
Making Time for Exercise is Easy
Moderate Exercise Will Do You a Lot of Good
Optimal Fitness: Are You Ready?
Overcoming the Fear Factor
Right Exercise Program for You Starts Right Here
Staying Motivated
Succeeding as a Beginner
Ten Reasons Why Aerobic Exercise is Important
Test Your Calorie IQ
The Science of Self-Monitoring
Top Ten Debunking Fitness Myths
Top Ten Mistakes People Make in the Gym
Turn Exercise Into a Mental Vacation
Using Positive Self Talk
What is Your Fitness Level?
What's an Ounce of Prevention Worth?



Golf

Conditioning for Golf
Gearing Up for Golf

End Book One

Fit-X San Diego Consumer Handout Index

BOOK TWO

Group Exercise

As Group Exercise Participants Evolve,
So Too Must the Instructors
Avoid the Burnout Blues
Basic Step Terminology
Cardio Kickbox Basic Movements
Upper and Lower Body
Cardio Kickboxing Safety Tips
Celebrating Indoor Cycling: Rides, Races, Drills and Skills
Dealing with Difficult Participants
Spin It
Spin It: What You Need to Know About Group Indoor
Stepping Basics
Striking the Right Cord with the Music You Choose
The STEP Advantage



H2O

Drink More Water
Healthy Hydration

Heart Health

50 Nifty Facts about the Heart and Exercise
Are You at Risk? Factors Affecting Heart Disease Risk
Can Aspirin Lower Your Stroke Risk?
Early Humans Can Teach us About Heart-Healthy Lifestyles
Exercise and Hypertension
For You Health
Heart Cycle
Preventing Heart Disease
Regular Exercise for a Healthy Heart
Starting a Stroke Recovery Fitness Program
Stress and Heart Disease: What Too Much Stress Does to Your Heart
The Importance of Cardiac Rehab
The Top 10 Ways Exercise Can Reduce the Risk of Heart Disease
Weighing the Risk: What Excess Weight Does To Your Heart

Herbs and Holistic Health

10 Tips for Safe Herb Usage
Holistic Health: Mind , Body and Spirit
Practical Herb Knowledge

Holidays

Best and Worst Holiday Foods
Healthy Resolutions for the Whole Year
Holiday Health Plan
Mastering Your Holiday Stress
Successful Resolutions for the New Year: Learning from the Past
Tis the Overeating Season
Turn New Years Resolutions Into Marketing Ideas
Twelve Ways to Survive the Holidays (seminar)

Immunity

Boost Your Immunity
Boosting Your Immune System
Can Exercise Reduce Your Risk of Catching a Cold?
Does Exercise Boost Your Immune System?
Feeling Ill? Exercise Do's and Don'ts

Fit-X San Diego Consumer Handout Index

Fit-X San Diego Consumer Handout Index

Injuries

Anterior Cruciate Ligament Tears
A Real Pain in the Shoulder
Dealing With Injuries
Don't Be a Sore Loser
Easing Tension Headaches
How to Prevent and Treat ACL Injuries
Kinectic Chain Exercise in Knee Rehabilitation
Preventing ACL Injuries
Preventing Fitness Injuries
Preventing Indoor Cycling Injuries
Preventing Muscle Soreness
Prevent Workout Injuries
Summer Skin
Understanding Sciatica
When You Need Psot Rehab Exercise



Kids and Teens

Children and Running
Foster Healthy Body Image in Your Child
Girl Power
Kids in Motion
Parents, Eat Your Words
Preventing Obesity in Children
Sports Nutrition for Young Athletes
Strength Training for Kids
Strength Training for Kids: Guide for Parents/Teachers
Strength Training for Kids: Safety First
Teen FAQ
Teen Fitness and You

End Book Two

Fit-X San Diego Consumer Handout Index

BOOK THREE

Lifestyles

- 10 Tricks for Sticking to It
- America Needs an Attitude Adjustment
- A Look at Heart Healthy Lifestyles
- Beating Barriers to Lifestyle Change
- Creative Ideas for Busy Lives
- Flow to Health and Happiness
- Healthful Lifestyle: It Takes a Village
- Keeping a Wellness Journal
- Mind Matters: Can Lifestyle Prevent Memory Loss?
- Moving Beyond Roadblocks
- Positive Body Image: Focus on Fitness
- Resolutions: Why We Make Them and How to Keep Them
- Too Much of a Good Thing



A Division of Island Fitness Express, INC.

Mind/ Body

- Choosing a Pilates Instructor
- Finding the Best Yoga Class for You
- Flexible Benefits
- Is Yoga for You?
- Introduction to Yoga Sculpt
- Pilates Primer
- Stretch and Flex (Seminar)
- Stretching 101
- The Role of Stretching Exercises: Warm-ups to Cool-downs
- Tips for Flexibility Training
- What is Pilates?
- YogaFit and Other Styles of Hatha Yoga
- Yoga at a Glance
- Yoga for Athletes
- Yoga for Plus Sizes

Muscle Groups

- 7 minute Double Duty Shape-up
- Elastic Bands and Tubing for Lower Body
- Heart Lab and the Associated Benefits
- Maximize Your Leg Power
- Mr. Muscles Chart
- Muscle Lab: The Abs
- Muscle Lab: The Arms
- Muscle Lab: The Back
- Muscle Lab: The Chest
- Muscle Lab: The Legs
- Muscle Lab: The Shoulders
- Shape Hip Series
- Stretch Lab

Fit-X San Diego Consumer Handout Index

Nutrition

10 Facts About Fiber Power
10 Tips for Figuring Out Fat
8 Keys to Healthy Weight
Alternate Day Fast Diet: Live Longer or Binge and Bust?
Anatomy of a Food Label
Be a Diet Cop: How to Police Your Kitchen
Break the Diet Cycle
Carbo Loading
Dieter's Guide to Dining Out
Eat Less to Live Longer?
Eating Light and Healthy
Eat More, Not Less
Eat Your Fruits and Vegetables
Eating For Weight Loss
Eating Whole Foods
Fast Food Raises Risks of Dehydration
Feeding Your Children: Good Nutrition for Healthy Futures
Food Countdown for Weight Loss
Foods in a Flash: Fast Meals from the Freezer
Functional Foods for Heart Health
Genetically Engineered Foods
Get Real: 8 Keys to Sensible Weight Management
Healthy Bytes
Healthy Cooking Methods
How to Eat Defensively and Avoid Weight Gain
Life-long Weight Control: Get in the Habit of Eating Well
Mastering Food Portion and Control
Meal Strategies
Now You're Cooking
Nutrition Update
Physiological Demands of Exercise
Portion Wise
Prevent Winter Weight Gain
Preventing Food-Borne Illness
Protein in Your Diet
Refueling After Exercise
Savor the Mediterranean Diet
Sugar: Fact and Fiction
The Book on Protein
The High Protein Diet Debate
The Nondiet Approach to Healthy Eating
The Power of Probiotics
The Vegetarian Athlete
Understanding Nutrition Research
Unlocking the Truth: Nutrition Principles to Live By
Vegetarianism and Athletes
Will Low-carb Go the Way of Low-fat?



Fit-X San Diego Consumer Handout Index

Outside the Gym

Beat the Heat Before It Beats You
Evaluate Your Fitness Personality
Exercising in the Cold
Take Your Workout Off the Beaten Path

Posture

Posture Exercises
Posture Pointers

Pregnancy

Eating Disorders and Pregnancy
Exercise Guidelines During Pregnancy
Exercise and Pregnancy
Postpartum Health

Product Myths

10 Exercise Myths
How to Avoid Product Quackery

Professional Development

50 Ways to Enhance Your One on One Communication
Batteling Burnout
Client Motivation: Cognitive Strategies
Client Motivation: Help Clients Get Motivated
Ethical Practice Guidelines for PTs
Fitness on Call: Telephone Tips
Is Your Customer Service More Than Lip Service?
Raising Rates Without Raising Eyebrows
Sales or Service? The Paradigm Shift in PT
Semi-Private Training: Multipersonal
Selling Made Simple
When a client asks a question you cannot answer, how should you respond?

Running

After the Marathon
Ready to Run?
Training to Run Your First 5K

End Book Three



Fit-X San Diego Consumer Handout Index

BOOK FOUR

Seniors

Active Seniors Enjoy Life More
Exercise Facts for the 50+
Fall Prevention for Seniors
Nutrition for Active Seniors
Supplements for Older Adults
Use Interval Training to Slow Aging
Water Fitness for Seniors
You're Never Too Old for Exercise

Skiing

Get Ready to Hit the Slopes
Water: Safe Way to Train Your Client for Winter Sports

Sleep

Exercising for Good Sleep and Health
Increasing Your Sleep Savvy

Smoking

Quit Smoking Get Fit!
Six Tips for Helping a Friend Kick the Habit
Understanding Nicotine Withdrawal

Special Conditions

Coping with Osteoarthritis: The Importance of Exercise
Exercise and Arthritis
Exercise and Asthma
Exercise and Fibromyalgia
Exercise and Type I Diabetes
Exercise and Type II Diabetes
Exercise for Individuals with Eye Impairments
Exercise Induced Allergies
Exercise Safely with Fibromyalgia
Exercising With a Health Challenge
Exercising with Arthritis
Exercising with a Heart Disease
Five Ways to Keep the Surgeon at Bay
Osteoporosis and Exercise
Postmastectomy Training
Prevent Osteoporosis Now
Too Little Attention Paid to High Blood Pressure
Understanding Muscle Dysmorphia
Work Out Chronic Fatigue

Sports Conditioning

Basics of Sports Nutrition
Bike+Mountains=Excitement and Challenge
Improving Sports Performance
Plyometrics: Controlled Impact/ Maximum Power
Secrets of Successful Strength Training
Smooth Skating
Speed, Agility and Quickness Training
Sports Nutrition Basics
Sport Nutrition for Peak Performance
Sports Psychology Techniques
Steering Clear of Strength Plateaus
The Power of Plyometrics
The Surfer's Workout



Fit-X San Diego Consumer Handout Index

Using Body-Weight Exercises

Fit-X San Diego Consumer Handout Index

Stress

10-Minute Stress Buster
Balancing Priorities
Celebrating Stillness
Exercise Can Control Stress
Help for Stomach Disorders
Lose Control to Fight Stress
Meditating to Reduce Stress
Meditation Methods
Relax, for Health's Sake!
Relaxation 101
Slash Your Stress Level
Stress and Weight Gain
Stress: Recognizing and Changing Beliefs
Taking Stress Seriously
Taming Technostress
When Stress Triggers Overeating
Work and Family: Life in the Balance



Supplements

Are You Getting Enough Iron?
Creatine Creates a Sensation
Do Supplements Work?
Practical Herb Knowledge
Preventing Drug Interactions
Should You Take Creatine?
Supplements and Your Performance
Supplements for Older Adults
Supplements: Too Much of Good Thing?
Weight Loss: Why Not Take a Pill?
When Drugs and Exercise Collide

Tennis

Tennis Exercises of the Month: 1-9

Travel

Fit to Travel (seminar)
Fitness on the Road
How to avoid Deep Vein Thrombosis on Long Plane Flights
Staying Fit for Travel
Travel Fitness: A Plan of Action to Keep You Active
Travel Plans? Don't Forget to Exercise!

Fit-X San Diego Consumer Handout Index

Walking

A Better Way to Walk
Fitness Walking
Hiking Guidelines and Safety Course (Seminar)
Keep On Walking'
Take a Walk
Walk A Day Clinic (seminar)
Walking

Water Fitness

Aqua Fit 101
Get Into the Swim of Things
Moving from Turf to Surf
Ready to Dive Into Water Fitness?
Swim Your Way to Greater Strength and Flexibility
Waterpower Workout

Weight Management

50 Nifty Ways to Burn Calories and Lose Weight
Fit and Fat
Get Real: 8 Keys to Healthy Sensible Weight Management
Putting on the Pounds
Successful Weight Control
Tips for Lifelong Weight Control
Weight Loss Basics
Weight Loss: Why Not Take a Pill?
What it Takes to Take Off Weight and Keep it Off
What the Scale Misses

Women Fitness and Health

A Women's Strength Program
Exercise Benefits for Midlife Women
Exercise and Menopause
How Women Build Muscle
MidLife Emotions and Weight Gain
Strength Training for Women
Studies Show that Exercise Can Improve Your Sex Life
The Telltale Female Heart
Training Women in Midlife
Why Women Need Weight Training
Working Out Through Menopause

End Book Four

