

# Richly Rewarding Living

Your Monthly Newsletter For Maximizing Life's Return On Investment™

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

For Clients and Friends of Punch Kettlebell Gym

## Build Strong Bones With This "Forgotten" Vitamin

We've all heard that calcium builds strong bones.

But here's what you may not know...

There's a "forgotten" vitamin many people don't know about that's far more effective at helping you build strong, healthy, impact-resistant bones.

Before I tell you what this "forgotten" vitamin is, let's look at why calcium is NOT the answer when it comes to bone health.

First, let me set the record straight—some amount of calcium absolutely IS necessary for healthy bones. The problem is that—no matter how much calcium you take— if it isn't metabolized and used by your bones, then it doesn't do you one bit of good.

Consider this: A report from the Harvard School of Public Health Nutrition Roundtable found that America has one of the highest rates of calcium consumption in the world. Despite this, Americans suffer more bone fractures than people in countries who get a LOT LESS calcium. <sup>1</sup>

Another study published this year, was conducted by Uppsala University in Sweden. They tracked over 60,000 women for 19 years and looked at the link between calcium intake and bone fractures. <sup>2</sup>

It turns out that the U.S. recommended doses for calcium are WAY too high. Eva Warensjo, the study's lead author stated:

"... yes, the U.S. recommendations [for calcium] might be set too high... we would say that based on these results of this study, it's probably not necessary to go that high in order to have an adequate intake of calcium to prevent osteoporotic fractures."

The issue isn't getting *enough* calcium. It's making sure that enough actually gets used by your bones. That's why this "forgotten" vitamin is so important. It's what helps your bones "get" and use the calcium to make themselves stronger.

What is this "forgotten" vitamin? I'm talking about Vitamin K2.

### "More Than Meets The Eye"



Dear Clients and Friends,

Hopefully your summer has been full of fun and great times with family and friends. As we come to the tail end of "beach" season, it's important that you don't forget to keep working on your health as we move into the fall and winter months.

See, most people focus on getting fit as summer approaches and throughout the sunny season. But as soon as it comes to a close, it's like they forget about all the health "stuff!" That's why I'd like to share a simple tip that will keep the fat off and give you plenty of other health benefits...Walk more!

Yes, walking helps you stay lean if you're eating clean. But more importantly, science is showing us **there's far more health benefits to walking that meets the eye.** A report out of Harvard's School of Public Health suggests that walking just 30 minutes a day strengthens your bones and helps protect you from fractures.

Another study from the University of Pittsburgh found that moderate walking helps reduce the risk of developing Alzheimer's disease by fifty percent! Finally, one Scandinavian study found that walking helps reduce inflammation (leading to hardening of the arteries) and hemostasis (sluggish blood flow).

So get your "roadwork" in. Walk around your neighborhood. Park as far away as you can from places. Take the stairs. *You know the drill.* And remember to stay properly hydrated if you're going to be walking outside in the heat or for extended periods of time. Enjoy what's left of your summer

To Your Health,  
Chris Gray  
Fitness Expert/ Best Selling Author

### 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.

Vitamin K comes in two forms... K1 which is found in abundance in green leafy veggies like spinach and kale. This is the form of vitamin K that helps with blood clotting. Then there's vitamin K2... this form of vitamin K is only found in very specific foods.

Here's what you need to know about it: it's crucial to your bone health because it helps your bones metabolize calcium.

It's so powerful, that one Japanese study found that vitamin K2 is just as powerful as drugs regularly prescribed to help prevent bone fractures.<sup>3</sup>

For the study, Japanese researchers divided women with osteoporosis into three groups. The first group took just 45 mg of vitamin K2.

The second group took the drug Dridonel, commonly prescribed to prevent fractures. The third group was the placebo group. So what happened?

Those taking the drug had a fracture rate of 8.7%. **Those taking K2 had an even lower fracture rate of 8%.** The placebo? Their fracture rate was a *whopping 21%!*

Vitamin K2 is a MUST if you want strong, healthy bones. The bad news is that it's all too easy to be deficient in vitamin K2, since it's only in a limited number of foods.

That said, here are a few ways to get enough of this "forgotten" vitamin to make sure your bones are strong and stay that way for a lifetime:

**1. Natto.** This is a popular Japanese dish. Some grocery stores carry it, especially local Asian markets. It has the highest natural concentration of K2. It's fermented soybeans and is definitely an acquired taste, so watch out.

**2. Egg Yolks.** You may already know that egg yolks are a great source of healthy omega-3 fats... they're also a good source of vitamin k2!

**3. Menaquinone (MK-7).** This is the supplement form of vitamin K2. You can find it at your local health food store. It's probably the easiest way to make sure you're getting enough K2 for the bone-health benefits.

#### References:

1. Willett W. Calcium: too much of a good thing? Report from the Harvard School of Public Health Nutrition Roundtable.
2. Warensjo, E, et al. "Dietary calcium intake and risk of fracture and osteoporosis: prospective longitudinal cohort study" *BMJ* 2011; 342:d1473
3. Iwamoto J, et al "Combined treatment with vitamin K2 and bisphosphonate in postmenopausal women with osteoporosis. "Yonsei Med J. 2003 Oct 30;44

## 5 Ways To Deal With Cravings And Hunger

*Cravings can be the "make it or break it" factor when it comes to staying on your eating plan. Here are a few quick tips you can implement right away to fight cravings and hunger pangs and make sure you stick with your diet long term:*

**1. Change your focus.** If you get a sudden craving for your favorite food, don't keep thinking about it.

Recognize that you're focusing on how good it will taste, and instead focus on something else. Distract yourself. Think about how good you'll look in that swimsuit or in those new jeans. Think about all the compliments you'll get when you reach your ideal physique. Or, do some house chores.

**2. Drink water.** If you're experiencing temptation, grab a glass of water. Drink it down and have another. This will help fill-up your stomach and more often than not, will make the craving go away. Another tip is to drink carbonated water as some folks report it helps them feel fuller.

**3. Eat more salad greens.** These are absolutely healthy and chock-full of important vitamins and minerals. Plus, it's hard to over-eat them since they're so low on the calorie-density scale. You can also eat these as "snacks" in between meals to curb hunger pangs.

**4. Get plenty of fiber.** Foods that are high in fiber will make sure you stay full for longer periods of time, as the fiber helps slow the digestive process. Good sources are oatmeal, broccoli, nuts and beans.

**5. Eliminate temptation.** One of the best ways to avoid temptation in the first place is to make sure it's not there! So rid your cupboards of any junk or foods that trigger cravings. Also, when you're out and about, avoid passing by places that are appetite triggers.

### Did You Know?

We offer a variety of fitness and nutritional services here at Punch Kettlebell Gym, including:

- ◆ Small Group Personal Training
- ◆ One On One Private Personal Training
- ◆ Skill Workshops
- ◆ Body Balance 10 Week Nutrition Challenge
- ◆ Corporate Boot Camp
- ◆ Sports Performance Training
- ◆ 24 Day Weight Loss Challenge
- ◆ "4 Weeks To Freedom" Boot Camp For Men And Women
- ◆ Lunch & Learn Presentations
- ◆ Consultant Services

For a complete listing of services visit our web site:  
[www.PunchGymDover.com](http://www.PunchGymDover.com)

Or just give us a call!  
(302) 730-1600

### REFERRAL REWARDS!!!

I'd much rather pay you with free personal training sessions or lavish gifts than pay for advertising. Just refer us a friend, co-worker or family member who becomes a client and you WIN! **And the more you refer...the more you win.** There's no limit to my gratitude! Just tell the person you refer to use your name when they call or come in, and **we'll roll out the red carpet for them.** Seriously, we have a red carpet and we're not afraid to use it ☺.

## CLIENT OF THE MONTH

This month's client of the month is...

# Dawn Creasy

### **Congratulations!**

Every month we choose one client who has done something exceptional! Watch for YOUR name here in a coming month!

You Can See Dawn's Powerful Video Story On Our Website

[www.PunchGymDover.com](http://www.PunchGymDover.com)



*DO YOU KNOW THESE PEOPLE?*

### **Welcome New Clients!**

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

Michelle Dehorney Mia Lewis John Yeomans  
Cameron & Lori Llewellyn Kashif Chowdhry  
Kelsey Milligan Kevin & Angie Phillipson Evelyn Tanner  
Amanda Stryker Adrienne Hawes Jordyn Bowe  
Connie Post Audrey Brodie

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

Thanks to YOU, we're the hottest Personal Training Business in town. 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!*

## DAWN CREASY LOSES 55 POUNDS

Growing up, I was the kid everyone picked on. I was overweight my entire life, as far back as I can remember. After I started working with the Punch Gym Team I started seeing results within a week, and by the end of the 5 weeks, I knew I wasn't going anywhere.

It is now a year and a half later, I have lost over 20 % body fat (more than half!), and 50 lbs of fat!! I still work out 4 times a week, looking forward to every training session. I have discovered that I LOVE working out!

The staff at Punch are amazing! They know what they're doing, and they understand that each person is different and know what to do to help each one. They are completely dedicated to seeing that each and every client reaches his/her goal and are behind each and every one of us. There is no other place like this, you will most likely not get this dedication to YOUR life from a regular "gym". – Dawn Creasy

## Local Business of the Month

Every month I share one of my local favorites!



**TIDEMARK**  
CONSTRUCTION

My name is Cameron Llewellyn and I am the President of Tidemark Construction located in Wyoming Delaware. We specialize in Design/Build Commercial and Residential Construction. Tenant Fit-Outs and Renovations are the mainstay of our business, however, our passion is the project that everyone else says can't be done.

Whether it is cutting through 14 inches of concrete to install floor drains in a warehouse, taking out a dining room wall that is "load bearing", consolidating 50,000 square feet into 30,000 square feet, or hanging a laminated beam from the ceiling for strength training; we always rise to the challenge.

We believe in giving our clients the quality they deserve, so email me at [Cameron@tidemarkde.com](mailto:Cameron@tidemarkde.com) for a free consultation.



## **“Register Now To Claim Your Spot for the **FREE 24 Day Challenge Seminar.. Where We’ll Reveal the “Insider Secrets” That Will Make Sure You’re Getting the Absolute Most Out of Your Program!”****



“Immediately, within the first week I started seeing results. After 4 weeks I lost sixteen pounds of fat and 6.7% body fat.”

**Madison Ray**

**Total Weight Loss Today-50 Pounds**



“This program gave me my life back! It provided me all the tools I needed to be successful, and the motivation to stick with it until I transformed my life!”

**Jerry Nagyiski**

**Total Weight Loss Today-70 Pounds**

### **5 reasons why we want you to register immediately for your FREE spot at the 24 Day Challenge Seminar:**

- #1—Better results faster than ever!** We'll show you the #1 way to make the most of your time in the gym, so you can start seeing results right away. And when we say right away... we mean right away.
- #2— A New Approach to Nutrition!** We'll reveal the “Insider Tips” on the best approach to build nutrition into your fitness program. (Hint: you might think you're eating well right now, but chances are some lights will go off when we show you this.)
- #3— Fire Up a Fresh Focus.** We'll give you the best way to “get back on track” if you've lost a little bit of focus on your commitment to fitness.
- #4— Say Goodbye to All the Obstacles!** We'll show you exactly how my team and I will strip away all the obstacles, so that in just 24 days, you'll achieve dramatic results.
- #5— Hit Your Goals More Quickly!** We'll help you see with 100% clarity the visible, measurement improvements in your

**RESERVE YOUR SPOT AT THE SEPTEMBER 24 DAY CHALLENGE SEMINAR  
RIGHT NOW... CLAIM YOURS QUICKLY BEFORE THEY'RE ALL GONE.**



[www.Dover24DayChallenge.com](http://www.Dover24DayChallenge.com)

