

# CMS NEWS

A Nationwide 3rd Party Service

August 2010

"Working It Out "

Mr. & Mrs. Southerland

Christine's Kitchen

## Quote of The Month

*There are three kinds of people; those that make things happen, those that watch things happen and those who don't know what's happening!!*

*American Proverb*

## Customer Service Kudos

***CMS Staff has always given outstanding customer service with our office and with our customers. It is appreciated very much.***

***scull@twincitymoving.com***

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## "Working it Out" A Summary of Home Fitness Equipment

With today's society promoting the benefits of staying fit and maintaining good health, home exercise and fitness equipment has become a must-have item for many consumers. The convenience of having access to to exercise equipment in their home is a big factor, as is the cost savings of home fitness equipment in comparison to a gym or fitness club membership. Consequently, moving companies experience more and more moves involving this equipment that requires dis-assembly and reassembly from a third party provider. CMS has seen a dramatic increase in this service over the past few years.

### Moving Fitness Equipment

Moving of fitness equipment can be as simple as removing the handles from a treadmill so it will fit through a doorway or as complex as the complete dis-assembly of an 8 station Home Gym. More recently the dis-assembly and reassembly can include the disconnection and re-connections of computer hardware which allows the trainer to communicate via the Internet while exercising.

It is helpful if the technician at the origin end of the move takes photos of the units. This will help at the destination end with the reassembly of the equipment. The units that need disassembled should be done piece by piece, starting with the removal of all weights and pulleys. The weights should be packed together and labeled accordingly. All loose cords should be secured with wire tape or twist ties and labeled. Then from the top to the bottom, the dis-assembly should proceed. The largest pieces should be broken down to manageable sizes. Sections from the same machine should remain together. Labeling them with painters tape and permanent marker is advisable.

Reassembly is done in the opposite manner. The largest sections that have not been completely disassembled are the basis to rebuild the fitness equipment. Starting from the bottom to the top, and finally reattaching all pulleys and cables. A final step would be the reconnection of electrical and internet connections.

The 3rd Party Pricing of these Home Fitness Gyms can be confusing and complicated. It is very helpful if the manufacturers Name and Model # or Name of the equipment is available for the technician, and / or the number of stations involved. For example, identifying whether there is a weight bench and leg extensions, or a 4 station unit. The more detail available, the more accurate we can be when providing a quote or price.

Ask your Custom Movers Services Coordinator for all the details regarding Home Fitness 3rd Party Services. We are well versed in both the origin and destination sides of getting your shippers personal exercise equipment safely packed and reassembled in a new home at minimal cost.

### Fitness Equipment Knowledge

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### Home Gyms

( Traditional · Power rod · Gravity Resistance )

Traditional home gyms may have free weights and barbells, or are machine-type gyms with several stations and functions attached to a single steel frame. Power rod home gyms have surged in popularity over the last decade, driven primarily by the Bowflex brand of home fitness equipment. A power rod machine uses flexible rods of varying stiffness connected to a cable and pulley system. Gravity resistance home gyms are typically the lightest weight and least expensive type of home gyms. This home fitness system uses an adjustable metal frame and a gliding board or bench to perform exercises.

### Treadmills

Treadmills are the motorized equivalent of walking or running in place. Today's treadmills are very different than treadmills of the past. Many are equipped with stereo's, I-pods, televisions and speakers. A treadmill should not be stored in a garage or any other space that is not climate controlled. The motors, parts and electronics are not designed for outdoor or semi-outdoor use.

### Elliptical Trainers

These machines are divided into 2 types: a rear drive system and front drive systems. Rear drive machines are far sturdier, more reliable, and provide a smoother motion for the user. The resistance system will vary according to price, with the least expensive models using a manual brake system, mid-range models using a motorized brake system, and the most sophisticated high-end models employing an eddy current brake system.

### Stationary Bikes

Stationary bikes have been around for several decades, yet they remain very popular. Modern stationary bikes come in many shapes and sizes. While traditional bikes have the user sitting upright, just as they would on a regular bicycle. More and more exercise enthusiasts are turning to recumbent seating instead. A recumbent exercise bike allows you to sit in a slightly reclined position while pedaling with your legs in front of you.

### Multi-Gyms

Another area of fitness popularity is weight machines. The weight machine is designed for home use, and is sometimes referred to as a " multi-gym". "Multi-gyms" are those contraptions that look like a group of health-club weight machines welded to each other. Depending on the brand and model, it may also include chest butterfly, chin/dip, leg press, and abdominal board attachments. Keep in mind that most multi-gyms require unsnapping and re-hooking of cables or arm positions to switch between exercises. All those hook-ups and cabling can add additional time to the disassembly and reassembly of the Gym.



Congratulations to  
Mr & Mrs  
Southerland

The lovely Ms. Janet Hill and Mark Southerland were married on July 30, 2010.

The wedding took place on the beach at the exclusive NOW Jade Riviera Cancun Resort and Spa in Cancun, Mexico. Mark is the Vice President of Sales & Marketing at CMS, and is based in our Texas Office. Some of you may spot the newlyweds working together at upcoming agency events. Janet is also a sales and marketing professional, and enjoys networking and helping Mark promote CMS.

Please join us in wishing Janet & Mark much happiness as they begin their new life together...

(Feel free to click the link below to enjoy wedding photos and other albums of the wedding, reception, and resort amenities)



## Sausage, Spinach & Cheese Stuffed Shells

- 1- 12 oz package jumbo stuffed shells
- 2Tbsps. Olive oil
- 1/2 cup finely chopped onions
- 3/4# sweet Italian sausage
- 3 cloves garlic
- 1 lg egg
- 1-15oz container Ricotta cheese
- 1- 9 oz box spinach ( thawed & squeezed dry)
- 3/4 - 1 cup parmesian or Romano cheese
- 4-5 oz mozzarella grated
- 1/2 tsp sea salt & 1tsp. black pepper
- 2TBSP. fresh chopped parsley
- 1-32 oz tomato sauce w/basil

1. Cook pasta according to directions ( cook Al Dente ) Drain, rinse with cold water, place on paper towels, pat dry.
2. Heat oil in skillet on med-high heat, add onion and cook until soft, about 5 min. Add sausage, break up into little pieces, saute stirring frequently until no longer pink ( about 6-7 minutes). Pat off excess oil, set aside.
3. Beat egg lightly in a large bowl, stir in ricotta, spinach, 1/2 cup of the parmesian or romano, mozzarella, cooled sausage, salt, pepper and fresh parsley. Mix until well blended. Fill pasta shells .
4. Heat oven to 350 Spread about a cup of tomato sauce on bottom of a baking dish. Arrange shells on top of sauce, cover evenly with remaining sauce. Cover dish with foil, bake for 30 min. Remove foil, sprinkle shells with remaining Romano cheese and bake 10 more minutes uncovered.

~Buon Appetito ~

## Thank You

We are always open to new procedures and data concerning our industry, interesting facts, or " tricks-of-the-trade" when it comes to the moving and third party services. If you would like to submit a brief article, tip, a wonderful experience you have had using CMS, recipe or fun fact, please forward them to the email below.

If you would like to receive information regarding our company's services and systems, feel free to contact us at 800- 514-6927 or send us an email at [rose@custommoversservices.com](mailto:rose@custommoversservices.com)

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