



The Health Colonel

Tips and Guidance

for Health, Fitness, Weight Loss and Boot
Camp From Lt. Col. Bob Weinstein, Ret.



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Welcome to the a New Year of opportunities to lead a healthy lifestyle.

The year is moving along rapidly and we are still looking at beginning to work on those 2010 resolutions/goals.

Actions are the true expression of good intentions.

Get that list together and start action planning the steps you need to take to get where you want to be in all areas of your life. List making and action planning is a dynamic process and should take place daily and weekly to reassess where you're at and the steps to take OR to remind you to get going again.

Many of you are interested in predicting the future of how your life will unfold as days, weeks and years go by. I have a strategy for that. Take a close look at how you live today in all the key areas of your life. Then fast forward all your behaviors and values you apply and you will - with all probability - have the prediction whether it's finances, relationships, values, spiritual life or career.

This will be brief so read on:

1. TEN WEEK WEIGHT LOSS CHALLENGE

If you or someone you know needs a challenge to lose 10 to 30 pounds in ten weeks, this is the program for them. I just put it together. Deadline for registration is in 02/22/2010. There is a corporate program as well to take it to your place of work. [More details and registration info \(pdf\)](#)
[Registration Form \(pdf\)](#)

2. PERSONAL TRAINING IN SMALL GROUPS (Very affordable and time flexible)

I am offering special rates for personal training in groups of 1 to 4 for all Beach Boot Camp members and for those who register for the TEN WEEK WEIGHT LOSS CHALLENGE. A special single session rate will apply for groups of up to four and specials times outside of the Beach Boot Camp group classes can be scheduled.

3. SHARK VALLEY BIKE TOUR ON SUNDAY, FEBRUARY 7TH, 2010

This is one of our just-for-fun events and there is no charge. We will meet in Fort Lauderdale at 10 AM and leave for Shark Valley in the Everglades by 10:15 AM. We will be bringing our own bikes. If you don't have one, perhaps one of our fellow Beach Boot Camp recruits has one to lend you. It takes about one hour to get there and the bike course is 15 miles with lots of nature to see along the way. PLEASE BRING SOMETHING TO EAT AND DRINK. We will have a picnic right after the bike tour. We should be back around 3:30 PM, in time for the Super Bowl.

PLEASE RSVP to TheHealthColonel@BeachBootCamp.net.

More about Shark Valley: Google search Shark Valley Everglades

4. HAPPY HOUR AT THE MARRIOTT HARBOR BEACH HOTEL, FRI, JANUARY 29TH, 6 PM

Chill out and get together at the Marriott Harbor Beach Hotel for a drink and, if you like, a bite to eat, at the Marriott Harbor Beach Hotel on Friday, January 29th, at 6 PM. We'll either be inside the lobby or outside on the terrace overlooking the ocean. PLEASE RSVP to

TheHealthColonel@BeachBootCamp.net. You will receive a parking validation sticker from Colonel Bob.

5. BEACH BOOT CAMP CLASSES

Group Beach Boot Camp classes are conducted on Fort Lauderdale Beach at the Marriott Harbor Beach Resort & Spa. Use the Marriott self-parking and take the elevator to the lobby. We meet in the lobby and then head to the beach for the workout. Bring a towel and water. Classes are

Mondays, Wednesdays and Thursdays at 7 PM

Saturday mornings at 8 Am

More Beach Boot Camp Info and Registration

[6. COLONEL BOB'S HEALTH AND FITNESS BOOKS](#)

7. TRY THIS HEALTHY RECIPE BY GRIT

Endive Salad in a fruity way

(For 2 Persons)

This salad is rich in vitamins and you can always eat a second helping.....

- 2 white endives
- 2 Kiwis
- 2 Oranges
- 1 big sweet Apple
- 1 Banana
- Handful of Raisins
- Handful of chopped Nuts (like Almond, Walnut, Hazelnut)
- Half lemon, Vanilla sugar

1) Cut all the fruits and endives in little pieces

2) Add the raisins and the nuts, mix it together

3) Spice it up with a pinch of vanilla sugar and fresh squeezed lemon juice

Tips: - for Xmas you can add also chopped dates and a spoonful of coconut flakes

- Or instead of raisins, cranberries



MORE HEALTH AND FITNESS NEWS (see below)

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[More info on Beach Boot Camp classes](#)

[Subscribe to Colonel Bob's Health, Weight Loss and Fitness Newsletter](#)



A. News

1. PLATE WEIGHING DEVICE HELPS LOSE WEIGHT

<http://news.bbc.co.uk/2/hi/health/8440193.stm>

2. QUIT SMOKING: COST EFFECTIVE WAYS TO SUCCEED

<http://www.nytimes.com/2010/01/09/health/09patient.html?ref=health>

3. FITNESS BOOT CAMPS OFFER WHAT THE GYM CANNOT

The complete body workout of a fitness boot camp takes care of cardio, strength training and flexibility and is suitable for all fitness levels. There is the additional benefit of camaraderie and teambuilding. Add a positive atmosphere and the workout will be fun. Classes can be conducted anywhere and are best when conducted outdoors. This is a great alternative to the gym because the sense of belonging to the group will keep you coming back. Fitness boot camps are a great investment compared to the gym. On average, most gym members stop going after the first couple of months although they continue paying.

<http://www.latimes.com/features/health/la-he-boot-camps4-2010jan04,0,3388467.story>

4. THE TEN MOST EFFECTIVE ABS EXERCISES

The bicycle exercise is at the top of the list as being most effective, the leg raise is ranked as second when it comes to the most effective abs exercises.

<http://exercise.about.com/od/abs/ss/abexercises.htm>

5. RESISTANCE BANDS PROVIDE BEST NO-WEIGHT STRENGTH TRAINING

http://www.mensfitness.com/fitness/new_moves/584

6. TOP TEN FITNESS TRENDS FOR 2010

At the top of the list you will find experienced professionals and strength training.

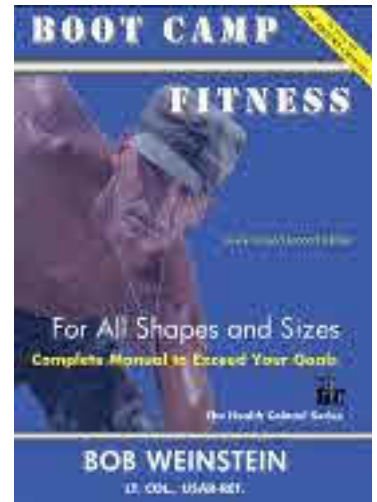
http://www.womenfitness.net/top10_fitness_trends_predicted_for_2010.htm

7. NEW BOOT CAMP FITNESS BOOK TO BE RELEASED SOON.

Colonel Bob will be releasing his new book, titled Boot Camp Fitness soon.

8. HEALTHY EMPLOYEES ARE MORE PRODUCTIVE

According to the Centers for Disease Control, more than 75% of employers' health care costs and productivity losses are related to employee lifestyle choices. Employers need to step up to the plate and incorporate programs to tackle this cost factor and loss of productivity. Further, businesses need to accomplish this without incurring more costs. Colonel Bob is offering just such a solution with his next book. He is also offering f-r-e-e seminars to the business community on how to get started with a no cost fitness program that provides for increased productivity and team building. He can be reached at 954-636-5351 or per email at TheHealthColonel@BeachBootCamp.net to schedule seminar.



9. HAVING A BIG BUM, HIPS AND THIGHS 'IS HEALTHY'

<http://news.bbc.co.uk/2/hi/health/8451674.stm>

>SEND YOUR HEALTH AND FITNESS NEWS ITEMS to TheHealthColonel@BeachBootCamp.net

B. TIPS



TURN YOUR NEW YEAR'S RESOLUTIONS INTO GOALS

Questions are more important than answers. What are the questions you need to be asking when pursuing your goals, such as weight loss, managing your finances, developing your character or improving your relationships? Ask these questions: What kind of change are you looking to achieve? Do you know what it is you need to do to achieve your goals? How

bad do you want to achieve your goals? Are you willing to do what it takes? Do you know why you want to achieve your goals? Are your motives for achieving your goals worthy and honorable? Once you've got that done, action plan the implementation and get started. Good intentions are not enough. Get moving on improving today. It's like taking a shower. Once is not enough.

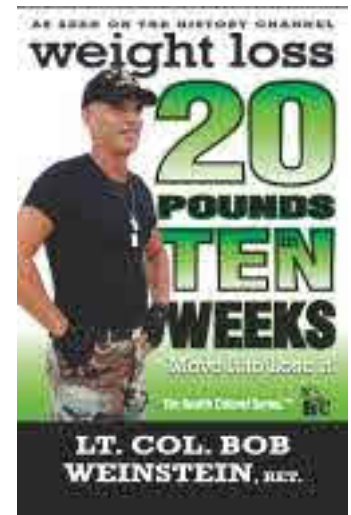
==SHARE YOUR TIP. Send it to TheHealthColonel@BeachBootCamp.net

Do you know of friends or family who could benefit from this newsletter? Why not forward it to them now?

C. Resources

[Weight Loss - Twenty Pounds in Ten Weeks - Move It to Lose It](#)

D. Weight Loss Competition



Do you need a little competition, team support and a challenge to lose weight? The 10-Week Weight Loss Competition program is designed for those wanting to lose 10 to 40 pounds or more. PRIZES WILL BE AWARDED TO THE WINNERS. The cost of the ten week program is as low as \$3.75 per workshop. **The best rates are achieved by building corporate teams of four and registering as teams.** Contact your human resources to find out about bringing the corporate program to your place of work. The corporate programs are most affordable. [More info \(PDF file\)](#)



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WHAT: Weight Loss Challenge and Competition (Ten Weeks)

START DATE: Friday, February 26, 2010

TEN WORKSHOP/MEETING DATES (all Fridays): 02/26, 03/05, 03/12, 03/19, 03/26, 04/02, 04/09, 04/16, 04/23, 04/30

WHEN: Every Friday at 7 pm for ten weeks

WHERE: To be announced. The location will be in or near Fort Lauderdale.

WHO: All those that want to lose between 10 and 30 pounds in ten weeks

PLEASE COMPLETE REGISTRATION FORM AND FORWARD PER EMAIL to TheHealthColonel@BeachBootCamp.net. Please mail checks payable to Lt. Col. Bob Weinstein, 757 SE 17th Street, #267, Fort Lauderdale, FL 33316, phone 954-636-5351. You may also print and fax the completed form to 866-481-2804 or scan and email. [Click here for registration form.](#)

South Florida Fitness Boot Camp Workouts

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[New Book: Weight Loss - Twenty Pounds in Ten Weeks - Move It to Lose It](#)

Changing the Way People Think About Health

