

Nov 2<sup>nd</sup> – Nov 6<sup>th</sup>

## Monday

We all like to learn things, but it's not every day that we get to learn something new. Fitness can be something that is fun and challenging. But it's all about perspective and the willingness to learn something new. Learning something new is about accepting your success and defeats and is vital to a healthy lifestyle. Let's start exercising today!



## Tuesday

You got a full 8 hours sleep but you are still exhausted, what's the deal? Your lifestyle could be draining you. Try these tips by following the link!

<http://www.health.com/health/gallery/0,,20784660,00.html>

## Wednesday

You can only expect to get back as much as you are willing to put in. Today's investment in hard-work is your investment in tomorrow's successes. Are you willing to build sweat-equity today? What action will YOU take?



## Thursday

After each training session, take a few minutes to savor the good feelings that exercise gives you. This type of internal reward can help you make a long-term commitment to regular training. External rewards can help, too. When you reach a longer range goal, treat yourself to a new things you want.



## Friday

How's your last training with us?

Share it with us!



Nov 9<sup>th</sup> – Nov 13<sup>th</sup>

## Monday

Our gym is a GREAT PLACE for women and men. If you have ever considered legitimate fitness for yourself or someone in your family, this may be a great time to start. See you soon!



## Tuesday

Looking for an activity you will enjoy? Many people hit the gym or pound the pavement to improve cardiovascular health, build muscle, and of course, get a rockin' body, but working out has above the neck benefits, too. For the past decade or so, scientists have pondered how exercising can boost brain function. Learn more about our program by contacting us today!



## Wednesday

We are proud to offer classes for students of ALL LEVELS of experience (from first-timers, to accomplished ones) and fitness (from the in-shape to the not so in-shape). Get started today!



## Thursday

Health tips: 15 Foods That Help You Stay Hydrated, These high-water-content foods are refreshing, filled with nutrients, and naturally low in calories.

<http://www.health.com/health/gallery/0,,20709014,00.html>

## Friday

You'd be amazed at how friendly the people are in our gym. So what are you waiting for, start training today!



Nov 16<sup>th</sup> – Nov 20<sup>th</sup>

## Monday

Get ready to win big at Go Fish. Do you know regular physical activity boosts memory and ability to learn new things? So what are you waiting for? Get started today!



## Tuesday

Feeling down lately? Take a look at 31 Ways to Boost Your Mood Naturally by following the link!

<http://www.health.com/health/calendar/0,,20351621,00.html>

## Wednesday

Are you hoping to lose weight? Boost your energy? Sleep better? Manage a chronic condition? Write it down. Seeing the benefits of regular exercise on paper may help you stay motivated. You may also find it helps to keep an exercise diary. Record what you did during each exercise session, how long you exercised and how you felt afterward. Recording your efforts can help you work toward your goals and remind you that you're making progress.



## Thursday

Eating tips: Are you having problems feeding your little one? These bite-sized snacks and meals are perfect for picky eaters!

<http://www.parenting.com/gallery/healthy-kid-friendly-finger-foods>

## Friday

After the first couple days of your classes, you may be a little sore. You will wake up in the morning and wonder, "What was I thinking?" This part is important: you have to keep exercising. After a few more classes you will stop getting so sore, and it will be replaced by strength. Try it and let us know how it goes!



Nov 23<sup>rd</sup> – Nov 27<sup>th</sup>

## Monday

Rough day at the office? Head to the gym for a quick workout. One of the most common mental benefits of exercise is stress relief. Working up a sweat can help manage physical and mental stress. Exercise also increases concentrations of norepinephrine, a chemical that can moderate the brain's response to stress. Start exercising today!



## Tuesday

Who doesn't know ginger? Do you know Ginger Soothes Muscles, Fights Cramps too?

Check out this article. <http://www.health.com/health/gallery/0,,20319939,00.html>

## Wednesday

These are just three very broad reasons why everyone should take fitness classes. Whether you want to get in shape or just have some drive to become a better person. Bottom line, fitness will improve your life. There is no doubt about that.



## Thursday

There's no reason to stop working out on Holiday Season. Going to a dinner tonight? Go for a run or get in a good workout at the gym before you head out. Or plan a semi-private training session the morning after a big bash. You'll be less likely to overindulge.



## Friday

Your life is your message to the world. Make sure you do something inspiring today. Happy Friday!

