

New LivingSM



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SPORTS, NATURAL HEALTH & FITNESS NEWS THAT'S GOOD FOR YOU

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RACHEL SPECK



On the Cover: RACHEL SPECK



Describe how you got into fitness and well-being. Were you always fit?

I've always been fit, but in a different way than I am now. I used to be a ballerina. I started dancing when I was 3 years old and did it everyday for hours and hours. It wasn't until I retired from dancing though, that I really got into the fitness world. In the ballet world, they frown against running and lifting weights. That's why I'm trying to bring the fitness world into the ballet world. There's no reason to shy away from fitness. It can be so beneficial for dancers. I got into fitness about 6 months after I moved on from my dancing career. I

was trying to find a way to stay in shape and not lose my ballerina body. I was so amazed by what I learned, and couldn't believe that no one taught me this when I was dancing. It could have made me a much stronger dancer. My goal now is to share that with dancers and help them be as strong as they can be, but also help women achieve a ballerina body.

What is your typical workout day like? Please describe in detail what exactly you do and how you fuel your body

A typical day for me can start as early as 6am and go as late as 9 pm. Trainers have hard schedules because they have to train people before or after the average person's workday. When trainers get busy, it's sometimes hard to fit in their own workouts. Fortunately for me, I teach my workout, Tendu Toning, twice a day and I do it full out with my class. That's usually my workout for the day. It's a full body workout, which is all you need. I also do at least 30 minutes of cardio 3-5 days a week. I have 3 clients and a class in the morning, and 3 more clients and a class in the evening. Starting so early and ending so late requires energy. I make sure I eat a snack every 2-3 hours, and I love drinking matcha green tea in the morning and again in the afternoon for a boost of energy.

Do you take supplements/follow a specific diet (vegan, GF, whole foods, clean, etc)

Yes. I eat very, very clean and mostly organic. I also eat very low carb during the week, but allow myself to cheat on the weekend. I do food prepping every Sunday for the whole week. A typical day would be egg whites for breakfast, green

juice mid-morning, chicken and broccoli for lunch, an apple and bar mid-afternoon, and fish and asparagus for dinner. I measure all of my food and aim for 1200-1500 calories a day. I also take vitamins and natural energy and pre-workout supplements to keep me going.

What do you do emotionally, spiritually and mentally to stay fit (yoga, meditation, prayer, etc).

I'm a Christian, so I pray everyday. I also do a lot of visualizing of my workouts and goals to help me stay on track and motivated.

Who or what inspires you and why?

The fear of being out of shape is what keeps me going everyday. When I did ballet, we were told everyday to lose weight and we were always under the microscope. Now as a former ballerina, that's still so ingrained in me and I never, ever want to be an out of shape former ballerina or just out of shape period. Everyday when I don't feel like working out or feel like eating cake, I think about my ballet teacher yelling at me.

Words of advice for our readers...

Take it one day at a time, and find a plan that you can keep for life. Remember, diets don't work. It has to be a lifestyle change, but you still have to enjoy your life. You can't stay home and eat grilled chicken for the rest of your life. Find a way that you can be healthy, but still do all the things you enjoy to do.

Talk about your new DVD why its different than others on the market:

Tendu Toning is really unlike any other workout out there. I received my ballet training from Central Pennsylvania Youth Ballet, which is one of the top 5 ballet schools in the entire world. I take that exquisite technique and combine it with everything I've learned in the fitness world without taking away the ballet form. For instance, an arabesque is a very common ballet step. In Tendu Toning, we will do 50 of them, but with ankle weights. It's formatted like a ballet class, but adds all the aspects of fitness to make it fun, challenging, and result driven.

How can people reach/follow you?

Everyone can follow me on social media of course, but also via email. On Instagram just search for @speckfitness or @tendutoning, on Facebook Speck Fitness, on Twitter @rspeckfitness, and YouTube Speck Fitness. My website is www.speckfitness.com and for questions rachel@speckfitness.com



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