



## Lady of America Newsletter - August 2009

### Ask Natalie

#### Ask Natalie – Get Answers to Exercise and Nutrition Questions from a Women’s Fitness Expert

Learn about the benefits of eating healthy and get answers to other women’s fitness questions.

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Lady of America’s  
Official Trainer and  
Expert in Exercise  
& Nutrition



Q: I am interested in joining LOA, but I have "different" problems. I am a breast cancer survivor but I have difficulties from the chemo. I need to gain strength in my whole body and lose weight and tone. How would you advise?

A: I am sorry to hear about what you went through, but happy to hear that you are making a comeback. Joining LOA is a very good decision and one that can help you in your fitness goals of gaining strength and the overall health benefits being fit does for the body. What I recommend you do is start light. Start with dumbbells no heavier than 5 pounds and work your way up as you get stronger. If you are not sure exactly what to do, or what exercises and sequence, I recommend that you participate in our body sculpting as well as our pilates and yoga classes.

Q: I just joined a gym and I am looking for a 30-40min weekly gym routine - I am going from machine to machine and I want a set schedule so I can lose weight and tone my body.

A: you get out of it as much as you put into it! If you are only doing 30-40 minutes of exercise at the gym weekly, it will be a long time before you see any results. Now, if you are talking 30-40 intense minutes every other day then you will see results. What I recommend you do is 40 minutes of weights one day, jumping from machine to machine and doing 2 exercises per body part with at least 15 repetitions [reps] each set. Alternate that with one day of 30 minutes of cardio. Walking on the treadmill at an increased incline is my favorite, but remember no hands! Good luck to you!

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