

# Health & Science

May 7, 2008

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New Mexico Free Press 9

## Mother of two in initial phase of all-in-one fitness classes

By Brenna Moore

The Free Press

It is often hard for people to find time to exercise in this day and age. It is often harder for women to find the time to adequately exercise for the amount of time that suits each individual woman's needs. But finding time to exercise is most difficult for mothers.

Well ladies, your prayers have been answered.

Keira Newton, a Russian Kettlebell Certified instructor, has begun training all types of people in the way of the kettlebell for more than three months. She has been a fan and an avid user of the kettlebell for more than three years.

And as a mother of two girls (Ruby is 4 and Cora is 2), Newton knows how people feel when trying to find time to work out.

"I think that women are really motivated (to try kettlebells) because they have such little time, and when they hear they can do this in 15 minutes or 20 minutes and get a really good workout and still see results, I think that's a really big motivator for women, particularly mothers," she said.

But Newton has a variety of other participants, including high school students and men who are looking to gain flexibility or go beyond a basic workout,

she said.

A kettlebell, or *girya* in Russian, is a cast-iron weight that resembles a cannonball with a handle.

Workouts involving kettlebells are intended to increase strength, power, endurance, agility and balance, all in one session. They challenge both the muscular and cardiovascular system with dynamic, total-body movements, so participants get their cardio and weight training all in one, Newton said.

Plus people have the added flexibility of completing the workout within their own home, she said.

"It's great because it's basically your hand-held gym," Newton said.

By combining powerful exercises with fluid movements, people can get a great workout in very little time.

"As a mother, that's why I personally got involved with (kettlebells)," Newton said.

Even with only a 20-minute workout, people can see the same results as if they had spent hours at the gym, she said.

The best kettlebells in Newton's opinion are Russian Kettlebell Certified, are made in the U.S. and are good quality, Newton said. Most women start with an 18-pound weight, which costs around \$100. But one can

get knock-offs at various merchandise stores, such as Target, Newton said.

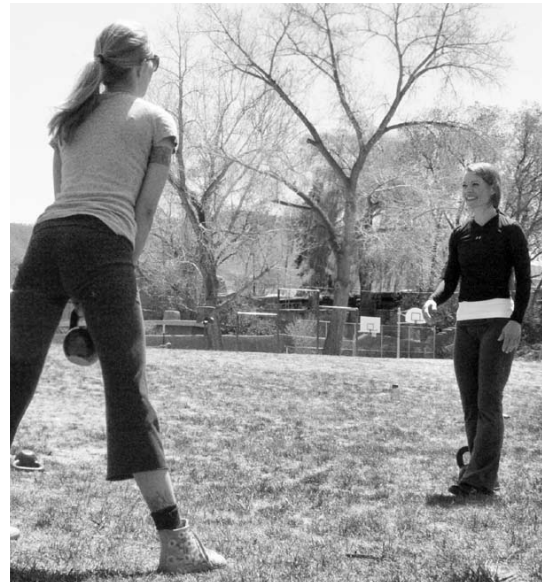
Newton also has also been a Feldenkrais practitioner for six years. Feldenkrais is more about body mechanics, and she integrates her knowledge of that subject into her current method of teaching.

She now teaches her classes at the Patrick Smith Park behind Canyon Road off of East Alameda. All of her kettlebell classes are on Saturdays. She hopes to expand the number of classes to three or four per week as her business continues to grow, she said. And while she is looking for a more permanent space, Newton likes using the park as a teaching space for now because it enables her to add things to her routine that she couldn't do in a studio, such as sprints or agility drills.

Newton requires participants to attend an \$80 two- to three-hour introductory workshop before beginning kettlebell training. She teaches a level one class and a level two class, each averaging about an hour in length. Classes are \$10 if paid in advance, and \$15 for each individual session.

On this particular Sunday, following her day of teaching, Newton plans to celebrate Mother's Day, but not by doing anything fancy.

"Mother's Day for (my family) is



ANA JUNE/The Free Press  
Certified Russian kettlebell instructor Keira Newton, right, offers enthusiastic encouragement to her students.

usually a special day for us, but not because we do anything in particular. Mostly because it is a nice day to reflect on being a parent and how rewarding it really is," she said.

In addition to her kettlebell classes, Newton works at a physical therapist's office in the mornings and trains clients in the afternoons.

But she organizes her time around her children so that she is able to spend more time with them than away from them, she said.

For now though, she's just

happy to have found a way to stay healthy without compromising her time with her family.

"It's nice to have found something that I can do even when my child is napping, you know? And I can do it at home, I don't have to go somewhere, so it doesn't take the time (of going to the gym)," Newton said.

For more information on kettlebells or Newton's classes, call (505) 501-0180 or visit her Web site, which is still a work-in-progress, at [www.dkbfitness.com](http://www.dkbfitness.com).