



HEALTH AND FITNESS

By Joanna Abbott

Are you kidding me? *Researching new fitness trends*

Part of my job is to research and test out new exercise techniques and trends. When I heard about Kettlebells, which basically look like little black cannonballs with handles, I couldn't imagine something like this would make any sense in the real fitness world. After all, Kettlebells have been around since the 1700's and put aside for what seems just as long. So why now? Was this just another fitness gimmick? Seeing a Kettlebell video clip on YouTube, where they were performing crazy, unsafe movements, I could only ask "are you kidding me?". This was definitely a no, case closed.

Another part of my job is to attend seminars and conferences where I get the newest information on exercise and fitness. And each time I attended a conference, these little black cannonballs kept coming back to haunt me. So, I felt it was necessary to at least explore this workout regimen and judge for myself the benefits or drawbacks.

Well, to my surprise, I was really happy with the results. My very first class gave me both a great cardio and strength-training workout. There was a lot of excitement that came from this little black ball. The workout was challenging, fun, and when done safely with proper form, extremely effective.

Simple exercises like the swing, recruits multiple joints and muscle groups moving simultaneously, often in ways that are new and unfamiliar to most people. Though the names for some moves, such as the Clean, Snatch Swing, Windmill, and the dreaded Get Up, are strange, they create an amazing exercise routine.

The beauty of the Kettlebell workout is that it won't add bulk, unless that's your goal. This workout builds beautiful muscle definition, strong tendons and ligaments, and functional strength that you can use in your daily life and other physical activities. And as far as effective for weight loss, this little cannonball will set your body fat on fire. Members who began this workout along with proper nutrition, have lost 12-27 pounds in the mere months that we've offered it.

Personally I can tell you that I have gained a considerable amount of strength, my range of motion is powerful, and the Tennis elbow that had been an issue, is now gone.

I could go on and on about the benefits I have seen and experienced. Kettlebells deliver on the promise of strength, flexibility, and reshaping your body. Most of all, it improves your every day functions. I consider that quite a bonus!

I have to thank Pavel at Dragondoor.com for all his hard work and dedication to bring one of the strongest workouts to our country. I would not have even reconsidered this workout without the knowledge I have received by this particular RKC Master.

So, my "are you kidding me?" still stands, but now, it takes on different meaning. When you see the kind of great results you can get from this little black ball, you too will ask "are you kidding me? Where has this technique been all these years?" Well, it's here now. It's powerful, challenging and effective. It turned this avid fitness professional into an excited Kettlebell user. You don't know what you're missing until you try it. I invite you to come experience it for yourself. Stop in and try a class. You'll be glad you did!

Joanna Abbott is certified with the American Council of Exercise and the National Academy of Sports Medicine (ACE, NASM). She is the Group Exercise Director at Cornerstone Health and Fitness. For more information on kettlebell classes at Cornerstone, please visit www.cornerstoneclubs.com or stop by!