

The Simple Solution to Weight Loss

There is a simple solution to weight-loss but don't mistake simple for easy. There are no magic pills, no 10 minute workouts that will help you lose body fat, speed up your metabolism, strengthen your muscles, and help you look and feel great. It simply takes work. We have to fight for our health! There is a simple formula though. The formula is strength training, cardio and a healthy diet.

Strength Training - Strength training is the first key component to a lean and healthy body. Strength training increases muscle size and strength changes your body composition for the better by increasing lean muscle tissue and decreasing body fat. It also increases your metabolism (even at rest), so you burn more calories throughout the day.

Cardio - Cardio is the second key to a lean and healthy body. During cardio vascular exercise the body uses stored fat as fuel. So cardio vascular exercise decreases body fat and keeps your heart healthy.

Healthy Diet - Healthy diet is the last and many times the most important key to a lean and healthy body. Healthy eating consists of complex carbs, proteins and fats. They are all important for the body to work efficiently. A healthy eating plan consisting of the right foods give you more energy, help build more lean muscle tissue, and helps your brain to work better.

These are the keys that will help you reach your health and fitness goals. Setting goals, mentally preparing yourself, planning, and journaling will help you start and stay on the right track to a better healthier you.



Lori Murphy – Owner
MyStrongerSelf.com

Newsletter Spotlight

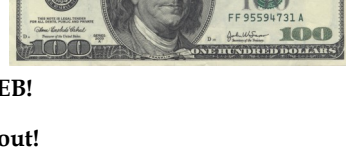
A life worth living is a life worth recording – Jim Rohn

CONGRATULATIONS

CINDY FULLER

Cindy is the winner of the \$100 October Referral Contest!

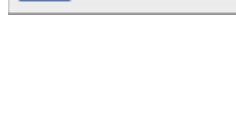
THANK YOU CINDY!



You can find us EVERYWHERE on the WEB!

Click on all the links below and check us out!

www.MyStrongerSelf.com



*** REMINDERS * REMINDERS * REMINDERS * REMINDERS ***

The holidays will be here before you know it ... how about giving loved ones the gift of good health with a My Stronger Self Gift Card. We have them available for unlimited cardio or strength training packages. Better yet, ask Santa for a Gift Certificate for yourself ... you deserve it!

It's the gift that keeps on giving!

REFERRAL PROGRAM FOR NOVEMBER

Any time someone joins that you refer you'll get FREE training!

Don't forget to tell every one you know about our FIT FOR LIFE CHALLENGE where we're giving membership to My Stronger Self Fitness Studio to 10 people for an ENTIRE YEAR! Email Lisa@MyStrongerSelf.com for more info.

\$5 Drop-In and \$20 Unlimited Cardio Package – LIMITED TIME OFFER

We've opened our cardio classes to the public, so tell everyone you know to join us for Zumba, Kick Boxing, Step and Cardio Mixer ... more to come soon!
*** Remember all these classes are FREE with every training package ***

BIG REMINDER: it's very important to let us know when you plan to attend a class *other than your normal strength training class*. Some of our classes are really filling up and there may not be room for everyone. And while we hate to turn anyone away, it is for all our members benefit that we limit our class sizes.

Thank you for understanding!

Member of the Month

Congratulations Lisa Johnson!

Lisa Johnson has been a member of My Stronger Self since March of 2010. She has shed several pounds and inches and is looking great! Lisa comes consistently to her scheduled strength and cardio classes plus boot camp. Lisa also journals her exercise and eating. Most of all Lisa is charged and ready to make the healthy changes that will last the rest of her life. Lisa has also recruited friends and family to be a part of her journey and a part of MSS including her husband Steve. Lisa surrounds herself with a support group that all works together to help everyone stay on track

Great Job Lisa !

TESTIMONIALS

My name is Lisa Johnson and I was at my highest weight of my lifetime. As so many of us do, I tried the gambit of options from joining a weight loss program, then another weight loss program, an exercise club, then a gym and another gym, purchasing some exercise tapes, an exercise ball, a treadmill, and so on. It seemed that the more I tried to lose weight, the more I either bought or joined. Nothing was working. I didn't have the motivation nor the desire to exercise on my own. I joined a bible study group focused on putting Christ first and I am learning to treat my body as a temple of the Holy Spirit, which is how we are designed by God. I did focus and change many poor habits and began to find new healthier alternatives. Still, exercise eluded me and I couldn't find my routine. I continually started and stopped exercising and felt like I was in a helpless holding pattern swirling around the potential to lose weight but never seeing success. I lost motivation, focus, will power and many times even the desire to lose the weight I needed to in order to become healthy.

I prayed for guidance and then finally stumbled upon Lori Murphy's Facebook page for My Stronger Self. This didn't sound like just another gym or just another weight loss program. In March 2010 I contacted Lori and began a strength training regiment of 2 days per week and a cardio class 1 day per week. The workouts were hard but Lori watched and made sure I was doing things correctly. She varied the routines so boredom never set in and my muscle and core strength improved visibly each week. I wasn't thrown into a gym to flounder around to different machines doing the same routines time and time again. Lori began offering a free co-ed and ladies boot camp each Saturday morning and I asked my husband to join me. His loving support became the stepping stone of solidifying both of our commitments to a healthier lifestyle of strength and cardio training. I now schedule my workouts at My Stronger Self like I schedule any other appointment that I must keep. My health demands that I prioritize the time I need to exercise.

Lori now trains both my husband and me. We are thrilled we have found such a gifted trainer in Lori. My strength and energy is consistently growing as is my confidence that I can exercise and I can enjoy it when I am not left to figure it out on my own. With Lori's guidance I have lost pounds and inches. I still have a way to go in my weight loss journey, but my path seems so much straighter than that previous winding road of disappointment I traveled on before. I wouldn't have and I couldn't have pushed myself to this kind of success.

Thank you Lori!

For a current Class and Boot Camp Schedule visit

www.MyStrongerSelf.com/Schedules

GREAT NEWS!!!

The Saturday *Free Boot Camps* will continue throughout the year. We're indoors now at the gym in St. Mary Magdalen Church. So come join us and bring a friend to have fun and burn lot of calories. All levels welcome.

Welcome new members: Kathy Wilkerson, Melanee Towne, Kathleen Anderson, Karen Ingman, Sherri Wilson, Tonya Wanderski, Jessica Grima

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

Thanks to all the My Stronger Self members who brought guests in for our referral contest!

Cindy Fuller, Teresa Arnold, Sharon Hefner, Laura White, Vicki Mick, Mark Wanderski, & Diane Ray

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! It's wonderful to share the gift of health with them!

To remove your name from our mailing list, please email FitForLife@MyStrongerSelf.com
Questions or comments? Email us at FitForLife@MyStrongerSelf.com or call 810-923-4585