



moxy
FITNESS



DECEMBER
NEWSLETTER
2009



*Dashing through the snow,
with my fellow Moxy girls...*

Over the hills we go,

Laughing all the way...ha-ha-ha!

Lights on headlamps glow,

Making the snow bright...

What fun it is to laugh and play,

In the early morning light!!!

Moxy Girls, Moxy Girls, Moxy all the way...

*Oh what fun it is to train,
with my Moxy girls each day!!!*



Moxy Jingle Bell Jangle

Come join us **Dec. 19th @ 6:30 a.m. at The Bike Trail**, for our 3rd annual "Jingle Bell Jangle!!!!" We are so excited that this year we'll actually have SNOW! Bring snowshoes, poles, the usual outdoor winter gear and of course...

Jingle Bells!

Bring your family and friends too!



WHAT HAPPENS WHEN YOU MIX TABATA TRAINING, TRX SYSTEMS, AND SOME GOOD OLD FASHIONED MOXY???

MOXY TNT BOOT CAMP.

JAN 4TH – FEB 13TH (\$199)

M, T, W, F AND SAT @ 6:00 A.M.

**YOUR FITNESS RESOLUTION
STARTS HERE.**

DON'T MISS OUT!!!

What's Tabata??? The Tabata protocol is a high-intensity training regimen that produces remarkable results. A Tabata workout (also called a Tabata sequence) is an interval training cycle of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest, repeated without pause 8 times for a total of four minutes. Credit for this simple and powerful training method belongs to its namesake, Dr. Izumi Tabata and a team of researchers from the National Institute of Fitness and Sports in Tokyo, Japan. Their groundbreaking 1996 study, published in the Journal of Medicine and Science in Sports & Exercise, provided documented evidence concerning the dramatic physiological benefits of high-intensity intermittent training. After just 6 weeks of testing, Dr. Tabata noted a 28% increase in anaerobic capacity in his subjects, along with a 14% increase in their ability to consume oxygen (VO2Max). These results were witnessed in already physically fit athletes. The conclusion was that just four minutes of Tabata interval training could do more to boost aerobic and anaerobic capacity than an hour of endurance exercise. You can apply this method to almost any exercise and any place you train!

TRX suspension training:

"It's Just your
bodyweight
Against gravity."



FIND OUT WHAT'S INSIDE...**OUTSIDE.** GET OUT. GET MOXY.

www.moxyfitness.com





Moxy Girl



Meet Moxy Girl **Page Clock!!!** Another example that big things come in small packages– she’s one tough little Moxy girl! Moxy in the morning, house cleaning all day and knitting up a storm in the evening.... She really knows how to pack it in!

How long have you been a Moxy Girl? Spring 2009
What’s your favorite Moxy workout? Upper body workouts
Occupation? I’m the cleaning lady of Tahoe– I own and operate “Maid in Heaven”
Random fact about yourself? I’m a snowboarder
My friends and family would describe me as? Cat person (Five cats, right Page?)
Favorite book? The Pillars of the Earth by Ken Follett
If you were granted one wish, what would it be? To be granted all the time I need to do the things I love (wouldn’t that be nice!!!)
Pizza or cookies? Cookies
Intervals or strength training? Strength training
I love being a Moxy Girl because... I can do more things, like climb on the roof and hang X-mas lights!!!



“I’ve met my hero...
And she is ME.”



Dust off your snowshoes because “Old man winter” is here and we have SNOW!!! Yippee! Here’s some great news about why you’ll stay in shape snowshoeing this winter season:



“Snowshoeing is the ‘best bang for your buck,’ fat burning workout in winter”, according to Dr. Ray Browning of the Center for Human Nutrition at the University of Colorado’s Health Science Center and Vail Mountain Man champion. “It’s an exceptional way to achieve cardiovascular fitness, expend energy, and reduce your chance of heart disease, plus it’s low cost, easily mastered and fun.

All Terrain Training for a Total Body Workout: Varied terrain and snow depths, long climbs, steep descents, and side slope traverses require the snowshoer to engage every part of their body, with a hyper focus on strength, endurance and core muscle enhancement. Snowshoers can also see direct benefits in the development of their “proprioceptive muscles”. Proprioception is the body’s ability to orient itself in space without visual clues utilizing stimuli originating from within the body. The body uses its muscles, joints, tendons, and inner ear sensory nerve terminals to adjust posture and positioning. Since most all snow tends to be white, making it difficult to distinguish terrain features, especially in flat or low light conditions, the body relies on proprioception. Snowshoeing aids in strengthening and conditioning the micro muscles used for balance. The bottom line... “Snowshoeing is an effective, low impact, and safe form of exercise to change body composition. It burns up to twice the number of calories as walking at the same speed,” said Dr. Declan Connolly of the University of Vermont’s exercise physiology department.



**"CALL IT A CLAN,
CALL IT A NETWORK,
CALL IT A TRIBE,
CALL IT A FAMILY.
WHATEVER YOU CALL
IT, WHOEVER YOU
ARE... YOU NEED
ONE."**