

# Whole Body Fitness

by Lajuanna

January, 2019



Each day is a gift and a new opportunity to make a positive impact on the lives of others. By our actions we can Empower, Encourage, and Educate one another to become the very best person that we are meant to be.



Valerie Maria Robinson Photography

Like most of us during our younger days when life was much simpler, we were naturally active, and played outside at every opportunity during the day until the street lights came on. We also ate what was prepared for us and “fast foods” such as McDonalds, Burger King and Wendys was a rarity unlike today where “fast food” in addition to processed foods high in sugar, fats, and salt are a primary staple of our food consumption.

Our population is getting fatter and sicker; and according to the World Health Organization: 62% of Adults are overweight or obese and 20% to 25% of children and adolescents are overweight and obese as well. Also, according to the CDC Obesity is: The leading cause of death in the U.S. and the leading cause of chronic diseases (Type 2 Diabetes, Hypertension, and Cardiovascular Disease); costing billions in medical costs and a significant reduction in the quality of life. These are lifestyle diseases that are typically caused by the types of foods we eat and the lack of daily exercise.

At the start of the new year most of us are re-energized to take charge of our health and wellness as we renew our commitment to eating better and exercising in order to improve our well being. In this edition we are applauding John E Lawrence, age 63, Guitarist/Recording Artist/Author/Ypsilanti Native who lost over 50 lbs when he decided to make a Whole Body Fitness Lifestyle in August 2017 by improving his eating habits and made exercise a natural part of his life.

Although John spent a lot of time working as a musician, educator, performer, mentor, artist, and author; he always made time to exercise and eat healthy; however like most adults the demands of life took a toll and exercise and eating healthy took a back seat. As a result John became obese and at risk for many chronic diseases such as Hypertension, Type Two Diabetes, and Cardio Vasucular Disease until he decided to take control of his life by making a Whole Body Fitness lifestyle change.

## In his late 20's and 30's ❄️

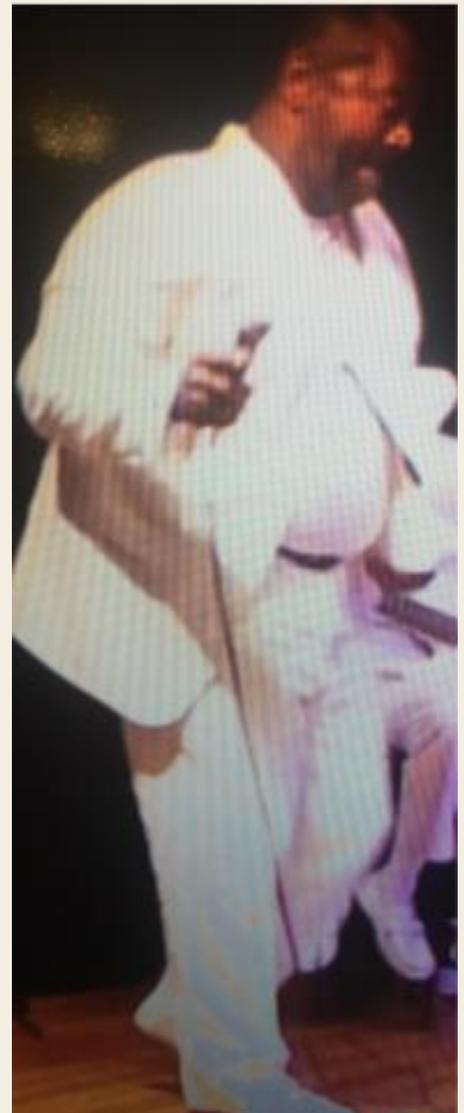


In his late 20's and 30's John, a full time musician (guitarist from the early age of 9) performer, song writer, music composer, and drawing artist, worked part time as an instructor at Washtenaw Community College, performed every Sunday at various churches as well as taught private guitar lessons part time yet always made time to exercise daily at the gym as well as run up to 5 miles daily. At 29 he began incorporating weight training and quickly saw positive changes in his body and fell in love with body building so much that he installed a chin up bar in his back yard where he would do 8 sets of 25 reps totally 200 per day, along with 25 push ups in between each set of chin ups. He also installed a full home gym which allowed him to work out at anytime.

## In his early 40's ❄️

John continued his busy schedule in addition to leading the Performance Arts Department as well as teaching full time at WCC. Although he continued his busy schedule he no longer made time exercise and continued to eat whatever he wanted in large quantities and his weight began to increase as high as 235 with most of his weight distributed to his stomach. John would get comments from friends and family about how big his stomach was (as if he didn't know), some would also refer to him as "Budah Belly", "Pilsbury Dough Boy", and "Big Fella" to name a few. Others would just point to his stomach and say "What's This?"

*At the age of 60* John retired from WCC and vowed to get his health in order by exercising and eating healthy. Although he hired a personal trainer, he remained consistent for about two months and continued eating the same for another two years until he was diagnosed with high blood pressure and began taking medication to control it.



## At the age of 62 ❄️

At the age of 62 (August 2017) John watched the documentary “What the health” and made the decision to go Vegan (plant based diet, no meat and no dairy).

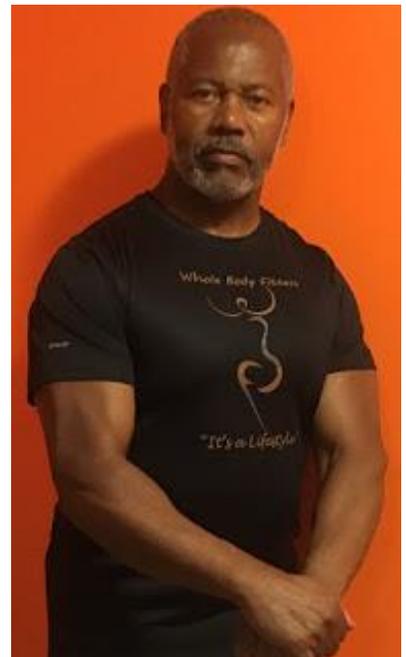
After three Weeks he noticed the following changes:

- Black blotches on knuckles and knees disappeared
- No more dry itchiness on his legs
- No more snoring
- No more sleep apnea (no more waking up from my sleep choking and coughing)
- More alert
- No more falling asleep while driving
- Weight loss of 10 pounds and still dropping
- Blood pressure lowered from 160/75 to 130/75
- No more bloating and stuffed feeling
- No more feeling the need to over eat
- No odor in his bowel movement
- Overall smoother more vibrant skin
- More energy in his workouts resulting in more endurance
- My muscles look more defined
- No more pain and stiffness in his joints from sitting too long
- Thinks more clearer
- No longer crave or desire meat, poultry, dairy or sweets
- Stomach and waistline is smaller and my clothes fit better

## After six months ❄️

After six months of going Vegan, John is on a journey to see what his body and mind can achieve through a healthy life style. His blood pressure has lowered to a stable 120 over 80 and is no longer taking medication to control it. In addition, his Plantar Fasciitis (better known as heel spurs) has completely disappeared. His hair color has changed from being totally grey to black with some grey in it. He increased his cardio exercise from five minutes to one hour on the elliptical machine burning an average of 700 calories each session. His shirt size has gone from XX large to a large.

He has taken his belts to shoe repair store to have additional holes punched in them two times in three months and a going for a third time because they are now too big for him. His waistline has gone from 46 inches to a 32 inches and his weight fluctuates between 178 lbs. and 182 lbs. He has given away all most of his suits because they no longer fit On May 4, 2018 John turned 63 years old and he is now in the best shape of his life and plans on improving from there.



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*John succeeded at weight loss when he chose health and wellness as a lifestyle. He also took control and action over his well-being. Congratulations John, you are truly an inspiration. Where ever you are on your health and wellness journey, I would love to help you successfully achieve Whole Body Fitness as a Lifestyle. You can contact me at 734-672-0463, or [www.wbf-by-lajuanna.com](http://www.wbf-by-lajuanna.com) and I will help you take your next steps.*

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## Beets; it does the body good and helps men with Erectile Dysfunction



Beets are one of nature's finest whole foods that is produced from the earth, grown in the dirt and in their natural state (un-processed) have many healing properties and health benefits. Despite its benefits, most people don't give beets the time of day and will usually say "they taste like dirt", I would say they have a more earthy taste. I would like to share some of the most prominent benefits as well as a recipe that tastes great, and is quick and easy to prepare.

Beets help to improve the blood flow especially for men who may have ED (Erectile Dysfunction), they also improve digestion and help to lower blood pressure. "Beets are naturally high in nitrates, which are converted to nitrites in your mouth when you eat them. The stomach converts the nitrates to nitric oxide, which dilates blood vessels and blood flow, similar to Viagra's action." "Beets are a good source of fiber, which is beneficial for digestive health, as well as reducing the risk of a number of chronic health conditions." Also, since beets have "a high concentration of nitrates, which have a blood pressure-lowering effect. This may lead to a reduced risk of heart attacks, heart failure and stroke.



For information about how to prepare beets visit [www.wbf-by-lajuanna.com](http://www.wbf-by-lajuanna.com), and click on the

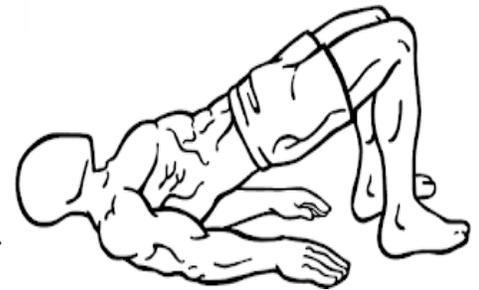
Winter Newsletter



**Our Glute muscles** (aka Bootie muscles) are the Strongest and hardest working muscles of body. Glute muscles move our hips which are responsible for the movement of our legs and also support our torso which is our upper body, keeping it upright. When our Glutes muscles are weak, it can cause other muscles to work harder because they are doing jobs they are not designed to do. An example is the the psoas muscle which connects the spine to the legs, when the psoas muscles get overworked it can lead back pain. I am going to equip you with two exercises that you can do anywhere and at anytime.



- **Bridges** (lie on your back with your knees bent at 90 degrees, your arms and hands laying at your side and with your feet planted firmly on the floor, keep your abs contracted and your back flat and lift your bottom off the floor as high as you can until you feel your glute muscles contracting or tightening. Hold for a two second count and slowly lower your glutes back to the floor. Continue for a total of ten repetitions. Rest for 30 to 60 seconds and repeat for another ten times



- **Donkey Kicks** (Straight Leg, Lower your body to the floor and get on hands and knees, extend your leg straight out with foot toe pointed touching the ground. Lift your leg as high as you can or until you feel your glute muscles contract and tighten and hold for a two second count and slowly lower your leg back to the ground. Continue for a total of ten repetitions on each leg Rest for 30 to 60 seconds and repeat for another ten repetitions on each leg.

# Spring Classes Coming Soon!



## Total Body Tighten Up and Tone Up

- ❖ Get Fit and Have Fun,
- ❖ Gain More Energy and Strength
- ❖ Loose Weight
- ❖ All Fitness Levels Welcomed

April 5, 2019 to May 11, 2019 (Six Weeks)

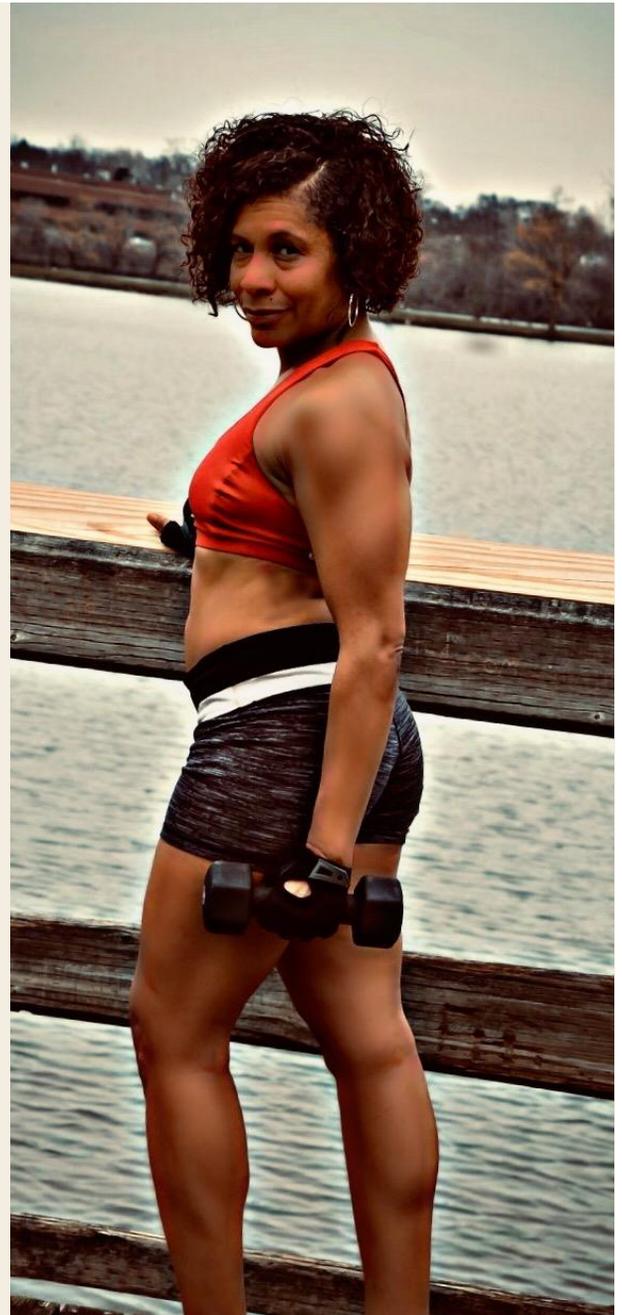
Saturday 8:30 am to 9:30 am or Wednesday 6:30 pm to 7:30 pm

Choose one class or both

\$45 per person per class

Ypsilanti Location

Space is limited, register today at [www.wbf-by-lajuanna.com](http://www.wbf-by-lajuanna.com) go to events and select class.



## Order Your Shirts Today!

at [www.wbf-by-lajuanna.com](http://www.wbf-by-lajuanna.com) and click on .....\$20  
(Men and Women XL to S, Black, Grey, and Blue, Short Sleeve and Tank Tops)

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