

# Increase your energy over the winter and be ready for spring!

## Fitness Together can help you stay on track with one-to-one personal training



**Kerri Powers of Fitness Together**

By Laurie Atwater

As the air turns cold and you can't get outside for a walk, it's tempting to hunker down in front of the television and skip exercise all together. But don't do it! Rather than looking forward to an extra ten pounds when spring rolls around, wouldn't it be great to come out of the winter stronger, fitter and more energetic!

Kerri Powers, co-owner of Fitness Together on Marrett Road in Lexington wants to help you have a healthy winter, look great for the holidays and be able to get into that bathing suit for spring vacation without going into a panic. Whatever your goals, one-on-one training will help you to take it to the next level according to Powers.

"What most people need is accountability," she says. "We all have great intentions, but it's hard to stay with it when you've had a long day at work and you just want to crash in front of the television." That's when the Fitness Together approach will help she says with certainty. "When you have an appointment and you've made a financial commitment," she says, "you will show up!"

Powers says that most people come in just wanting to feel better. "They feel tired all the time, can't keep up with the kids or don't feel on top of their game. We can help."

The FT approach combines healthy eating with weight bearing exercise, stretching and aerobics. They also offer nutritional support. "One thing that we really stress is proper form," Powers says. She continues, "Most people don't push themselves hard enough. They're scared. They're afraid of hurting themselves. We observe them and recognize when their form is starting to be compromised and they're becoming fatigued. That can help to avoid injury. We can also help clients to make adjustments that will bring them to the next level of fitness like adding more weight or changing their routine. "You get to know that person really well in 45 minutes, two or three days a week," she says.

Many middle aged women come to FT frustrated because they can't budge the scale. "As you age you lose muscle and lower muscle mass lowers your metabolism," Powers says. Powers also points out that when most people diet they deprive themselves too much. "Then you get depressed. Toning and strengthening and burning calories can only help," according to Powers.

Exercise is extremely helpful for women who are going through menopause. Aerobic exercise has been proven to decrease oxidative stress in the body which can lead to cardiovascular disease according to a study reported in the Journal of Women and Aging. Weight bearing exercise is known to help build bone mass and help to prevent osteoporosis. The trainers at FT have also worked with women who are recovering from breast cancer. Powers says that women who have had a mastectomy need special help to regain the flexibility and strength in their arms and upper bodies. Exercise also helps to fight the extreme fatigue that accompanies cancer treatment and helps to boost mood.

"Nobody should come before you," Powers says emphatically. "You're given one body. That's it. You need to take care of it! Take care of yourself."

When the kids leave home many moms decide to focus on themselves. "Most women go through life putting everyone else first and when it's finally time for them they have aches

and pains in the knees and the elbows and the hips and they go on vacation and they can't enjoy themselves," Powers says.

"Most knee pain comes from too much weight and too tight muscles. If your quadriceps and your hamstrings are too tight and you weigh too much your joints will be taking on too much." Bad knees make everything difficult. Working out can help to forestall or eliminate the need for surgery in some cases.

Powers says that shoulders and rotator cuffs also tend to be problem areas that respond well to exercise. Getting rid of that pain can really enhance quality of life. "Even a day of shopping will be better when you're not in pain the whole time," she says. Lifting groceries, reaching into cupboards—everyday activities can be easier when you exercise.

"Many of the people that I've dealt with who claim to have back pain are really suffering from tight hip flexors and weak abdominals," Powers says. "Even though the hip flexors attach to the front of the upper thigh bone, they run through the hip joint and attach to the lumbar vertebrae. When they tighten up from sitting at a desk for too long, it pulls on the lower back." Many clients with back pain can feel improvement quickly she says.

The majority of their clients have been with FT for three years or more. "Once they incorporate it into their schedules and they start to feel better, they stay because they don't want to go back to being tired all the time and achy," Powers says.

Powers says some people come in with a specific weight loss goal like a wedding and others just can't seem to lose that last ten pounds. "We stress progressive training," Powers says and they make continual changes in the routine to decrease boredom and challenge the body. At FT they encourage the clients to work out with multiple trainers because they each bring something different to your workout. All of their trainers are certified and receive additional training from FT. Many of the trainers have a degree in exercise and physiology or exercise science. "And our clients love our private rooms," Powers says.

"There's no audience and no distractions. It's just you and your trainer. That's the key."

The center boasts fitness suites that are fully equipped with free weights, medicine balls, bands balls and machines. Each client is encouraged to use the cardio equipment for up to 45 minutes before or after their session. The cardio machines are at the front of the building with wall mounted televisions for each station.

"People in Lexington are intelligent, spend their money wisely, know what's good for them and understand that fitness and



**Cardio and free weights are just a couple of the many tools the FT trainers use to get you in shape!**

taking care of yourself is important," Powers states. It's been five years and we have great clients in this community. Come in and tell us your goals, we're here to help!"

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