

Are You Training Your Child to be Overweight?



Volume 2, Issue 6 8/1/2011



Lori Murphy – Owner
MyStrongerSelf.com

We all want the best for our kids. You want your kids to have fun and to look and feel great about themselves. We do all we can to help provide them with whatever we can to lead active, healthy lifestyles. However, how many times have you seen your kids mimic what you do or say? They are absorbing the negative messages and behavior we wished they'd never seen or heard.

Even if your kids are active and slender now, you need to be aware of subtle ways you could be teaching your kids poor habits. Take note of these warning signs that you could be setting your kids up for a lifetime of bad habits and worse yet obesity.

Warning Sign #1

- ⇒ Do you regularly skip breakfast?
- ⇒ Do you often eat Pop-Tarts or fast food breakfast sandwiches in the car?
- ⇒ Do you eat together as a family?
- ⇒ Do you eat your meals in a hurry, everyone grabbing what they can anywhere but at the dinner table?

Newsletter Spotlight

It's the START that stops most people.

Make sure you check your email for some exciting changes happening at My Stronger Self!

[Please click here to continue reading the article ...](#)

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



* UPCOMING EVENTS*

WE NEED YOUR HELP!



Please take a minute and vote for My Stronger Self on CityVoter.com. Help put us on map by voting My Stronger Self your favorite gym! Click below ...

[Vote for My Stronger Self - #1 Gym](#)

Make sure you check out our class schedule ... we've made a few changes. We're offering a 6am Co-Ed Outdoor Boot Camp at the Fitness Studio. This is a new class and isn't part of your training package, so please inquire about pricing. Saturday boot camps are now only 1 session and start at 830am. Wed. 930am Strength & Fri. 130pm Zumba is cancelled indefinitely.

Want to be the first to get in on any My Stronger Self Specials & Promotions? Follow the link below to become a Groupon Follower of My Stronger Self.

[My Stronger Self GroupOn Storefront!](#)

Don't forget about our REFERRAL Contest this month. Pick up a referral sheet or [click here](#), turn it in and you'll be entered for a chance to win \$25. Next, if one of your referrals joins your name will be entered to win a \$100 bill! Grab a little extra spending money for the summer.

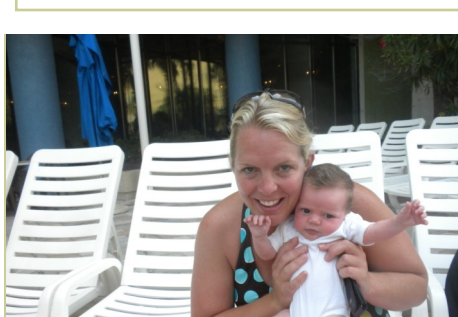
GROCERY TOUR IS BACK

Join us at VC's for our Grocery Store Tour August 27th at 11am. Cost is \$10 for members and \$15 for non-members. Sign up at the studio.

Member of the Month

Congratulations Amy Neuer!

Amy is an excellent example of a busy Mom and small business owner who's making a conscience effort to put her health and wellbeing at the top of the list! Amy has 5 children and is co-owner of Gold Diggers, LLC. Needless to say she is one busy lady and yet she hits the gym consistently, tracks her eating and comes to all the nutrition meetings. It's no wonder she's seeing results. You've worked so hard Amy, keep up the good work!



TESTIMONIALS

Hi, I am Amy Neuer. I am 35 years old, my entire married life I have been on some type of diet and exercise plan. I have 5 children, and have gained and lost 50 lbs several times over the last 12 years. Sometimes it would come off easier than other times. I knew that our family was complete after my last daughter, Brinley, was born in June 2010. I wanted to get into a program right away. I have taken several classes before, spin, boot camp, personal training, but never had I tried anything quite like My Stronger Self!

After joining in December, I have seen great changes in my body. My weight loss has not been as quick as when I was on other plans, but I am wearing smaller sizes and feel very strong. It is a challenge every week to make time for the classes and commit to the nutrition planning but I know that I am worth it! It makes me a better wife and mom, as well as a healthier person.

[Continue Reading Amy's Story](#)
[Click Here](#)



For a current Class and Boot Camp Schedule visit

[My Stronger Self Class Schedule](#)

Healthy Summer Recipe

By Amy Neuer

Baked Apple Dessert

- 1 large Granny Smith Apple
- Nutmeg
- Cinnamon
- Pam
- Stevia or Splenda packet



Preheat Oven to 400. Spray bottom of pan / dish with pam, peel and dice apple (or leave the skin on if you like), line dish with apple in a separate bowl mix dry ingredients, sprinkle on top of apple ... stir stovetop or bake till warm. *Enjoy!*

WELCOME

My Stronger Self would like to welcome the following new members: Karen Adams, Susan Cartier, Elise Frazier, Diane Frazier, Laura McClennan, Deidre Groves & Dennis Brimberry

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

EXCITING NEWS

Here's just a sample of some wonderful weigh and measure results. Congratulations ladies ... look what you accomplished in just 6 weeks!

- Dianne Dubach- 6 pounds, 7 inches
- Amanda Fox--3 pounds, 6.5 inches
- Melanie Groves - 10 pounds
- Beth Surman - 3 pounds, 11 inches
- Claudia Mollitor - 8 pounds, 14.5 inches
- Barb Falconer - 2 pounds, 5.5 inches

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