



FITNESS FACTS

Kettlebell Training Making A Fitness Comeback

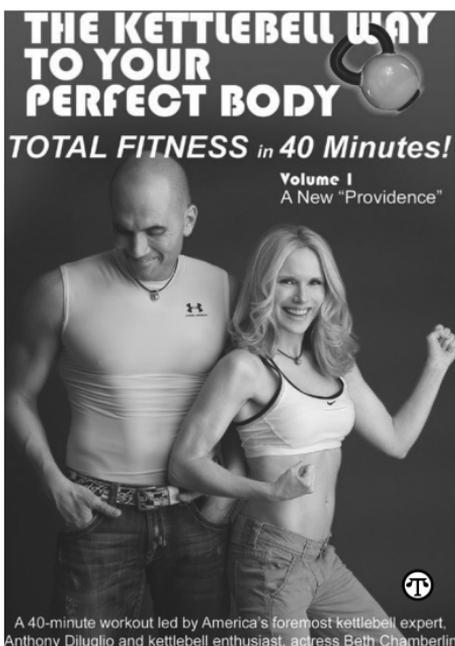
(NAPSA)—Want a body like Katherine Heigl or Penelope Cruz? Try a kettlebell. The hottest fitness craze sweeping Hollywood is actually something first popularized by 18th century circus strongmen. Imagine working out with something that looks like a cast-iron teakettle.

“The Guiding Light” leading lady and mom of a toddler Beth Chamberlin has experienced firsthand the benefits of using kettlebells. A year ago she needed the impossible: a workout that could get her in shape but wouldn’t take a lot of time. Then her husband discovered kettlebells and Anthony Diluglio, whose kettlebell circuit was voted one of the Top Ten Workouts Nationwide by Men’s Journal. Beth was skeptical, but gave it a try. Six weeks later, she was thrilled with her results.

“I’ve done every type of exercise from running to Pilates,” says Beth. “This is the first workout that has really worked for me. I’ve even gotten rid of the back and belly fat.” Beth was so excited about kettlebells that she called Anthony and asked how she could help get the word out. “I want women to know that there’s a way to get control of their bodies,” says Chamberlin. With Beth’s passion and Anthony’s expertise, they created “The Kettlebell Way To Your Perfect Body.”

“The reason that the kettlebell workout is so incredibly effective,” explains Anthony, “is that it combines moves that use your upper and lower body while simultaneously strengthening your core muscles.”

A few additional reasons why the kettlebell way is the best way to fitness:



Many consider the kettlebell to be a gym in one hand.

- It tones and sculpts your entire body in just two 40-minute workouts a week.
- It keeps boredom at bay with the variety and versatility of exercises.
- It’s inexpensive...no costly gym membership fees.
- It combines cardiovascular and strength training in one workout.

The result of the kettlebell workout is a lean, toned body gained in a fraction of the time and with a fraction of the cost. Throw out those bulky treadmills and pick up a kettlebell. In fact, Beth, who is now a certified kettlebell trainer herself, says, “I just did my first bikini photo shoot and I’m 44!”

Beth and Anthony’s DVD, “The Kettlebell Way To Your Perfect Body,” is available at www.beaconfitness.com.