

Get Ready for SUMMER!

Summer is almost here and that means we'll be wearing less clothes and showing more skin. Don't let that scare you! Here are some ideas to help you look and feel great this summer from head to toe:

Start with Your Mind

Think positive! Look in the mirror and pick out things you like about your body and find ways to accentuate. For the things you do want to change set realistic goals.

Clean House

Raid your cupboards and fridge! Get rid of all unhealthy temptations. Don't use your kids as an excuse to have junk food in the house either. They should be eating healthy food too! Plan what you are going to eat every Sunday. It's also important to write down what you're eating because you'll be less likely to eat something bad.

Exercise

You want to exercise 5-6 times a week. (Weight training 2-3 times a week and cardio interval training 4-5 times a week.) 20 minutes of interval cardio training is all you need 4-5 times a week. (Less time than it takes to watch a television show!)

Drink Plenty of Water

Drink at least 8, 8oz glasses of water every day.

Combat Cellulite

Cellulite is not something you want to see when you put on your bathing suit or a pair of shorts. Cellulite can happen to women of any age, shape or size. To combat cellulite and get ready for summer try the following:; exercise at least 4 times a week, drink plenty of water, eat a good diet, exfoliate the skin by using natural sea salts and oils, massage the areas that have cellulite with natural oils.



Lori Murphy – Owner
MyStrongerSelf.com

Newsletter Spotlight

"Begin with the end in mind"
-Steven Covey

Member of the Month

Congratulations Yvonne Hantz and Kelli Hantz!

Yvonne and Kelli are mother and daughter and have been supporters of My Stronger Self and Fit Chics since the beginning. They both come consistently to strength training and our cardio classes and have both lost weight and inches.

Yvonne and Kelli thank you for your support ... you both look great! Keep up the good work!

Don't forget to check out our Referral Program at the end of the Fit Chics Newsletter!

You can find us **EVERYWHERE** on the WEB!

Click on all the links below and check us out!

www.MyStrongerSelf.com



Tip of the Week



Make the most of the time you spend exercising. When you are exercising forget all the other things going on in your life.

- Focus on only what you are doing at that moment.
- Focus on your form and if you are doing it correctly.
- Focus on your posture and if you are protecting other areas of your body as you perform the exercises.
- Focus on your breathing.
- Focus on being proud of yourself for doing what is best for your body.

Recipe:

Here's a healthy and easy treat. Ready in 5 minutes makes 2 servings

- 1-8 inch whole wheat tortilla 2 tsp natural nut butter
- 1 tsp slivered almonds 1 med banana sliced 1 tsp honey

Lay tortilla on a plate, spread evenly with nut butter and top with almonds and banana slices. Drizzle honey over top and roll tortilla. Cut in half and serve. Calories 230 Total fats 11 grams per serving

ENJOY!!!!

Events Calendar

April 10th, 2010 – FREE Couples and Woman Only Boot Camp (See more DETAILS below)

April 11th, 2010 – Bring your bike to Kensington for a group ride.

April 28th, 2010 – Group walk at Kensington.

Keep checking the website and your emails for more information on our group events to help keep us all motivated and on track plus meet some new friends or have a few laughs with familiar ones!!!!

FREE BOOT CAMP: April 10th, 2010 8:00AM Couples, 9:15AM Woman Only

WHERE: Kensington Metro Park

Who can participate in the Boot Camp? Anyone who is ready to get into to shape! If you have tried and failed to reach your goals we have the answer for you.

Here's what you can expect when you join the My Stronger Self Boot Camp

- ⇒ 3-5% Reduction in Body Fat
- ⇒ 5-12 Pound Weight Loss
- ⇒ 1-3 Inch Decrease in Inches
- ⇒ Improved Posture
- ⇒ 100% GAIN IN SELF CONFIDENCE!!!!!!!

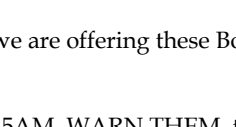
We are so confident you'll see results and love the Boot Camps that we are offering these Boot Camps for **FREE** in the month of April, starting April 10th.

Couples Boot Camp starts at 8:00AM and Woman Only Boot Camp at 9:15AM. WARN THEM, this may be harder than they THINK! :-)

GIVE THEM A ROUND OF APPLAUSE

We have been weighing and measuring the last couple of weeks and I would like to congratulate everyone on their progress. I especially want to congratulate the following ladies:

- **Yvonne Hantz** lost 13.5 total inches, 6 pounds and 3% body fat
- **Lisa Bender** lost 13 total inches, 13 pounds and 5% body fat
- **Kris Toggetti** lost 11.5 total inches, 18 pounds and body fat tbd



Each of these ladies come to their scheduled strength training and the extra cardio classes. They do what it takes to reach their goals! They always work hard at every class. **WAY TO GO LADIES!!!!**

WELCOME

Let's welcome our newest members to My Stronger Self, Lisa Johnson, Karla Boylan, Linda Fransik, Bobbie Whitton, Jaque Adams, Michelle Harris, Susan Bernardi and Julie Albring. It's a pleasure to work with you all!!!!

REFERRAL PROGRAM

Ladies I have really enjoyed working with all of you and seeing the progress you're all making. I would like to continue to put my efforts toward improving the program and helping you get results. I have more time to do this when you are my marketing team! If you are happy with the program and my services, please tell a friend.

Each time you refer a friend you get **FREE TRAINING!**

Let's continue to build this business together and get Livingston County fit one Fit Chic at a time!

Contact Lori for more comprehensive details on our referral program.

My Stronger Self – Strength Training and Cardio Class Schedule

MON	TUE	WED	THUR	FRI	SAT	SUN
7:00A Strength		7:00A Strength	7:00A Strength	7:00A Strength		
8:30A Strength	8:30A Strength	8:30A Strength	8:30A Strength	8:30A Strength		
9:30A Cardio	9:30A Strength	9:30A Strength	9:30A Strength	9:30A Cardio	9:30A Strength	
4:30P Strength	4:30P Strength	4:30P Strength	4:30P Strength			
5:30P Cardio	5:30P Strength	5:30P Cardio	5:30P Strength			
6:30P Strength	6:30P Strength	6:30P Strength	6:30P Strength			

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

Questions or comments? Email us at Lori@MyStrongerSelf.com or call 810-923-4585