

**Don't be F.A.T?** – (Fearful about training)  
*Strengthen the most important muscle- the brain!*

Telling your mind what you need your body to do is the first step to a healthier lifestyle. Your brain is the director for the rest of the body. It helps you remember things like riding a bike, when to hit your breaks in the car, and when to give someone a handshake or a hug. So why is it not telling you to lift a weight or do some cardio? Because you are not training your brain! The more irregular you workout the less likely your brain is to grow new brain cells to remember how to train properly. Each training session should improve your focus and attention in the brain.

Stop feeding into the negative thoughts swimming in your head. An active brain will work for you for years to come. Be honest. Challenge yourself to get to the root of the problem? Why are you not taking care of yourself? Are you overreacting out of stress? Are you lonely or bored? Have you convinced yourself you can't change? Do you feel uncomfortable working out because of the feeling and looks you get? It is a hard thing to do but small exposure to the problem can help free you. The brain needs to acknowledge the problem to be able to start training for the recovery. Having someone there to help you train the brain will increase your level of success. Many people are going through similar battles just like yours; find this group and stick it out together!

*Article written by our very own Michelle. Thanks Michelle!*



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

**Newsletter Spotlight**

The minute you alter your perception of yourself and your future, both you and your future begin to change.

— Marilee Zdenek

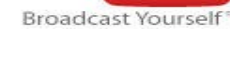
*Don't forget about our Christmas Party on December 17th at 6:30p at the Gym. Bring friends and family!*

**HAPPY HOLIDAYS!**

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)



**\* 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!***

**\*\*\* DECEMBER SPECIAL \*\*\***

This month we're offering 1 Month of Unlimited Classes for \$99. Still have sessions to use? That's OK, buy today and we'll add it on to your existing package. This offer is good for both members and non-members, so tell your friends.  
***We're Only Selling 50 ... Once They're Gone, They're Gone!***

Don't forget about our Holiday Party and Healthy Cookie Contest on December 17th at 6:30pm at the My Stronger Self Fitness Studio. Details are up on the [website blog](#).

**\$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 our Zumba, Kick Boxing, Step and Cardio Mixer classes ... more to come soon!

**\*\*\* Remember all these classes are FREE with every training package \*\*\***

**BIG REMINDER: Winter is officially upon us with the first snow fall. Please remember to bring extra shoes to help keep our floors clean for our workouts. No one wants to lay on a dirty, salty carpet. Thank you for understanding!**

**Member of the Month**

**Congratulations Sharon Hefner**

Sharon has shed 75 pounds and lots of inches! She comes consistently to 2 strength training classes as well as shakes her booty at our Wednesday night Zumba class. Thank you Sharon for being such a positive light in our gym. It's always wonderful when she walks through the doors! You are an inspiration to everyone around you and we are all so happy for your success. Keep up the great work ... you look fabulous!

**You're AWESOME Sharon!**

**TESTIMONIALS**

Hi, my name is Sharon. I've lost 75 pounds in the last year. So much of that is in thanks to the last 6 months and training with Lori Murphy of My Stronger Self. Before working out at the My Stronger Self Fitness Studio and Gym, I felt uncomfortable with my weight. My future health wasn't going to be good continuing my unhealthy habits. I began losing weight by making better food choices. After losing a few pounds, I added a cardio program by using my elliptical machine in the mornings. I felt a weight lifting routine was needed but didn't know where to start. My friends told me of Lori Murphy and her fitness studio in Brighton. *Just what I was looking for!* I go to 2 strength training classes and a Zumba class every week. Every time I go I look forward to seeing my new supportive and encouraging friends. I look better, feel better, am healthier and will STAY healthy as I continue attending classes at My Stronger Self.



Thank you!

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

For a current Class and Boot Camp Schedule visit [www.MyStrongerSelf.com/Schedules](http://www.MyStrongerSelf.com/Schedules)

**GREAT NEWS!!!**

The Saturday *Free Boot Camps* will continue through out 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:**

**Kathleen Anderson, Gail McCoy, Alyssa Sargeant, Erica Hawker, Megan Bouchard, Melanie Groves, Jo Gallagher, Carol Kress, Shellee Niedwiekie & Anita Schnars.**

**Thank You! Thank You! Thank You! Thank You!**

**Sharon Hefner & Teresa Arnold**

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](mailto:FitForLife@MyStrongerSelf.com)  
Questions or comments? Email us at [FitForLife@MyStrongerSelf.com](mailto:FitForLife@MyStrongerSelf.com) or call 810-844-1650