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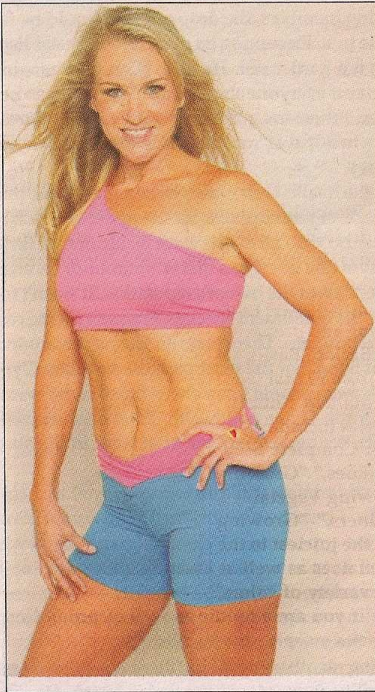
**OBAMACARE
or
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Life!**

PATRICIA FRIBERG



ON THE COVER: Patricia Friberg by christine lynn harvey



Fitness expert and mom, Patricia Friberg, does it again with her new DVD "Patricia Friberg's Belly Beautiful: Postnatal Fitness & Busy Mom Workout" (80 minutes, \$19.95, www.bellybeautifulworkout.com). This is volume 2 in the Belly Beautiful workout series for women who have just given birth. In this program, Friberg combines a fusion of Pilates, Sculpting, Cardio and Yoga. "I believe in mixing it up with regard to exercise," says Friberg. "I cross train between, Pilates, TRX, strength training, Gyrotonic, Yoga, and cardio. You will find that my DVDs reflect my love for the liberal arts of fitness."

The DVD is divided into step wise segments so the viewer can do the entire workout, or can select the workout that best fits their needs on any given day. This allows new moms to progress as they get stronger and feel more rested. The first segment is done after they get clearance to exercise, it is called "Abdominal Rehabilitation," the second segment is the "Baby & Me" segment and this workout can be done

while bonding with the baby. The third segment "Head to Toe toning" is a blend of Pilates and Strength using a ball and band. The "Busy Mom Boot camp" is a 15-minute cardio routine so that moms can get the cardio they need on the go. Then there is a "Rejuvenation Stretch" which is a blend of yoga and gentle stretches to sooth tired muscles associated with baby care. Friberg's son, Geoffrey, at six months starred in the "baby & me" segment. "The workout is meant to yield a beautiful belly, reduce stress, elevate mood and increase energy while moms bounce back after delivery and move into the newborn care," she says.

Patricia Friberg grew up in Knoxville Tennessee and her first exposure to fitness was through Jane Fonda's audiotapes and later her videos. "I was barely 13 in the late 80s when I started taking my first "aerobics" classes at a local

church where we used bowling pins as hand weights," says Friberg. "To my surprise, my kindergarten teacher ended up being the fitness instructor I had. From that point on, I continued to take classes through high school and college. As a youngster, they helped me manage my weight and increased my self-esteem."

As for the challenges that people face while getting back into shape: "I am extremely sensitive to the time restraints and understand that 1 hour day is often unrealistic for many people," she says. "There are also some people who do not care for the gym atmosphere and/or do not enjoy exercise. There are so many ways to integrate movement into the daily routine when you can't make it to the gym. People do not have to commit to an hour every day and it does not have to be done all at once. For instance, people can take a few 10 minute breaks at work or home and just move. I do Kitchen Counter Incline Push-ups while I wait by my coffee maker for that first cup of Joe in the morning. Some people take breaks at work and do the stairs in their office building or just go outside for a brisk quick walk. It gets the heart rate up, burns calories, and often increases productivity. For moms, I encourage them to move at the park with their kids rather than sit on the bench; they can do step ups on the park bench, plank on the swing, or just walk."

"The problem with society right now is not the lack of 'gym time.' It's the sedentary lifestyle and overall lack of movement. It's important for us to take breaks away from our desks, computers, cars, etc and move. As parents, it's equally important to monitor how much exercise or movement the kids are getting during the day."

For women who have just given birth, Friberg advises: "For the postnatal client, long rigorous workouts, are not recommended especially during the early postpartum months. Moms need to do workouts that feel good and invigorate them and not deplete them. Too strenuous workouts can become counter productive with weight loss goals. Workouts for the postnatal client might include strolls with baby and short workouts emphasizing regaining abdominal strength and working the muscles necessary for baby care, i.e. core, upper back muscles, triceps, glutes etc."

Watch for Friberg's next DVD dedicated to breast cancer. "I entered a contest earlier this year to win free production (through 208 Entertainment) of a DVD so that I could make a Philanthropic DVD to benefit The Breast Cancer Research Foundation," she says. "I won the contest and will be filming my fitness DVD "Power 4 Pink Workout" in October, during breast cancer awareness month. 100 percent of the proceeds will be donated to The Breast Cancer Research Foundation. The workout will include Cardio, Strength, Pilates and Balance. I am thrilled about this project!"

For more info about Patricia Friberg, visit: www.bellybeautifulworkout.com