

10 Tips to Keep Off the Holiday Pounds

Well, here we are less than a week away from Christmas and the holiday hustle and bustle is in full swing. I don't think the retailers will be satisfied until we are preparing for Christmas all year round! It's also the time of year where we tend to lose sight of our health and fitness goals because we're so busy, forced to face holiday parties filled with too many tempting dishes and dare I say it ... the *in-laws*. Now all we're left with is yet another New Year's resolution to help get us back on track. It feels like a no-win situation doesn't it? Here's a few tips to help us all survive the holidays:



Lori Murphy – Owner
MyStrongerSelf.com

1. Plan Your Workouts: Grab a calendar right now and plan each and every workout from now until Dec. 31. Treat them like an appointment for one of your kids. We rarely miss those do we? If we do, we reschedule. Our motto at [My Stronger Self](#) is "If you erase, you must replace." In other words, if you absolutely have to miss a workout, then you need to reschedule it for another time that day or week. Workouts are crucial this time of year to combat the parties, stress, etc. that we all experience during the holidays.

2. Eat Before a Party: If you're invited to a party be sure to eat a small nutritious snack just before you go. Feeling more full will help keep you away from the foods that are sure to sabotage your healthy eating.

3. Find a Holiday Outfit: Find a great outfit you want to wear for a special occasion over the holidays and keep trying it on as you lead up to the event. Your goal is to look good in it and gaining any extra pounds won't get you there.

Newsletter Spotlight

We are Strong, Beautiful and Capable of Making Change!

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

[Please Click This Link to Continue Reading](#)

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



* NEWS AND EVENTS *



Please make note of our holiday hours. All regularly scheduled classes will be held with the exception of all Saturday classes and free boot camp on December 24th and December 31st.

One Last Gift Idea?

We've got a last minute shopper special for your friends and loved one ... **10 Classes for \$10!** Valid for new members only but remember, if they purchase a membership you'll get \$25 knocked off your next bill! We also offer gift cards in every denomination. Stop in or email Lisa@MyStrongerSelf.com and consider it done!



GEAR UP FOR THE GREAT FOODINI

Back by popular demand, Renee Chodkowski will be gracing the My Stronger Self Fitness Studio once again on January 19th at 630pm for some *Healthy Appetizer* ideas. Reserve your spot by emailing Lisa@MyStrongerSelf.com. \$10 for members and \$15 for non-members payment due at time of sign up.



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 Sherri Butler!

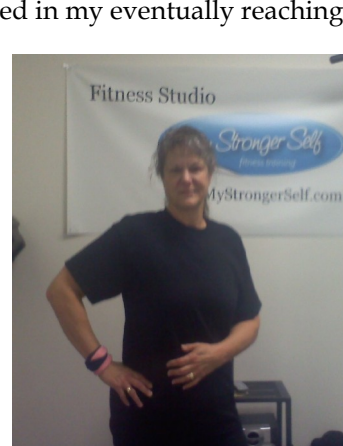
Sherri Butler is our latest My Stronger Self Member of the Month. She joined us back in April of 2011 and has been making the most of her time spent at My Stronger Self. All her hard work is definitely paying off. **She's lost 35 pounds, 4% body fat and 32 inches!** And by the way, 12 of those inches came from her waist alone ... must be all that Zumba Sherri! Sherri is 60 years old and a wonderful example of what we all should be doing at any age. Exercising, eating healthy and staying positive. She has such spunk you just can't help but love to be around her in class. Track her down and find out her secret to success. You'll find her at several of our Zumba classes and Strength Training each and every week. We've loved watching you get healthy and fit Sherri. Keep up the hard work ... you definitely deserve title of "Member of the Month"

TESTIMONIALS



"Thank God for Sharon Heffner and My Stronger Self!! I, like many others, have been overweight and out of shape for decades!

Losing weight has been on my mind for many years, literally everyday! But the 'spirit' never moved me to do anything about it. I truly believe that God helps those who help themselves, and all those decades of praying for will power (and doing nothing else!) resulted in my eventually reaching 230+ pounds! I was in the process of looking for a Zumba class when my good friend Sharon, with her incredible weight loss, told me about My Stronger Self. The other classes I had found were a distance away. No excuses now...this place was very close to home. I signed up for Zumba and did that for the whole month of April. What fun!! That was all it took to get the 'spirit' moving and the first of May I signed up with Lori and strength training and have been here ever since.



[Continue Reading Sherri's Story](#)

For a current Class and Boot Camp Schedule Visit [My Stronger Self Class Schedule](#)

Ginger Topped Pumpkin Bread

By Laura Pierce

Special thanks to Laura Pierce, one of our many wonderful members, for sharing this healthy recipe with us and all of you. We especially appreciated the taste test!! Thank you! :-)



Makes 2 loaves

Prep: 15 minutes Bake: 1 hour 15 mins

1 can (15 oz) pumpkin (not pumpkin pie mix)

1 2/3 cups granulated sugar

2/3 cup unsweetened applesauce

1/2 cup milk

2 teaspoons vanilla

1 cup fat-free egg product or 2 eggs + 4 egg whites

3 cups all-purpose flour

For the complete recipe, please follow this link:

[Ginger Topped Pumpkin Bread](#)

2 teaspoons baking soda

1 teaspoon salt

1 teaspoon ground cinnamon

WELCOME

My Stronger Self would like to welcome the following new members and those who rejoined us in November: Cynthia Werstein, Sandi VanHuesden, Kim Klotkowski, and Karen George.

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 November. Congratulations to you all!

Jaqueline Wilson – 9 Lbs, 9 Inches, 2% Body Fat

Krista Peters – 5 Lbs, 2% Body Fat, 9.5 Inches

Christina Monroe – 2 Lbs, 6.5 Inches **Margaret Whitt** – 1 Lbs, 5.5 Inches

Barb Falconer – 9 lbs, 5Inches, 2% Body Fat

Sharon Hefner – 5 Inches, 4% Body Fat

Angie Donahue – 7 Inches **Kathy Gunter** – 5 Inches

Laura MacLennan – 4 Lbs, 8.5 Inches, 1% Body Fat

Hopefully we didn't miss any newcomers or results. If we did, let us know and we'll make sure to get you in the next newsletter. You ALL are awesome!

Email us for more info at FitForLife@MyStrongerSelf.com

* Referral discount does not apply to Cardio Punch Card purchases. 10 for \$10 is for new members only, not valid with any other offer.

** Age restrictions apply, please inquire for more information.

To remove your name from our mailing list, please email FitForLife@MyStrongerSelf.com

Questions or comments? Email us at FitForLife@MyStrongerSelf.com or call 810-844-1650