



Buckley's Big Belly Bust

Local Resources provided by Wings Cancer Foundation

Personal Trainers:

Gerry Finney

(901) 870-2072

Please see attached flyers for Gerry's helpful tips and contact with question concerning scheduling your individual or team session with Gerry!

Dion Welling

(901) 497-5518

www.teneofitness.com

Please contact Dion today concerning individual or group pricing on your next Personal Training session.

Jimmy & Kelley Moore/J&K Fitness

(901) 603-7376 (Kelley) or (901) 335-7273 (Jimmy)

jimmy@jandkfitness.com, kelley@jandkfitness.com, www.jandkfitness.com,
www.facebook.com/JandKFitness, www.twitter.com/getfitwithk

Jimmy and Kelley are the husband/wife team of J&K Fitness. After years of raising a family and building careers, they realized that fitness and optimal nutrition had not been part of their plan. With some weight to lose and goals to meet, they began a new fitness journey that has led them down a path of weight/fat loss, increased strength and energy, healthy eating and an overall healthier lifestyle through resistance training and balanced nutrition. Jimmy now competes in amateur bodybuilding and has already received first place trophies for his class on the state and national levels. Kelley is a certified personal trainer with the NSCA. Let Jimmy and Kelley share their goals of helping others get fit, eat well, and enjoy the blessings and benefits of a healthier lifestyle with J&K Fitness by your side. J&K Fitness is available to consult on fitness and healthy eating, perform fitness assessments, the development of training programs and assistance in nutritional education. Please call for more information about beginning your NEW FITNESS JOURNEY with J&K Fitness today!

East Memphis ~ 100 North Humphreys Blvd., Memphis, TN 38120 ~ 901.322.2984

Southaven ~ 7668 Airways Blvd., Southaven, MS 38671 ~ 662.996.1083

Midtown ~ 1588 Union Avenue, Memphis, TN 38104 ~ 901.322.0447

www.WingsCancerFoundation.org

Holly Guthrie

www.hollywouldfitness.com

(901) 351-2475

Let Holly take you back to the basics with cardio and strength training in either a one on one or small group personal training session catered around your needs! Please call today to schedule a session and to inquire about pricing.

Dawn Stein

dawnstein79@hotmail.com

(901) 351-0925

Dawn Stein is a certified personal trainer that is ready and willing to help you achieve your weight loss goals. She has her own training studio to assist with more of your personalized training needs.

Individual and/or group rates are available. Please call for more information.

Michael Beeler

energized@live.com

(901) 230-2502

- Graduated from the University of Memphis with a B.S. in Exercise Sport Science.
- Certified personal trainer through American Fitness Professionals and Associates (AFPA).
- Started Energized Fitness which is a private personal training business, training in client's homes.
- Wellness specialist for the FedEx Wellness Center.
- Personal training for three years at various health clubs around Memphis (DAC and Envision)
- Fitness Director for Fitness Together in Collierville.
- Worked with Camp Live it Up at the Jewish Community Center as a trainer for kids with Multiple Sclerosis.
- Conducted research project on Resistance Training and its impact on Multiple Sclerosis

Michael Beeler, a Certified Personal Trainer through American Fitness Professionals and Associates, is ready and willing to assist with a personalized training regimen catered to meet your individual or team needs. Please contact Michael concerning your individual or team sessions and get on the path to a healthier lifestyle today!

Gyms:

French Riviera

Ladarius Gant

(901) 650 0640

regular membership -\$30/m.... 2 or more teams = \$19/m membership per person....6 locations around the city with unlimited use of any site for convenience, free personal training, numerous classes offered in all locations that are free of charge with membership (belly dancing, water aerobics, zumba, etc.)

24 Hour Fitness – Ricky Tucker

(901) 763 3265

Different promotions every week....call for promotional pricing....Ricky is willing to give interested parties a free 7 day trial membership at the fitness center. They do offer Personal Training with courses ranging from 3-30 sessions that can be included in the membership packages.

Anytime Fitness/Germantown Location

Steve Heard

(901) 758 6188

He is offering Buckley's Big Belly Bust participants a 2 month special membership at this location only. The membership would have no enrollment fees, \$50 total price for 2 months and the option for Personal Training at \$20/ individual session plus \$10 for each additional team member in the session.

WellWorx Sporting Clubs

Sheridan Hibbard

(901) 507 4900

WellWorX Sporting Clubs offers the participants of the Buckley's Big Belly Bust the following special packages:

- Three (3) month fitness access membership for \$199.00 (\$200.00 discount off normal retail rate)
- Three (3) month fitness access memberships with Personal Training Programs designed by a Certified / Degreed Personal Trainer for \$349.00 (\$300.00 discount off normal retail rate)

WellWorX has two (2) locations in the Memphis metro area:

- WellWorX SportsPlex Wembleton East Memphis / Bartlett area
- WellWorX SportsClub Downtown

Registered Dietitians:

Anita Vincent

901-683-0055 ext. 1250

www.wingscancerfoundation.org

Anita Vincent, Registered Dietitian with Wings Cancer Foundation, will be hosting a Q&A session to address any questions you may have concerning your weight loss goals/plan and how to adjust to a new regimen of nutritious eating with the incorporation of a healthier lifestyle. This Q&A session will be offered free of charge to all Buckley's Big Belly Bust #2 participants.

Q&A Session with Anita Vincent

Thursday, March 10, 2010

5pm-6pm

Location: The West Clinic

Wings Cancer Foundation Resource Room

100 N. Humphreys

Memphis, TN 38120

Carolyn Nasca, M.S., R.D.

Ask the Dietitian

By Carolyn Nasca, M.S., R.D.

Before you purchase any "detox" or "colon cleansing" products, you might want to read this first.

Question: I am thinking of going on a detox program to lose weight and cleanse my body of impurities.

As a Registered Dietitian, what advice can you give me?

Answer: Humans have been detoxifying and purifying their bodies for centuries; using a variety of methods such as herbs, enemas, potions, saunas, etc. Yes, you can lose weight quickly, but that is mostly water loss, meaning it is coming from your lean body tissue, which you certainly want to keep. Our bodies are quite efficient and do a remarkable job of detoxifying. This is one of the major functions of the liver and also involved in ridding us of impurities are the lungs, colon, kidneys and the lymphatic system.

There is an organization, Natural Standard, whose function is to analyze and validate scientific data on integrative medicine (the combination of traditional medicine with alternative medicine.) Natural Standard states that "there is insufficient evidence to support most of the claims that support detoxing." Most mainstream medical professionals do not endorse the notion of detoxing.

The following is a partial list of ways you can "detox" in a natural sense:

- avoid processed foods

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- filter your own drinking water
- don't smoke
- avoid insect sprays
- pay attention to the air pollution index

And finally, there are many risks to self-prescribed detox regimens, i.e., bowel perforation, muscle loss, nutrient deficiencies and dehydration, to name a few. If you plan to use these products, consult a Registered Dietitian (RD) who can ensure that you don't harm yourself by using dangerous products.

Jill Collins, RD, LDN, CDE

(901) 573-0053

eatrightyall@yahoo.com

Jill Collins is a Registered and Licensed Dietitian/Nutritionist in the Memphis, TN area. Jill is also a Certified Diabetes Educator. She is proud owner of Wellness Within Reach, LLC, which provides unbiased, balanced, and realistic nutrition-focused advice. Jill is also committed to the community she lives and works in and donates 10% of her fees to the Mid-South Food Bank.

Weight Management for the Realist

1. Eat slowly. Listen to your hunger signals. Put your fork or spoon down between bites. It takes 20 minutes for your body to realize you have had enough to eat.
2. Eat your fiber. The average person needs 25-35 grams (g) of fiber each day. Some of the best sources of high fiber foods are fresh fruits, fresh or steamed veggies, whole grains like brown rice and whole wheat breads, and last but not least, dried beans. An added bonus: fiber makes us feel full **FASTER** and **LONGER!**
3. Think before you drink! Drinks can add calories. Example: 12 ounces of orange juice is 180 calories. One orange the size of a tennis ball is only 60 calories. Orange juice: 0 grams of fiber. One orange: 2-3 grams of fiber.
4. Share an entrée when dining out or select an appetizer as your meal. Portion control is **KEY** to successful weight loss.
5. Use lower-fat cooking techniques. Grill, broil, or bake foods instead of frying. Use non-stick cooking spray instead of butter, oil, or margarine.
6. Drink at least 6 to 8 glasses of low-calorie beverages throughout the day. Water is always an excellent choice. Sometimes we mistake hunger for thirst. Feeling hungry midday? Drink a big glass of water and re-evaluate!
7. Don't skip breakfast to cut calories! You are more likely to eat in excess later during the day if you skip breakfast.
8. There is no "forbidden food." Think about it. You swear off pizza because you are trying to lose weight. What's the first thing you want when your motivation starts to lag? You guessed it... pizza!
9. Detox your kitchen. In other words, throw out those less healthy snack and meal options that might wreck your healthy eating plan.



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10. Take those extra steps! Every step burns a small amount of energy. Research has shown that walking for 10 minutes three times a day is just as effective as walking 30 minutes once a day. No amount of time is too small to take a quick stroll to burn some calories!

Tip Sheet compliments of Jill Collins, RD, LDN, and CDE.