

## New Year's Resolutions By The Numbers

Tantalizing Trivia

- 40 to 45% of American adults make one or more resolutions each year (that's down from 88% in the past)
- 90% of us make new years resolutions to lose weight, exercise more, stop smoking, and save money.
- 30% of all resolutions are broken within the first week!
- How many of these resolutions are maintained as time goes on:
  - past the first week: 75%
  - past 2 weeks: 71%
  - after one month: 64%
  - after 6 months: 46%
- In the end, 97% of our resolutions don't last through the entire year.

*Learn more inside this month's issue on how you can break this cycle and stick to your new years resolutions for a better you in 2009!*

## Client of the Month

# Betsy Pistone

**Betsy has lost 18 pounds and 6.6% body fat since she began her training in September of 2008.**



You could be our next Client of the Month and **WIN** a **FREE** training session.



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### **Inside This FUN Issue of Richly Rewarding Living...**

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***Power Up Your Immune System...***Special Insert

*Here's Your Newest Issue of Richly Rewarding Living.  
Open and Read Now to See if You Are The WINNER of  
A Free Training Session!*

# Richly Rewarding Living

Your Monthly Newsletter For Maximizing Life's R.O.I.™

*"The more you put into it, the more you get out of it"*

*For Clients and Friends of Personally Fit*

## BEWARE: New Study Confirms Serious Potential Health Risks From BPA Chemical in Plastics and Canned Food Linings

Cardiovascular disease (coronary heart disease, heart attack, and angina), diabetes, stroke, liver enzyme abnormalities—are just a few of the potential health effects found associated with BPA.

A new study published in the September issue of the Journal of the American Medical Association highlights and confirms the serious potential health risks from exposure to BPA.

### What is BPA?

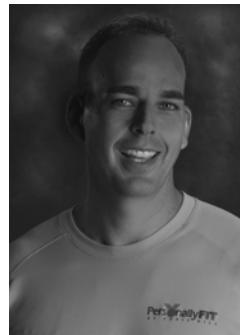
BPA is a chemical modifier produced in large quantities for use in the manufacture of polycarbonate plastics and epoxy resins. Polycarbonate plastics are typically clear and hard and have many applications, including use in certain food and beverage packaging such as water bottles, infant bottles, and the lining inside some aluminum cans.

According to the CDC, about 7 billion pounds of BPA are produced worldwide each year. In 2007, the CDC found that 93% of people who took part in their National Health and Nutrition Examination Survey (2,517 people ages 6 years and older) had detectable levels of BPA in their urine. This indicates a widespread exposure to BPA in the US population.

### Government Positions on BPA Safety

The FDA has long argued that there is an existing margin of safety that is adequate to protect consumers, including infants and children at current levels of exposure. However, researchers and public health activists point out that the FDA's conclusions are based on selected studies and don't adequately consider studies that found adverse effects. And after this most recent study it is apparent that the safety of BPA usage needs to be re-evaluated.

*Reducing Your Exposure →*



### Personally Fit Giving Back

The 3rd Annual Personally Fit 12 Week Fitness Challenge starts the week of January 5th.

The winner will be announced at the St. Mary's Stampede Fun Run and will receive over \$1,000 in prizes!

### Event of the Year !

#### "How to Make 2009 Your Best Year Ever"

This event will show you proven strategies to make your year a success.

Visit [www.LongviewChallenge2009.homestead.com](http://www.LongviewChallenge2009.homestead.com) for more information.

**The proceeds from both events will go to AMBUCS.**

### *What's The Deal With The Title?*

When I was trying to come up with a name for this newsletter, lots of stuff went through my head onto this page. But nothing grabbed me until I hit on the title/subtitle you see now. Because I think it sort of encompasses what I view as my role in your life: *helping you really get the most bang for your buck. Helping you grab this bull by the horns and take it for a good, long, fun and rewarding ride.* My hope is that, just like any friend, I can positively impact your life, and not just through exercise and nutrition, but also with stimulating and entertaining information. I'm certainly far from perfect, and have my moments of doubt and frustration like everyone, but I look at it as a privilege and an honor to have the opportunity to make my life, and to help make the lives of those around me, as good as they can be - as rewarding as they can be. But ultimately, *it all comes down to what we put into it, right?* The more we put into life, the more we get out of it. Return On Investment (ROI). The more we exercise, eat right, love, laugh, strive to accomplish goals, have fun *and really LIVE...the better we feel, the better we are!* It is the immutable law of life: *you get out of it what you put into it.* So that's why I chose this title and subtitle/slogan for my newsletter. I hope you like it!

## *Basic Tips to Reduce Your Exposure To and Intake of Harmful BPA Chemicals*

While there are no 'official' recommendations for reduced exposure levels set by leading public health organizations, there are easy important steps that you can personally take to minimize your BPA exposure.

- ◆ **Avoid Reusable Polycarbonate (labeled #7) Plastic Water and Baby Bottles.** As a general rule, avoid water bottles and baby bottles labeled #7, which tend to be hard and clear (sometimes colored). You can find the plastic number imprinted on the bottom of the bottle inside the recycling triangle. Many popular reusable water bottles are made of this polycarbonate plastic. The BPA used in this type of plastic can leach out into the water or beverages. Choose a polyethylene bottle or unlined aluminum bottles instead. Use glass baby bottles. And always discard damaged plastic containers.
- ◆ **Avoid Polycarbonate Plastic food containers and tableware.** Again these are labeled with the plastic code #7 on the bottom of the container. Be aware that the BPA can leach from this plastic into your food, especially when heated or used for long periods of time. Choose BPA-free plastic products with the recycling labels #1, #2, #4, or #5. (Soft or cloudy-colored plastic containers typically do not contain BPA.) Another safe choice would be ceramic or glass dishware. In general, avoid microwaving or heating any food in plastic containers, heating any plastic materials may release plastic modifiers directly into food.
- ◆ **Minimize the use of canned foods and canned drinks.** The slick epoxy resins used as lining on the inside of some aluminum cans contain BPA. So until the industry reformulates the lacquer lining of metal cans, limit your consumption of brands of canned foods with linings inside their cans and/or limit such canned foods as tomato sauce because the high acidity cause more BPA to leach from the lining. A recent study by the Environmental Working Group found BPA in more than half of the 97 cans of brand-name fruit, vegetables, soda, and other common canned goods that were tested. Choose fresh or frozen foods or those in glass containers or bottles.

## Protect Yourself Against Colds And Flu

Influenza affects more than 100 million people in the US each year and approximately 35,000 Americans die from complications of this disease. We also catch nearly a billion colds annually or roughly 2-4 for each adult and 6-10 colds for every kid! 38% of Americans also suffer from allergies, and our stressful lifestyles, poor dietary habits, and even normal aging make it even tougher to fight off invaders and infections.

Influenza vaccination is recommended for children under age 5, adults over age 65 as well as for anyone suffering with a serious chronic illness. US health officials ordered a record supply of flu vaccine this year, but many Americans are still waiting for their flu shot as supply chain problems disrupted deliveries across the country. The Centers for Disease Control is now urging Americans to visit their clinics later than usual this year for the millions of doses of vaccine that have now reach their destinations safely.

But, of course, the flu vaccine only protects you from the common strains of flu expected in a given year, so boosting your immune system strength and function is incredibly important to help you fight off the myriad of cold viruses and other pathogens.

Your immune system, a complex system of protective cells and biological "soldiers" defends against germs and invading pathogens every day. But viruses and bacteria can live up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desktops. Every time you eat at a restaurant, shake hands, hold on to the grocery cart, or open a door...you're challenging pathogens to break through your immune defense systems. So how does the body defend itself and what can you do to support your immune system that is so hard at work right now?

Your body's first line of defense begins with physical barriers like skin, hair, and mucous membranes. If an invader breaks through, it has to elude a series of nonspecific defense mechanisms including patrolling scavenger cells such as macrophages and neutrophils.

If a cell is infected by a virus, it secretes a substance called interferon. Interferon is an immune system regulator that is extremely active in cell defense due to its antiviral and immune stimulating effects. When produced by cells infected by viruses, interferon communicates with uninfected cells to trigger an antibody response to the virus. Interferon can also activate natural killer cell activity, macrophage activity, and trigger the release of powerful cytotoxic chemicals designed to neutralize immune system invaders.

Invaders that get past the first lines of defense confront individually tailored defense weapons. Specialized immune cells work together in a specific defense network enabling your system to recognize, remember, and neutralize potentially harmful invaders such as viruses, bacteria, and fungi. *(continued →)*

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There are many things that you can do to protect yourself from being infected with a cold or the flu and it starts with getting in the habit of hand-washing and sneezing into a Kleenex (or your elbow). Eat a balanced diet rich in fruits and vegetables (at least 7 servings per day) and make sure you're getting an optimal intake of vitamins, minerals, and other immune system support nutrients, from your diet and supplementation. Exercise regularly—meaning at least 30 minutes per day and get at least 7-8 hours of sleep each night.

Research has shown that good nutrition is essential for supporting optimal immune function and one study even showed the benefits of multivitamin supplementation in reducing the number of infection related to illnesses in healthy elderly. Key nutrients such as vitamin C and zinc support skin health; folic acid vitamins B6 and B12 help the body produce huge "armies" of immune support cells; and antioxidants such as vitamin E, beta carotene, and selenium help keep the immune system's destructive by-products in check.

Echinacea is believed to stimulate the immune system to help fight infections and has traditionally been used to treat or prevent colds, flu, and other infection. Some research indicates that Echinacea and other herbs such as astragalus may be beneficial for use by those with upper respiratory infections although the results are mixed.

The recent outbreak of e-coli bacteria in spinach also reaffirmed the critical role that the gastrointestinal tract plays in a healthy immune system. The intestines are an important line of defense for the immune system and research proving that probiotics offer key support for immune system health. In the gut, probiotic bacteria may compete with pathogens for nutrients, decrease production of pro-inflammatory compounds, and may inhibit the growth of bacterial pathogens to it's especially important to keep a healthy balance of good bacteria, or probiotics living in the gut.

Bolstering immunity is important all year long, but is critical through the winter months. See the special insert for more about what you can do to build your own immune system.

## CLIENT OF THE MONTH

This month's client of the month is **Betsy Pistone!** **Congratulations!** Client of the month will receive a **FREE Training Session**. Watch for YOUR name here in a coming month!

**And don't forget**, if you have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email your question and I'll do my best to address it in an upcoming issue (or with you personally).

**My email address for comments is**  
**chris@personallyfitbychrishill.com**

**A twist on pizza the whole family will love!**

## BBQ Chicken Flatbread Pizza

Prep: 10 minutes Cook: 8 minutes

This quick and easy personal-sized pizza packs a ton of flavor and a hefty amount of protein. They can be thrown together in less than 10 minutes for a last minute dinner or even as an appetizer at your next dinner party!

### Ingredients:

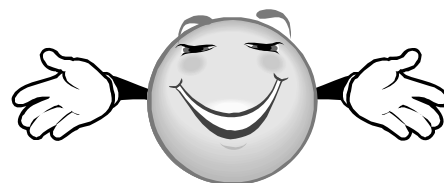
- ¼ cup barbecue sauce
- 1 ready-made whole-wheat flatbread
- ¼ cup canned diced tomatoes with chili peppers and onions, well drained
- ¾ cup precooked mesquite-flavored chicken
- 2 Tbsp sliced scallion (green onion)
- 1 tsp diced cilantro
- 3 tbsp grated, reduced-fat mozzarella cheese

### Directions:

Spread the barbecue sauce on the flatbread. Top with the tomatoes, chicken, scallion, cilantro, and mozzarella. Bake at 375° F for about 8 minutes. (Makes 1 serving.)

Nutrition Facts per serving (1 pizza):

411 calories, 10 g total fat (4 g sat), 39 g protein; 41 g carbohydrates, 3 g dietary fiber; 1,058 mg sodium



**DO YOU KNOW THESE PEOPLE?**

**Welcome New Clients!**

**Here are the new clients that became members of our fitness family this last month! We'd like to welcome you publicly, and wish you all the best!**

**Rhonda Lawson** - (Referred by **Jennifer Irvin!**)

**Barbara Matthews**-(Referred by **Cindy Mashe!**)

**Kim Murray** - (Referred by **Amy Morton!**)

We would also like to welcome **Kym Muse, Whitney**

**Wohlfahrt, Stacey & Madison Fleming,**

**Stacey Marino, & Amy Dickson!**

**THANK YOU! THANK YOU! THANK YOU!**

Our clients and friends deserve great thanks for graciously referring us to family, friends and neighbors. We build our business based on positive referrals from people just like you.

We couldn't do it without you!

# This Year I Resolve To...

Dear Clients and Friends,

Boy, I'm glad the holidays are over! Don't get me wrong I like the holidays, but since the holiday décor, holiday music, holiday themed catalogs, holiday sales, etc., began back in October it feels like the holidays last *forever*. By the time January rolls around I'm holidayed out and ready to get things back to normal.

In my line of work, January is a busy time for folks who want to get back into the habit of a healthy lifestyle, get into shape, and lose those few extra pounds they gained over the holidays. Now, I always say that there is never a better time than now (whenever that may be) to begin a new health and fitness program. But with New Year's comes 'New Years Resolutions' and the additional drive for folks to make some changes.

Unfortunately, most New Years Resolutions are broken within the first week and more than half are completely forgotten about after January. Why is that we stop and give up on these well intended resolutions that are healthy and doable? Most people have no idea why they quit before they accomplish their resolutions. The rest said that they were **not 100% committed to doing it**, lacked self confidence, had poor planning, lacked time management, lacked energy, and lacked support.

How can you break this cycle this year and STICK TO your New Years Resolutions in 2009?

'Resolve' means to decide with determination and a fixed, firm purpose. So, if from the get-go you are not 100% committed to reaching your resolution (or goal) then it is not a resolution. It is simply a wish, a fantasy or an idea until you become completely committed.

Once you are committed, you want to create 'S.M.A.R.T.' resolutions or goals for yourself. Here's the quick and easy formula to use anytime you are setting a resolution or goal:

- **Specific** - A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six "W" questions—who, what, when, where, which, & why.
- **Measurable** - Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal. To determine if your goal is measurable, ask questions such as.....How much? How many? How will I know when it is accomplished?
- **Attainable** - You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps.
- **Realistic** - To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress.
- **Timely** - A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? **T** can also stand for **Tangible** - A goal is tangible when you can experience it with one of the senses, that is, taste, touch, smell, sight or hearing. When your goal is tangible you have a better chance of making it specific and measurable and thus attainable.

Use this formula to create your resolutions and you'll be better off in reaching them from the get-go. Remember to be patient, remind yourself each day of the commitment you've made to your goals, measure and track your progress often, and don't be too hard on yourself, stick to it and you can achieve your resolutions this year.

To your health & happiness,

*Chris Hill*

P.S. Happy 2009! Read on in this month's issue to learn about a new study confirming serious potential effects from a chemical used in a common form of plastic and what you can do to protect yourself, how you can ward off colds and flu this season, what you can do to take action to naturally boost your immune system, and much more! Still want to know more about maintaining your health & fitness goals, email me at [chris@personallyfitbychrisill.com](mailto:chris@personallyfitbychrisill.com)

## SPECIAL HEALTH BULLETIN:

# Take Action: Power Up Your Immune System!

Every day you breathe, eat, touch, and share millions of dangerous microbes that infest your surroundings. Unseen and unfelt, these substances still pose an undeniable health threat.

Thankfully you are not defenseless. Your body's built-in immune system protects you whenever possible. A complex network, it provides you with multiple layers of defense. Still everyday life can challenge immune function. Poor nutrition. Stress. Pollution. Fatigue. What can you do to defend yourself and keep your immune system fit?

### Protect Yourself Every Day

Now there is a way to keep your immune system "ready to respond" every day with NutriFeron—a powerful breakthrough in immune science. NutriFeron is the only dietary supplement in the U.S. created by the doctor who discovered natural interferon that boosts the production of interferon in the body. The scientific and medical communities have identified interferon as *critical* to healthy immune function.

### Developed by the Immunologist Who Discovered Natural Interferon

#### More Than 40 Years of Research

After an exhaustive review of hundreds of natural compounds, Dr. Yasuhiko Kojima isolated four that induced key immune cell activity. This critical combination increases the body's natural production of interferon! This is the breakthrough, patented formula.

### Optimum Daily Immune Protection



Just 2 caplets of NutriFeron every day better prepares your body's immune system to resist the daily assault of potential pathogens. NutriFeron will help you build and keep a powerful immune system shield so you can fend off invaders by increasing your own interferon to help you better respond to threats.\*

### Far Beyond Nutrition— How NutriFeron Works

- Increases the production of your body's natural interferon
- Optimizes your natural immune response process at the cellular level
- Prepares your immune system to better handle invaders
- Preliminary studies suggest that NutriFeron:
  - ⇒ Rapidly activates immune system defenses
  - ⇒ Calls the natural "killer cells" to action
  - ⇒ Balances your immune response against environmental irritants and airborne pollutants

### Clinically Proven, Patented, Powerful Formula

Unleash the potential of your immune system and strengthen it in a safe and natural way. NutriFeron, with its patented proprietary blend of four natural plant extracts from pumpkin seeds, safflower flowers, plantago seeds, and Japanese honeysuckle flower buds, has been clinically proven to support and stimulate the natural production of your body's own interferon.

The special combination formula in NutriFeron has been proven by *four* published human clinical studies.

### Shield Yourself With NutriFeron Everyday!

**\* Available ONLY from Shaklee\***

NutriFeron is not in stores. It is **ONLY** available through Shaklee. You won't find it anywhere else. Its unique patented formula is a Shaklee exclusive. A powerfully effective supplement, it has exceeded a stringent set of scientific tests for safety, purity, potency, and clinical tests for performance.

**\*\* 30 Servings Only \$39.00\*\***

(Save an additional 10% when you add NutriFeron to your auto-ship!)

That's just **\$1.30** a day to naturally boost your immune system to help protect yourself against colds, flu, and any other invaders!

Call (903)663-0246 or email [chris@personallyfitbychrishill.com](mailto:chris@personallyfitbychrishill.com) to order now!

### For Last Minute or Extra Protection Add - Defend & Resist Complex

Defend & Resist Complex supercharges your immune system and is meant for short-term, seasonal use. Take it at the first sign of a tickle - or when you have other signals that your body needs an immune boost.

D & R blends four clinically proven immune-supporting ingredients: echinacea, black elderberry, larch tree, and zinc. Each supports, enhances, and promotes a healthy immune response.\*

Great to have on hand for emergency protection or an extra boost when those around you have a cold or a bug.

**\*Just \$17.30 for 15 Servings\***

