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\*Images available upon request\*



**\*Holistic Fitness: Instructor Brings Russian Kettlebell Training to Santa Fe\***

SANTA FE - Can a Russian military workout regime help busy Americans get fit? Santa Fe resident Keira Newton was determined to find out when she started training with a kettlebell.

Newton discovered that the kettlebell is not a trendy fitness device - it has been used in Russia since the 18th century. What looks like a cannonball with a handle is actually a cast-iron weightlifting tool introduced in the United States in 2001 by former Russian military instructor Pavel Tsatsouline. Kettlebells range in weight from 6 to 106 pounds and are used in exercises including swings, squats and presses. A brief kettlebell workout involves the whole body with legs, hips, abdomen, back, arms and shoulders working in coordinated movement.

"I started with kettlebell training at the outset of my second pregnancy in 2005," Newton said. "I had a nursing infant that I couldn't leave for long stretches. The kettlebell allowed me to get an intense, 15-minute workout in my living room and still be within five feet of my baby. I was also able to maintain my workout schedule into the eighth month of my pregnancy."

The kettlebell workout design favors a holistic approach rather than the linear, isolated movements of traditional weight lifting. Newton quickly took to the kettlebell workout's focus on strength, cardiovascular exercise and flexibility. After recuperating from her pregnancy she picked up her kettlebell again.

Two years, and several pounds and waist sizes later, Newton earned certification as a Russian Kettlebell Challenge (RKC) certified instructor. She now leads groups of men and women from all age groups in training sessions and weekly classes.

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About Keira Newton\*

Keira is one of just a few RKC certified instructors in the state of New Mexico. She has the skill set and training experience to communicate the fundamentals of kettlebell training. She continues to invest in professional development and will complete her advanced, level two training in June of 2008.

She is a certified Feldenkrais(R) practitioner. Feldenkrais(R) is a form of bodywork that teaches the "functional integration" of the whole self to support "awareness through movement." She has worked at \*McGhee-Smithback Physical Therapy\* since 2001.