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Total Wellness Concepts Newsletter

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Do You Know The Difference Between Recreational Exercise and Optimal Exercise (as experienced with Russian Kettle bells)?



The former is a low to moderate level of exercise done mostly for enjoyment like long walks, dancing, or bike rides in the country which burn some calories but do not really get your heart rate up or tax your lungs to the point of breathing hard. Optimal exercise will get your heart rate up close to maximum and keep it there for several minutes or in short bursts of intense effort such as you get when using Russian Kettlebells.

Russian Kettlebells have been around for centuries but are relatively new to America. They offer extreme cardiovascular conditioning along with strength training together in one workout. Here is how a typical class will proceed. After

warming up, including some stretching you can begin the basic swing for a one minute interval. Swinging with the appropriate weight will involve your legs, buttocks, lower back and mid back. Working such a large area of your musculature causes a high expenditure of energy and consumption of oxygen (VO₂). This will strengthen your heart and lungs, burn plenty of calories, build strength and lots of endurance. There are plenty of other exercises to incorporate in your routine which do pretty much the same thing for other body parts. Once you have learned as many as 10 exercises they may all be incorporated in exercise sequences that may be done one exercise after another with no rest for a high intensity aerobic workout that will help you to forge a more athletic and sculpted body.

Classes are underway at the new Mid County Recreation Center on Queensguard Road, just off Layhill Rd. near Plaza Del Mercado every Wednesday at 5:30am and at Montgomery Hills Park in Silver Spring every Saturday at 8:30am. Each class is one hour long and is only \$10.00. A selection of light kettlebells at the class site will allow you to pick a weight best suited to your body type and fitness level. You should then purchase that weight. Because some exercises are more difficult than others, you will have the opportunity to use different weights for different exercises as you learn to better use Russian Kettlebells.

Join us at one of these venues and learn to prevent osteoporosis, muscle wasting, weight gain, and forge a stronger, more sculpted figure. Call Steve Seater, CPT, CN AT 240-888-5453 for more information.

Be well.

Sincerely,

Steve Seater
Total Wellness Concepts

Steve Seater, CPT, CNC, CN, is a life long fitness enthusiast with a strong interest in holistic nutrition and wellness. He is a certified nutritionist (CN), and a certified nutrition consultant (CNC). Steve provides natural alternatives for better health without side effects. Additionally, he is a certified personal trainer (CPT) and a certified spinning instructor.

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