

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

## Monday

The benefits of our training don't end in our gym. The boost in confidence, increased fitness level and new cooperation skills, so what are you waiting for? Contact us today..



GET STARTED 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

Do you know? Performing Kickboxing is not only a good way to relieve stress and frustration, but may actually help to make you happier. Contact us for more info..



## 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

Kickboxing may look like an intense cardio workout, but our classes are designed to accommodate all kinds of people, including beginners. Contact us today for more info..



## Tuesday

Remember when you are starting to train, you should try and relax as much as possible. Being tense will tire your muscles out quicker. When you are in your basic stance with a punch bag or a sparring partner, remember to breath. Contact us today for more info..



## Wednesday

If you are an adult who is looking for a way to lose weight, strengthen your body and otherwise get healthy, you might want to consider signing up for kickboxing classes.



## 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

What is your favorite Kickboxing technique? Share it with us..



## 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

Tips: When you're not in class, practice standing on one leg. This helps develop your ankle and foot strength, which are vital for staying upright when you kick.



## 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!

