

Club & Community Events

February 14th

VALENTINE'S DAY

Go beyond candy hearts and chocolate and plan a fit, healthy celebration for your valentine (or family of valentines!) Plan a walk, a hike, go ice skating...or come to the club for a great workout before your Valentines Dinner!

Sat., Feb 18th, 10 am

DR. KARA FITZGERALD, ND PRESENTS...Case Studies in Integrative Medicine and Functional Medicine.

Details on the program in the "Studies in Inspiration" article in this newsletter

Tuesdays, Jan. to May

WOMEN'S BASKETBALL LEAGUE

Games are on Tuesday nights, Jan. 31 to May 1. Need more info? Call Jan Brown at 203.426.8693.

Upcoming Events:

Connecticut Raquetball Association & Club NewFit Present:

End of Winter Open

March 24th & 25th, 2012

USRA Sanctioned Tournament-

Level II...see link for Tournament Application and details.

Note From Penny

The Club NewFit 2012 Program Launch was a huge success! Thank you to all for making it such a fun and fabulous event and for inviting so many guests! Please make sure to take advantage of the many new class offerings here at Club NewFit—join us to take 2012 by storm. Thank you to DEMITASSE café of Sandy Hook for the DELICIOUS coffee and DELECTABLE baked goods...look for them at the Club's ZenBar soon!



Focus of the Month

Studies in Inspiration

At 12 years old, Peter was diagnosed with ADHD, allergies, asthma, reflux and more. He was taking seven different medications, doing poorly in school, in pain, depressed and irritable. And he was unable to write even his own name in a legible way. Today, Peter is off all of his medications. He is no longer depressed, irritable or in pain. And he is proud to be accelerating in school, with clear, crisp handwriting.

Mary was just 53 when she came to see us with severe pain and swelling in her hands, wrists and elbows. Having been diagnosed six years previously with inflammatory arthritis and osteoporosis, she was unable to tolerate the side effects of the medications she was prescribed, and stopped them all against the advice of her doctor. Today, Mary is pain-free, medication-free and her bone density has improved.

The treatments used in these cases were largely holistic and gentle, involving dietary changes, nutrients, clean living and medications when necessary. Specialized laboratory testing was used to identify individual needs. Called Functional Medicine, this approach blends science and common sense; it's about remembering who we are and

what we evolved to be. Remembering to chew our food, to rest and digest, put the real in, take the fake out.

Join Sandy Hook resident Dr. Kara Fitzgerald as she shares these and other inspiring stories of healing from her book, *Case Studies in Integrative and Functional Medicine* (2011, Metamatrix Institute).

Interest permitting, we will also cover the basics on weight loss without dieting by "dialing in" your metabolically appropriate plan. We will also discuss the emerging concept of gluten sensitivity, and whether it's something for you to consider.

If we think about health as a continuum, these approaches may be applied to those seeking to optimize wellness and achieve peak athletic performance. **We'll cover the how-to of using a functional approach for athletics.**

Plenty of time will be available for questions.

Kara Fitzgerald is an avid cyclist and former racer, current spinner, and Club Newfit member!

In this issue

Club & Community Events

Focus of the Month

Note from Penny

The new Group Fitness Schedule is on the Website. Don't forget to check it out!