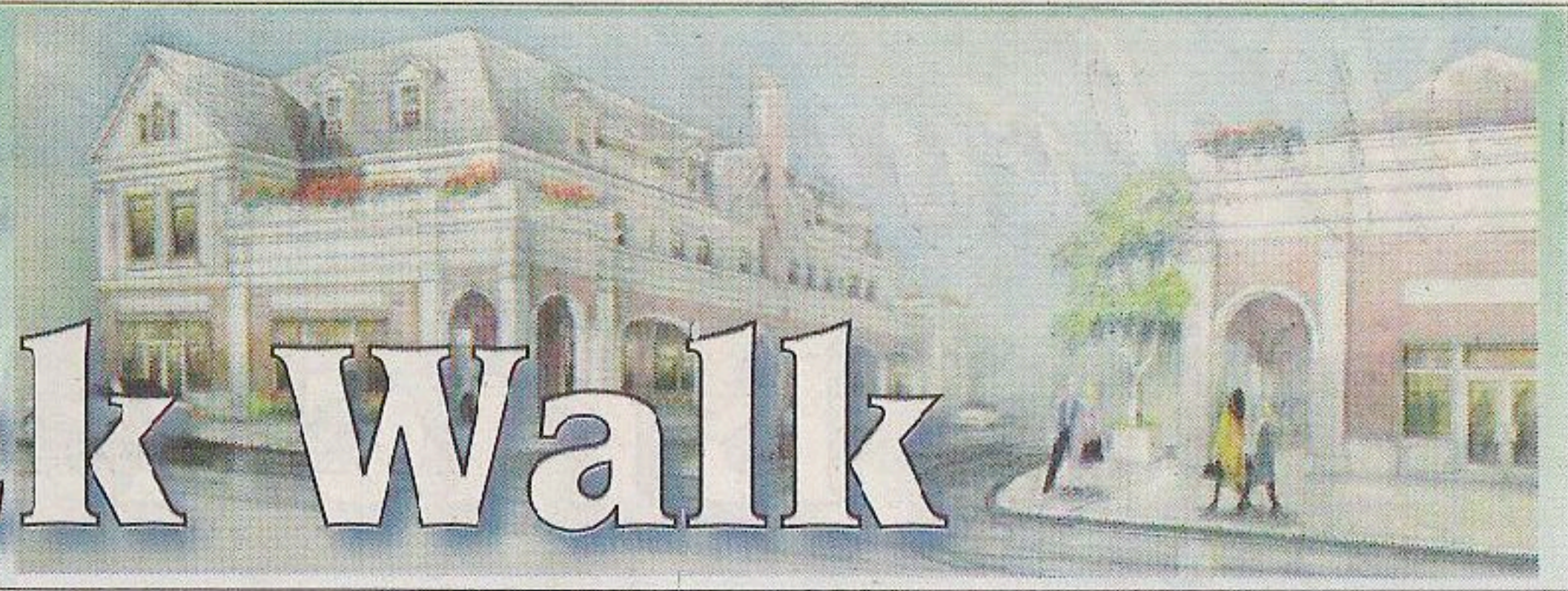


Welcome to The Brick Walk



New Baby and New Fitness Challenges

My wife and I spent four great years as newlyweds and new business owners before we entered into the next phase of our lives: parenthood.

Our daughter arrived in the summer of 2007 and instantly enhanced our existence. As certified personal trainers and fitness coaches, we've always kept our own physical conditioning high on our list of priorities. But as most parents discover, a new baby tends to completely rearrange your priorities. Over the span of a decade, our identities as single, active people evolved into married business partners who could no longer drop everything to take that 5-mile run, or spend a leisurely two hours at the gym doing strength training. With a totally dependent bouncing baby girl at home, the only way to keep our fitness levels in check was to have a plan. Efficiency would become the new mantra.

Here's what we've discovered so far:

In general, spontaneity be-

comes more difficult. But if the goal is to tend to your own fitness as well as the needs of your baby, then why not combine the two priorities by taking a walk! Most babies love long walks in their strollers and will often catch up on much-needed sleep. Choose an area with varied terrain and challenging hills. A vigorous one-hour power walk can yield up to 500 calories burned. A vigorous two-hour power walk can result in up to 1,000 calories burned. That's meaningful work. Power walks can also be a great time for spouses to catch up while their new baby enjoys the outdoors.

Time is a valuable commodity, indeed. As business owners and operators, we encounter unique challenges which have become more complicated with the addition of our new daughter. In order to remain focused on practicing what we preach, we've had to refine our own time management skills to make sure we get complete workouts within 55 minutes. Why 55 minutes? Because we

likely have a client walking through our door five minutes later. But there are other benefits to putting time parameters on your workouts. The better prepared you are heading into a workout, the more likely you are to accomplish your immediate goals by staying focused. An efficient strength and cardiovascular workout can easily be done within an hour. In fact, timed workouts often produce better results by keeping the intensity level higher and more constant. So if time rarely seems to be on your side, try keeping your workouts within an hour to make them not only more efficient, but more probable. And for all husbands who want to contribute more but are petrified of time alone with a newborn, take it from me, an hour alone with your baby is far more rewarding than it is stressful. Give your wife an hour of fitness freedom.

At Charged!, we've created a fitness model that exemplifies efficiency. We understand that

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BRETT J. D'ELIA
CHARGED!

people, especially new parents, don't have the luxury of showing up at the gym, waiting for equipment or figuring it out as they go along. Our 55-minute, private

training sessions respect your time and your expectations. Through a free training session and consultation, we'll evaluate your abilities, set goals and calculate a fitness program that delivers you measurable results. The sessions are private, the facilities are immaculate and the experience is life changing. Call Charged! Personal Training Studios at 254-7211 to set up your free consultation, or e-mail us at training@chargedstudios.com.

The author, Brett J. D'Elia, and his wife, Joh D'Elia, own and operate Charged!, a private, personal training fitness center at 1275 Post Road, Suite A-20, in the Brick Walk. For information, call 254-7211 or via e-mail at training@chargedstudios.com or visit www.chargedstudios.com.