

# R Fit Hawaii

## Monthly Bulletin

December 2017

## Jingle Kettle Bells...

by R Fit Hawai'i

One of the very first things you notice when walking into R Fit is its inventory of Kettle bells. Neatly lined up along the length of the gym mirror, R Fit KBs range in weight from 10lbs to 135lbs. Day in and day out we rely on these heavy bells of steel to keep us fit, but how much do we really know about the Kettle Bell? This month we highlight the Kettle Bell and its significance in our workout regimen.

### History of the Kettle Bell

Kettle Bells, or girya (Persian for "heavy"), originated in Russia during the 18<sup>th</sup> century as a way to weigh crops. In the 19<sup>th</sup> century, Europeans and Russians began to use the weights to exhibit strength in the circus and in recreational and competitive sports. Similar weights were used in Classical Greece and by Shaolin monks in China.

### Kettle Bell Swing

There are many different workout routines or programs that utilize the Kettle Bell. One of the best ways to benefit from KBs is with the Kettle Bell Swing, in fact, it can be one of the best workouts in general. When used properly and with correct form, swings can greatly improve back health and function by increasing the flow of cerebral spinal fluid. It also activates abdominal and gluteal muscles

throughout the swing. This movement of consistent relaxation and activation with each swing leads to the flushing out of muscle metabolites (muscle waste products that build up and eventually lead to muscle fatigue). In a study conducted over an 8 week period, with 20 minute KB Swing workouts 3 times per week, workers from labor intensive jobs (i.e. construction) reported significant decreases in lower back pain. In another study performed with "everyday" men and women, it was also reported that KB work increased aerobic capacity, dynamic balance, and core strength (Belts, Erbes, Porcari, Martinez, Doberstein, and Foster, 2013). This increase in balance and core strength leads to greater athletic agility and less chances of falling, especially with older adults. A good KB workout is similar in intensity to weight training and running. 20 minutes of KB work is an approximate burn of 13.6calories/min which is about the same as running a 6 minute mile. It is also critical to remember that in order to also increase bone mineral density, strength, power, flexibility, and overall physical performance (i.e. squats, deadlifts), you must responsibly progress to heavier loads.

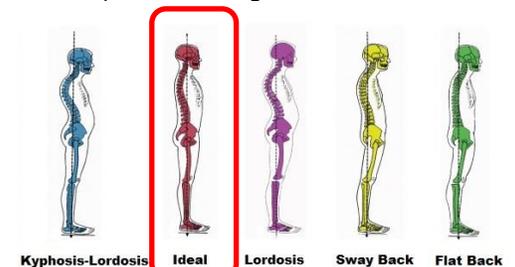
### Being Responsible

When it comes to working out with these bells, or any equipment for that matter, it is always important to be aware of your form. Two ways to decrease chances of injury and

increase the benefits of any workout, but in this case, KBs, is in keeping a strong core and managing your breathing. Power breathing and tension in the abdomen creates a tougher more stable spine which is now able to generate more power and force. In other words, keeping a strong core and intentional breathing patterns will support your back, and keep you from looking like this:



In all seriousness, however, it is imperative that you take care of your spine. The diagram below shows different vertebral disorders in comparison to an ideal posture. Being aware of how you treat your spine will benefit you in the long run.



Can you identify your posture? Perhaps you are a mixture of two or more types. Let's take the time throughout the day to slowly accustom ourselves to a better stance!

**R Fit will be closed on:**

Thursday, 11/23/2017 Half Day (Thanksgiving)  
 \*Text Reno if you'd like to make it to an  
 A.M. group session ASAP\*  
 Friday, 11/24/2017 All Day (Day of Rest)  
 Friday, 12/1/2017 All Day (PSI)  
 Saturday, 12/2/2017 All Day (PSI)  
 Monday, 12/25/2017 All Day (Christmas)

**New R Fit Group Schedule and Information**

Beginning Monday, 12/4/2017

**Mondays, Wednesdays, Fridays:**

11:30am-12:30pm  
 5:00pm-6:00pm  
 6:30pm-7:30pm

**Tuesdays, Thursdays:**

6:00am-7:00am  
 5:00pm-6:00pm  
 6:30pm-7:30pm

**Saturdays:**

8:00am-9:00am  
 9:30am-10:30am

Due to the new schedule and the increased availability of group classes, we are hoping to give everyone the opportunity to receive all the training sessions they paid for. There will not be any rollover or make-up group classes going into each new month. For example, if you paid for 12 sessions for November but only attended 9, you will not be credited for the missed 3 sessions in December.

**New R Fit Credit Card Policy**

Over the years R Fit has been covering all payment transaction fees and taxes. With operation costs increasing annually, beginning December 1, 2017, we are no longer covering these charges. We humbly ask for your continued support and cooperation in this transition. A form will be sent to you via email to make this change. Printed forms will also be available at the gym. Mahalo.

**New Fam Members**

HUGE aloha and welcome to our newest Fit Fam members: Jennifer, Vanessa, Waioli, Brandon, Rebecca, and John!

**R Fit Ugly Sweater Christmas Celebration**

We will be celebrating the wonderful season of Christmas in our most creative and festive ugly sweaters at R Fit this year! Please bring your 'ohana to enjoy the festivities! A big mahalo to those of you that responded to our very first online survey and helped with the planning!

**Friday, 12/15/2017 7:45pm -10:45pm**  
 (immediately after 6:30 group)

**Dinner & Pupus will be Potluck**

R Fit will provide all paper goods as well as a main dish.

**B.Y.O.D. (Drinks)**

Please drink responsibly and have a safe way to get home (i.e. carpool, Uber, Lyft)

**Bring a creative \$5 Grab Bag (Optional)****SPIRIT WEEK: December 18-23, 2017**

Let's do a holiday dress up spirit week! It'll be fun!

Monday: Holiday Story Character

Tuesday: Holiday Story Character  
 (i.e. Jesus, Grinch, Santa, Jack Frost, Elsa, etc.)

Wednesday: Red

Thursday: Green

Friday: Christmas Hat

Saturday: Christmas Hat  
 (i.e. Santa Hat, reindeer antlers, elf hat, etc.)

**Quote of the Month**

WHAT IF *Christmas,*  
 He thought, *doesn't come*  
*from a store.*  
 What if *Christmas,*  
 PERHAPS, *means*  
*a little bit more.*  
 -Dr. Seuss

**Goal of the Month**

In the spirit of giving, we challenge ourselves and you to give back to the community in any way that you can. We are blessed beyond words each and everyday of our lives, and we are called to share those blessings with others. We look forward to hearing your holiday stories of giving!

We love you all, Mele Kalikimaka iā 'oukou! -R Fit

