



NEFF MONTHLY NEWSLETTER

SEP 2024



WELCOME **ALEX** TO THE TEAM!

Coach Alex got her start in fitness by playing softball from a young age and through college. She graduated from Becker College in 2019 with a Bachelor's Degree in Exercise Science. She then went on to get her Master's in Strength and Conditioning from Arizona State University.

She has been training professionally for the last 7 years and has experience with a multitude of different clientele, ranging from youth and collegiate athletes, first responders, to general population. Her specialties include Corrective Exercise, Strength Training and Athletics. Please welcome Alex to the NEFF family

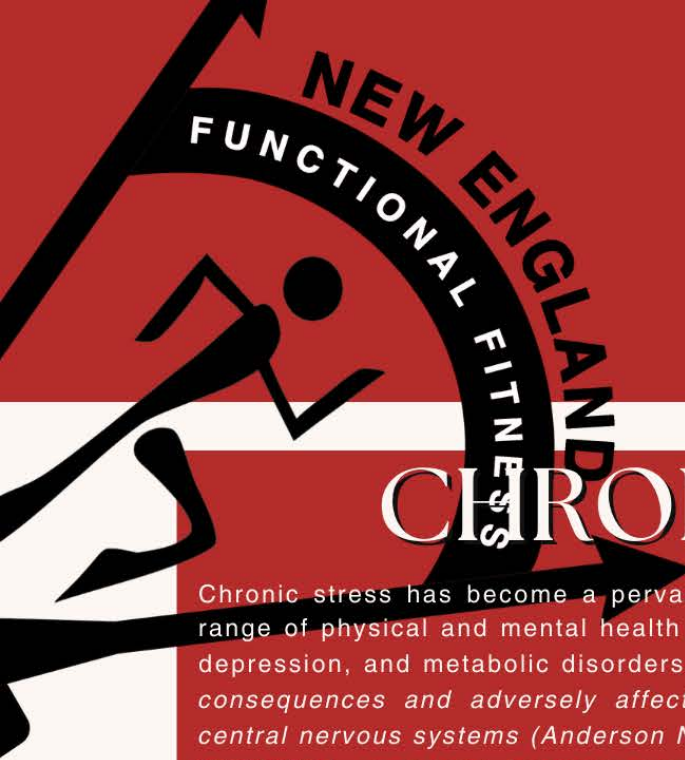


**SATURDAY
SEP 28TH
3-7PM**

**2ND ANNUAL
CLIENT APPRECIATION DAY
2024**

Join us for our 2nd annual **Client Appreciation Day** commencing on **Saturday September 28th** right here at New England Functional Fitness. **Event will be from 3 - 7pm.** We will have food provided by Bears BBQ + Frigos, as well as a bonfire with smores free for everyone!



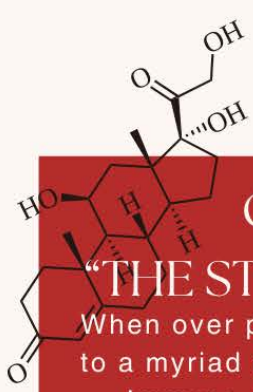
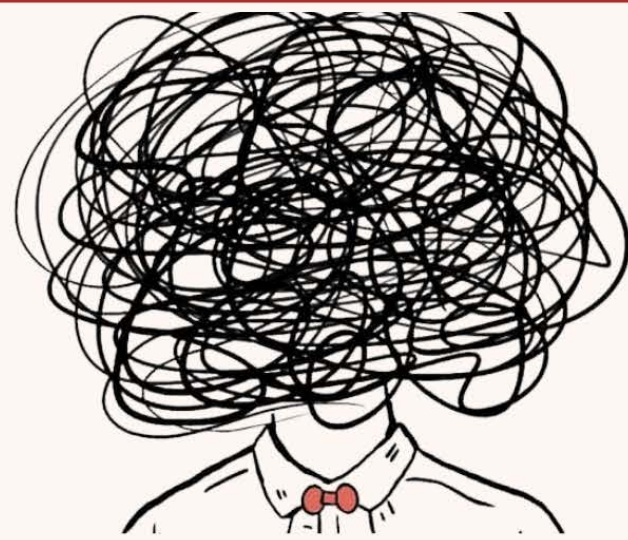


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CHRONIC STRESS

Chronic stress has become a pervasive issue in modern society, contributing to a wide range of physical and mental health problems, including cardiovascular disease, anxiety, depression, and metabolic disorders. *"An extreme amount of stress can lead to negative consequences and adversely affect the immune, cardiovascular, neuroendocrine, and central nervous systems (Anderson NB, 1998).* This is largely due to an overproduction of **CORTISOL**, a steroid hormone produced by the adrenal glands, crucial for regulating metabolism, managing stress, and maintaining blood sugar levels. Exercise offers significant benefits in managing chronic stress by regulating cortisol levels and promoting endorphin release. Practical recommendations for integrating exercise into daily routines, along with considerations for different fitness levels and stress conditions, are provided to help individuals harness the benefits of physical activity for stress management. By understanding the link between exercise and stress regulation, individuals can adopt healthier lifestyles and enhance their ability to cope with the demands of everyday life.

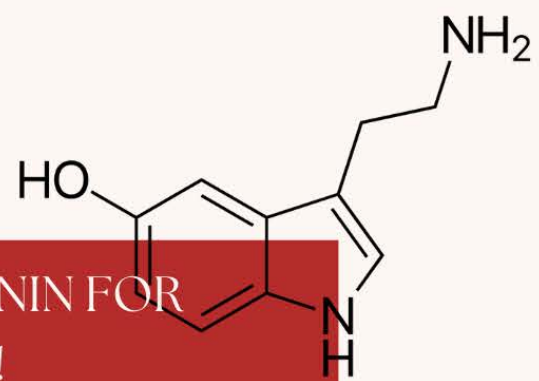


CORTISOL

"THE STRESS HORMONE"

When over produced, cortisol can lead to a myriad of negative effects:

- Immune suppression
- Visceral fat storage
- Muscle weakness/wasting
- High blood pressure
- Insulin Resistance



SEROTONIN FOR

THE WIN!

Cortisol's opposing hormone is Serotonin. If we can release this at a substantial rate we can manage our overall stress levels and remain healthy! Here are some pretty obvious tips on how to do this:

- Exercise regularly
- Take a rest day
- Practice mindfulness
- Balanced Diet
- Prioritize Sleep

Thau L, Gandhi J, Sharma S. Physiology, Cortisol (<https://www.ncbi.nlm.nih.gov/books/NBK538239/>). In: StatPearls [Internet]. Treasure Island, FL: StatPearls Publishing; 2021.