

FOREVER

FIT

Functional Fitness to
Renew Your Strength,
Balance and Energy for
Your Best Years Yet



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Welcome

Preface

Hello! Nice to meet and connect with you through the pages of this book. This book, when applied, can open up so many new doors and actually change your life and future.

“Your Dreams Don’t Have An Expiration Date.”

I would like to share a bit of my personal story – and my husband Jeremie’s – with you, as we have a mission to help you Achieve Your Personal Best!®.

We all carry our own baggage...**baggage that often holds us back from attaining happiness**, feeling mentally and physically healthy, having a full and balanced life, and so on. To the outside world I had it all. I was happily married, a pro athlete, owned successful businesses, and was starting a family. But one day, I finally admitted, that – for nearly 20 years – **I felt like a prisoner in my own skin.**

I am a driven person. I’ve been a high-achiever and athlete my whole life. My success was gauged by medals and trophies, by

stories in national fitness publications and personal appearances, and coaching others to the highest accolades. By all accounts, I had made it. Even with all of this, something wasn't right. Deep down in my subconscious, something was off...very off.

I felt broken. It wasn't until the birth of my first child, in 2011, that my world seemed to crash down. Suddenly I was brought face-to-face with fears, doubts, frustrations, and the fact that my mom would never see her grandchildren. I just became a mother, and I could NOT share motherhood with my mom. **I hit rock bottom** with postpartum depression so debilitating that I was hospitalized. It was at this low point I began a new journey, one fraught with tears and pain.

I embraced the idea I was put through that experience to be the voice for women who suffer in silence. I realized Mom had left me many "messages," as I am the oldest of six children. She died at the age of 55, missing my twin brothers' high school graduation.

I now understood that many women are not happy. That they perform. That was something that I had also gotten good at: putting on a fake smile.

I opened Summer's Fitness – a 6,000-square-foot location – in 2007. This was one year after my mom passed away. I was a former teacher, like she was. But now my classroom was a fitness center, teaching people how to become mentally and physically stronger through the foundations of fitness and nutrition.

My mission to help people achieve their personal best has never changed. My clientele list used to be full of high-level athletes, and I enjoyed helping them excel in their elite sport.

That was a great season in my life, but now I am in another season. I have a different purpose to fulfill.

My ongoing battle with postpartum depression and anxiety, the messages my mom left me, and now having deeper conversations with other women, have shifted my focus to “champions in life.” I now understand there is so much work that needs to be done to help people overcome adversity and unleash their full potential!

Often, society has told us, “Oh you’re a mom, you aren’t supposed to take care of yourself. Your job is to just be a mom.” Maybe you or someone you know has paused their hopes and dreams, shrunk, held back, or succumbed to life instead of LIVING life to its fullest. Do you know someone who has relinquished their personal needs and goals to better the lives of others, but they are unhappy and unfulfilled?

What good does that do if you DIE unhappy? The graveyard is the most expensive real estate full of hopes and dreams that perished.

For me, I cannot change the past. She never said anything, but I know now: my mom did not enjoy life to the fullest. I CANNOT sit back and let other people, especially moms, continue down that path.

As a mom to two school age daughters and running businesses, I get it. I am super busy, too. I get that many women have put a pause on their life to raise their children.

Then, when we are in our 50s and 60s and maybe now we have more freedom, society has led us to believe you are supposed to sit in a rocking chair and wait for death to come knocking at your door. It’s too late to improve your health. It’s too late to achieve your goals and dreams. FALSE! That’s just a messed up health care system who wants us to be sick.

It is NEVER too late to start taking care of yourself, even if the best time was 10 or 20 years before starting. But just like me, my clients – who had been with me even previous to 2007 – are all aging. And our needs change. When they closed the hospital and my husband lost his job (which we'll share more in a minute), it was the perfect opportunity for us to begin enhancing our current programming and building a community for people 50, 60, and beyond. People who may be new to exercise or even had previous injuries or surgeries. People who want to be supported to live life to the fullest can join a community of like-minded individuals who want to improve their mind, body, and spirit. A fitness program and community I wish my mom could enjoy. It only took me 10 years from opening my fitness center, but now my dad's started working out with us. Finally! His first day exercising was at age 73, and he never misses a session! I know many 20-somethings who can't keep up with him!

As they say: when one door closes, often a new door opens. That's exactly what happened for my husband and our family. We re-evaluated our personal and professional goals. Who do we want to help? Who do we want to serve?

Just like moms putting a pause on their life, often we can feel obligated to a relationship or a career. You get a degree in a particular field (and most people think they have to) and feel obligated to stay in that job or field.

Jeremie had been a nurse supervisor in Open Heart Surgery for over 15 years. In the fall of 2017, a doctor (who was a co-worker and friend), was tragically shot and killed in the hospital parking lot. January of 2018, they announced the hospital would be closing its doors.

The flood of emotions from grieving the loss of a beloved friend and now, the dissolving of a tight-knit community of co-workers, can leave you feeling frozen.

Jeremie was recruited to that hospital, 10 years prior, by his mentor. This was the surgeon he worked with to start the Open Heart Program for the local community. Many years prior, Jeremie had obtained additional credentialing as an RN First Assistant, and became the Clinical Lead of the Open Heart Department.

It was a successful Open Heart Program and Jeremie was regarded as one of the most talented First Assistants and program managers. It was a great team atmosphere, and everyone loved working together. The hours, the stressful procedures, and the neck breaking work were taking a toll.

We decided to take the hospital closure as a time to re-evaluate. Jeremie decided he wanted to officially become a personal trainer (he had worked alongside me, so he really has 15+ years under his belt). He decided he wanted to help me get the “Forever Fit” program off the ground. I had been talking about for years!

“You aren’t going into back into nursing? You were the best in open heart! What a shame you aren’t going to another hospital. You are so talented.” Those were the words cast on to us, and to Jeremie, when others didn’t approve of his decision to pursue another career path.

With this time, I saw an opportunity to reinvent myself as a person and as a nurse. I wanted to turn a scary and uncertain time in my life into a positive. I took a few months off to spend as much time as possible with my family. I obtained a personal training certification and attended the Functional Aging Institute, becoming a Certified Functional Aging Specialist.

I have been with the Summer's Fitness Family since it opened in 2007. For the second time in my career, I am blessed to start a new program. I was honored and excited to be chosen to start the Forever Fit program. I am now able to use my knowledge, as a Registered Nurse and a Functional Aging Specialist, to help clients on their commitment to themselves to become healthier, happier, and more fit than they have ever been.

Truth be told, I am now actually practicing "health care." Previously, I was performing "sick care." Now I can help people more proactively and better bridge their gap in care. I am excited to step on the gym floor and connect with people. Previously, all my patients were asleep, so I never really had to talk to people. Now, I am so much more open to all life has to offer. I truly enjoy helping people take control of their health BEFORE they have a problem or help them better navigate their care (along with their health care providers). I am practicing nursing care and health care MORE now, through the Forever Fit program, than I was in a hospital setting.

Maybe you can relate to being faced with a situation where you have a choice to give up or re-invent yourself?

But for many of us, we often **feel we are "obligated" to a career or a life....**

Maybe you've never thought of it that way or maybe you can relate?

Is it scary going into a new profession? You bet. The uncertainties...will you succeed? The financial risks and additional investments when embarking on a new career. The expectations of others.....well, it's none of your business what other people think of you:)

There is one thing that makes it all work and that also happens to be our "*word of the week*" at Summer's Fitness. That is BELIEVE or **BELIEF**.

If you have BELIEF in yourself - anything is possible.

It makes getting out of your comfort zone, in so many aspects, **obtainable and rewarding!**

Jeremie is making a bigger impact in the lives of others, every day, hearing, “Wow! You just gave me more understanding and information in 20 minutes than in going to multiple doctors for the past 2 years.” He is pairing his 20 year nursing career with additional concentration in Corrective Exercise to help people Live Better.

Summer’s Fitness was founded with the tagline Achieve Your Personal Best!®, and your ability to do so doesn’t have an expiration date! We take a holistic approach to improve your mind, body, and spirit through our programs.

The traditional “gym” settings are geared toward the 30-somethings. Most gyms don’t care if you get results or come back, as long as you pay your dues. Anyone can take an “online certification” and call themselves a “personal trainer.” You deserve to be called by name and not just be a “number.”

Do you want a place to work out, or do you want results?

Do you want to feel cared for and treated like an individual?

Do you want someone who believes in you ... maybe more than you believe in yourself?

We are all students of life, and we should never stop learning and growing. When we stop learning and growing, we start our mental and physical decline. Feelings of isolation or lack of support can be even more detrimental than lack of exercise. That’s why we take our holistic care seriously. We provide a fun, safe, and effective environment at Summer’s Fitness.

I started my career as a teacher. I am still teaching, but in a different setting. Jeremie is still a practicing nurse, just in a non-traditional sense. If there is one thing you can learn from us, it's that **YOU ARE WORTH IT**. And you deserve more! Go against the ageist status quo that once you hit a certain age your destiny is defined by your age.

For some of us, we fully start living when we hit 50, 70 , or even "My 90s have been my golden years." But don't wait too long. Take a lesson from my mom: tomorrow is not promised. The more you pause taking care of yourself, the harder it will become. And one day, it will all be gone. Start small, but just start!

We look forward to providing you with some awesome tested and time-proven information and research you can use! Thank you for reading this book! It is our pleasure to educate, motivate and inspire, but please **TAKE ACTION**. Knowledge is only power when coupled with **ACTION!**

We look forward to the opportunity of meeting you in person, soon!

~ Summer and Jeremie Montabone

Keep reading...contact us for your free copy.

Special Offer



\$129

Try Our 21-Day Fitness Transformation

Functional Fitness Testing

9 Personal Training Sessions (3 per week)

Bonus: Meal Plan and Recipe Guide

If this book has inspired you, we would love to meet with you in person. We invite you to join us at Summer's Fitness to get the accountability and support you need to achieve your health goals and aspirations.

Your 21-Day transformation begins with our complimentary one-hour interview. We'll discuss your current health history and your health goals, we'll go through a diagnostic session to evaluate your fitness level, and even sample a few training exercises to help you discover the training path that's best suited for you.

By this time next month, you could be feeling better, moving better, looking better, and starting to see how transforming Summer's Fitness can be for your future.

Call today and ask for your 21-Day Transformation

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Exercise should support the things you are really passionate about doing...for the rest of your life. In Forever Fit, you'll discover the unique methodology of Functional Fitness and how we, as certified Functional Aging Specialists, can equip you to live life at full strength.

At Summer's Fitness everything we do is designed to help you do the things you need to do, the activities you enjoy doing, and the adventures you hope to do with greater ease, enjoyment, and less pain. Our fitness programs are fun and don't take a huge amount of time. Join us for our 21-Day Fitness Transformation and see for yourself.

Forever Fit contains proven techniques to decrease pain, increase your strength, and improve your balance at any age or functional level.

I hope you enjoy this book and share it with others. Feel free to stop in and see us at Summer's Fitness in North Canton, OH.



Summer (CSCS-R) and Jeremie Montabone (BSN, RNFA, FAS) have a passion for helping people live healthier and happier lives. Summer, Jeremie and their team have been helping people "Achieve Your Personal Best!®" since 2007. Summer has been an invited speaker and published author for several national fitness organizations and Jeremie has over 17 years in the Open Heart Surgery field. He has combined his talents and knowledge of the body with helping people become more functional at any age. Together they have 2 young daughters and live in Ohio.



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