

## Does This Sound Familiar?



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Lori Murphy – Owner  
[MyStrongerSelf.com](http://MyStrongerSelf.com)

Don't let yourself fall into this trap. The holidays are upon us and now is not the time to wait to get into shape before you join us at the studio. Our lives will always be busy with one thing or another, but exercise has proven to not only help people handle stress but also thrive during life's challenging times. It's good for your mental and physical health, so don't wait to jump back in or allow yourself to skip your workouts. If you do, we know where to find you ... LOL! :-)

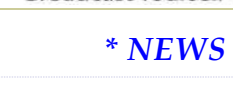
*\* Special thanks to Lisa Johnson for being such a good sport and playing along with us in the video. 2 Thumbs Way Up from your friends at My Stronger Self!*

**Newsletter Spotlight**

**"Feeling Gratitude and Not Expressing It Is Like Wrapping a Present and Not Giving It"**  
**William Arthur Ward**

Visit us on Facebook and ask us all your health and fitness questions. We're always here to help.

You can find us EVERYWHERE on the WEB!  
Click on all the links below and check us out!



### \* NEWS AND EVENTS \*



Join us on Black Friday, November 25th at 9am sharp for our 1.5 hour Turkey Buster Class! Guaranteed to burn off all those nasty calories from Thanksgiving dinner. Get there early to get your spot, we had a full house last year. Your guests can attend for just \$15.

#### Remember Uncle Eddie?

Save yourself time on Black Friday, skip the lines at the mall, forget about sweating bullets waiting for packages to arrive from Amazon ... we've got you covered. Get your friends and loved ones a My Stronger Self Gift Card. Purchase a cardio punch card or a membership. We offer gift cards in every denomination. Stop in or email [Lisa@MyStrongerSelf.com](mailto:Lisa@MyStrongerSelf.com) and consider it done! Remember what Uncle Eddie says – "that's the gift that keeps on giving the whole year"

#### REFERRAL DISCOUNT

Did you know that if you refer someone to My Stronger Self and they join, we will give you a \$25 discount off your next bill? This is an on-going program and the referral discounts are unlimited. As always, we appreciate your referrals and unending support!\*



#### FAMILY DISCOUNTS

Tired of your teenagers lounging in front of the TV, PlayStation or endless texting sessions? Kids and spouses can enjoy 50% off their membership at My Stronger Self! Inquire today for more details.\*\*

#### Member of the Month

##### Congratulations Rebecca Davis!

Rebecca Davis is our latest My Stronger Self Member of the Month. She joined us back in mid July of this year and is making awesome strides with her weight loss! If you want an example of someone who is laser focused during her workouts just stand next to Becky. She is such a hard worker and wow is it paying off! **She's lost 36 pounds, 3.5% body fat and 26.5 inches in just 4 months!** And by the way, those are **Size 8** jeans she's fitting into in that picture! Becky is a wife, busy Mom of 3 gorgeous little girls that she home schools, works part-time and still makes her fitness and healthy eating a priority. Think there isn't enough time in day to make it all happen, ask Becky how she does it. You'll often find her in Cardio Kick Boxing, Cardio Fusion, Free Saturday Boot Camps and her Strength Training classes without fail. We've enjoyed watching you melt away the pounds and inches Becky! You're such an inspiration to us all ... Keep up the great work.

#### TESTIMONIALS

"I'm Rebecca Davis, and I have struggled with my weight most of my adult life. After the birth of our 3rd daughter in 2009 my weight rose to the highest it has ever been. As a busy stay at home mom raising 3 active little girls, homeschooling and working from home part-time who had time to exercise? It all started with a boot camp. It was hard and I got sick after but I knew it was something I desperately needed.

I knew I was seriously overweight and I didn't want to wait around for my turn with hypertension, high cholesterol, heart disease or diabetes. The weight HAD to go. It was time. I am also responsible for setting a good, healthy example for my three daughters. I never want them to struggle as I have. I want them to know that working out is fun, eating healthy can be fun! I am grateful to everyone who helps me find the time to go to classes at the studio - husband, grandmas, babysitters - without them I would not have the time to commit to my health.

[Continue Reading Rebecca's Story](#)

For a current Class and Boot Camp Schedule  
Visit

[My Stronger Self Class Schedule](#)

#### ButterNut & Friends Soup

By Renee Chodkowski

If you weren't lucky enough to attend our Healthy Tips and Tricks Class last week, here's a little video highlight and the recipe below to one of the yummy soups Renee made for us. [The Great Foodini](#)

For the complete recipe, please follow this link:  
[Renee Chodkowski's Butternut & Friends Soup](#)

**enjoy!!!**

- 1 cup canned solid pack pumpkin or 1 small pie pumpkin
- 1 medium butternut squash
- 2 sweet potatoes
- 1 medium onion, sliced
- 2 T butter
- 6 cups chicken broth
- 1 cup milk
- 3/4 t curry powder
- 1/2 t sage
- 1/4 t cayenne pepper
- Salt and pepper to taste

#### WELCOME

My Stronger Self would like to welcome the following new members and those who rejoined us in October: Judy Boyer, Christina Monroe, Chris Frey, Krista Peters, Marilyn Bouman, Karen Overholt, Margaret Whitt, Kim Klotkowski, Kristie Fagan, Yvonne Hantz, Gail McCoy, Amanda Fox & Susan Bernardi.

**We're very excited to have you all as part of our training team!**

#### EXCITING NEWS

We had lots of awesome 6 week weigh and measure results for the month of September & October. Congratulations to you all!

Marissa Anderson – 5 Inches    Jill Cooper – 1% Body Fat, 4.5 Inches  
Diane Dubuc – 9.4 Lbs, 2% Body Fat, 7.5 Inches    Chris Frey – 2 Lbs, 9 Inches  
Jill Gauthier – 7% Body Fat    Melanie Groves – 5 Lbs, 3.75 Inches  
Laura Pierce – 12 Lbs, 2% Body Fat, 6.75 Inches    Kristina Tomasik – 5 Inches  
Robin White – 5 Inches

*Hopefully we didn't miss any newcomers or results. You ALL are awesome!*

Email us for more info at [FitForLife@MyStrongerSelf.com](mailto:FitForLife@MyStrongerSelf.com)

\* Referral discount does not apply to Cardio Punch Card purchases.  
\*\* Age restrictions apply, please inquire for more information.

To remove your name from our mailing list, please email [FitForLife@MyStrongerSelf.com](mailto:FitForLife@MyStrongerSelf.com)  
Questions or comments? Email us at [FitForLife@MyStrongerSelf.com](mailto:FitForLife@MyStrongerSelf.com) or call 810-844-1650