

**Can You Really "Spot Reduce" Trouble Areas?**

You've seen them—those "infomercials" for various fitness gurus that promise to give you flat, toned abs or firm thighs or bulging arms or eliminate cellulite or whatever. Did you know that some of those "shows" cost of up to \$1M to produce? They're incredibly slick productions with beautiful models, exotic settings and best of all—great lighting.

These shows promise that 10 minutes a day, 3 times per week their "technologically advanced" product will bring you amazing "spot reduction/tightening/firming/development" of particular body parts. Their message is so compelling; it's really hard to keep your credit card in your wallet. Don't feel bad if you purchased one or more of these gizmos—you're not alone, millions of people have. And, I would venture to say that 99% of those people did not get the results that were advertised—why?

Because "spot reduction" doesn't work. Unfortunately, you cannot pick and choose where fat will come off your body. That is the bad news. The good news is that eventually it will have to come off of those trouble areas. That is why you sometimes see people in the gym doing 5000 sit-ups a day, yet they still have that bulge in the midsection.

The only way to lose fat and keep it off is by following a proper exercise and nutrition program, including the 5 components of fitness:

- ⇒ Food Intake
- ⇒ Cardiovascular
- ⇒ Supplementation
- ⇒ Resistance Training
- ⇒ Personal Assistance/Systematic Application

If you have trouble spots, give me a call...we'll work on them together!



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

**Newsletter Spotlight**

"You have to stay in shape. My grandmother, she started walking five miles a day when she was 60. She's 97 today and we don't know where the hell she is." - Ellen Degeneres

*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!

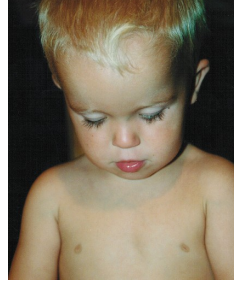
Click on all the links below and check us out!

[www.MyStrongerSelf.com](http://www.MyStrongerSelf.com)



**Food For Thought**

**I Am Perfect, Whole and Complete**



No little baby ever says, "oh my hips are too big," or "my nose is too long". They know how perfect they are, and once we were all like that. We accepted our perfection as normal and natural. As we grew up we began to doubt our perfection and we tried to become perfect. We cannot become what we already are. We can only accept it. And so we created stress and strain. There is nothing wrong with any of us. So let's once again affirm and know that we are Divine, Magnificent Expressions of Life and that, really, all is well in our world.

- Author Louise Hays

**Member of the Month**

**Congratulations Kris Tognetti!**

Kris has lost 28 pounds and 11.5 inches!!! She has three children, 2 jobs and a husband but still manages to make it to work out. She looks amazing! Kris won the prize at our first boot camp for bringing the most friends. She has been a wonderful supporter of My Stronger Self. Thanks Kris, your support means so much!

**TESTIMONIALS**

I am a woman of 67 years of age. My health has deteriorated over the past 5 years due to spinal stenosis, degenerative disc disease and a total knee replacement of my right knee ... Through her [Lori's] program, my pain has been reduced, my stamina has increased and my overall attitude has improved. Lori goes above and beyond her normal class routine. It's all the extras that make her program so unique.—*Jeanine Dufault, Brighton, MI*

It wasn't until I started training with Lori that the real results started happening. She [Lori] monitors my nutrition and helped me establish realistic goals. There is no need for me to go anywhere else and I never will. I'm getting stronger, losing weight and dropping inches! I feel better physically and mentally today, than I have in a very long time. — *Lisa Bender, Howell, MI*

To read more testimonials, visit [MyStrongerSelf.com](http://MyStrongerSelf.com)

**We would love to hear from YOU!**

Whether your goal is to lose weight, get in the best shape of your life, or anything in between, we can help you. We'd love to hear from you—even if you just want to say hi. Don't hesitate to call My Stronger Self with any questions you have about health and fitness.

**We are a resource and a FRIEND! :-)**

For a current Class and Boot Camp Schedule visit

[www.MyStrongerSelf.com\Schedules](http://www.MyStrongerSelf.com\Schedules)

**Events Calendar**

- April 24th—FREE Boot Camp @ Kensington Metro Park Co-Ed 8am, Ladies 9:15am
- April 28th, 2010—Group walk at Kensington, Metro Park
- May 1st, 2010—FREE Boot Camp @ St. Mary of Magdalene Church in Brighton off Old Us-23 Co-Ed 8am, Ladies 9:15am

Thank You! Thank You! Thank You! Thank You!

Thank You!

Thanks to **YOU** the word is spreading. Thanks to all of our clients and friends who graciously referred us to your family, friends and neighbors! See, rather than pester people with unwanted calls and pushy sales techniques (that's definitely not us!), we build our business based on positive comments and referrals from people just like you. My Stronger Self just got **STRONGER** and we couldn't do it without you!

**Melissa Gowell, Yvonne Hantz, Lisa Bender, Lisa Johnson**



**REFERRAL PROGRAM**

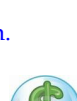


Ladies I have really enjoyed working with all of you and seeing the progress you're all making. I would like to continue to put my efforts toward improving the program and helping you get results. I have more time to do this when you are my marketing team! If you are happy with the program and my services,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



To remove your name from our mailing list, please email [Lori@MyStrongerSelf.com](mailto:Lori@MyStrongerSelf.com)  
Questions or comments? Email us at [Lori@MyStrongerSelf.com](mailto:Lori@MyStrongerSelf.com) or call 810-923-4585