

NEWS & TIPS

Keeping Fitness Personal

JULY SCHEDULE

All groups will meet at the normal times throughout the month! No changes.

THIS INCLUDES JULY 4TH!

We will be changing up the format for the 3rd quarter, plus we'll be doing some fitness testing, so be ready for some FUN!

SPACE AVAILABLE

We have a couple small group spots available at 6am, 830am, and 930am. Spread the word!

Also some late morning/noon personal training spots are available if you know anyone interested!

PAYMENTS

Reminder that fees are due the first of the month. Cash or checks are accepted. Venmo and ApplePay are also available. I am going to stop accepting SQUARE due to the fees. Let me know if you have any questions or concerns.



LOW CARB UPDATE

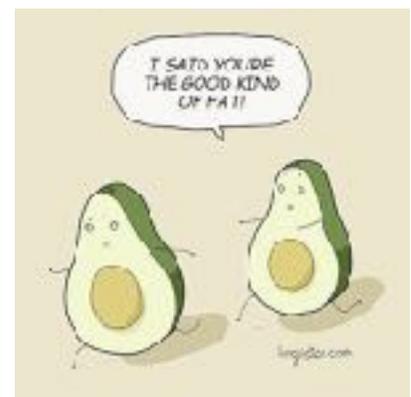
Just a quick encouragement for those living low carb...

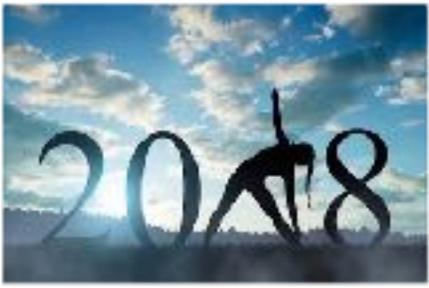
Several studies have been published in the last few months and there's a lot more exciting news to share! Here are some facts, based on the evidence:

90% of subjects in one study showed improved diabetes markers on a low carb/high fat diet compared to a standard "low fat" diet.

In addition 64% were able to completely come off diabetes medicine!

What's more, participants' cholesterol and other heart health markers improved significantly in the low carb/high fat group compared to the "low fat" group!





2018 - Take 2

Can you believe we're 1/2 way through 2018 already?!?!
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Flash back to January 1st. Remember those goals and resolutions? How's it working out?

Here are some ways you can turn it around, or hit it a little harder:

Start the day with water! Drink 8-16 ounces first thing in the morning. It'll jump start your metabolism and help your body flush out the gunk. Water is the very best detox there is!

Keep the day active! Move your body all day. A workout session alone isn't enough. Get up and walk, take the stairs, pace on the phone, etc. The less time sitting still the better.

Get a buddy! Everyone needs help with motivation at times. A workout buddy or accountability partner can help so much!

Delayed gratification: Realize your an adult. You can give up something you like (food, alcohol, naps) for a while to gain better health and fitness later!

GO GET IT!

MISSION TRIP UPDATE

Many of you have asked about my upcoming mission trip. Thanks so much for your support! It means a lot!

I am leaving on July 27th and will be in Herrera, Dominican Republic serving at a school for abused and abandoned children. These orphans have lived lives we can not imagine and our mission is to share the love of Jesus with them, to teach them about God, and to shower them with affection and care. We will spend the days playing and learning through a VBS-like program and we will spend the non-school time working on the grounds, completing small projects, and just hanging out with the kids.

MANY THANKS to those who have donated to my fundraising efforts through financial and prayer support, as well as those who've donated items for my yard sales. My next sale is Saturday July 7th and I'd love you to help me spread the word!

The link for more info or to donate is here:

<http://bit.ly/2HmSOBU>

