

It's that Time of Year Again

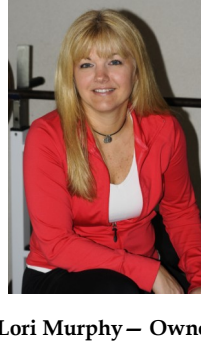
'It's that time of year again ... January. I need to think about getting into shape. What do I try this year? I've tried something new every year and I am still not that confident, healthy, in shape person I want to be.

I've joined a weight-loss program. I was pretty successful for awhile. I had to count my calories and go in and get weighed every week. I lost 20 pounds but I still felt flabby and had low energy but I was losing weight. Everything seemed to be going well but then I went on vacation. We had drinks, rich foods, ate at all times of the day and night. I kept thinking I will start again when I get back. I felt defeated ... It was hard to come back and start again so I never did.

Exercise is what I need I thought ... that was my whole problem ... no exercise! So, I joined an aerobic program. It was fun! I even got a couple of my friends to join me. I started to see results but after awhile I got bored with the same routine and the results stopped then I stopped.

The next year I asked for a treadmill for Christmas. Santa came through and I got one. My husband put it down in the basement for me. I was really excited. I used it every day for a couple of weeks but slowly I started dreading going down to the basement and exercising by myself. Not only was it boring but there were so many distractions, burned a few calories each time and it just wasn't enough.

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Lori Murphy - Owner MyStrongerSelf.com

Newsletter Spotlight

You know the noise your heart makes when you're exercising, it's called

APPLAUSE!

Unknown

Don't forget about our January Referral Contest ... the member who refers the most new members that join will get \$75 gift card to their favorite restaurant

You can find us EVERYWHERE on the WEB!

Click on all the links below and check us out!

www.MyStrongerSelf.com



* REMINDERS * NEWS * REMINDERS * NEWS *

FIT FOR LIFE CHALLENGE

You may be seeing some new faces around the gym and that's because our 1st Annual Fit For Life Challenge is in full swing. We had many applicants we interviewed and picked the 10 individuals we felt would stick to the program. They will have access to all our strength training and cardio classes for a full year. We're also providing accountable and nutritional support throughout this entire process as well as giving them Mentors many of which are members of our Fitness Studio (Thank you Teresa Arnold, Lisa Johnson & Carrie McClure for volunteering!) We'll be introducing each one on our website blog, so keep checking. They need all our support and that's what makes our gym so special ... we have the most supportive members! We hope you'll encourage them on their journey and we also hope they may provide inspiration to all of you as well.

My Stronger Self was featured in the Press & Argus! You can read the article in case you missed it ... just click here.

Make sure to check out all our cardio classes. We just added Cardio Kick Boxing Mondays at 630pm. My Stronger Self gives you all the tools to succeed. All you need to do is use them!

BIG REMINDER: Winter is here to stay for a while. Please remember to bring extra shoes to help keep our floors. No one wants to lay on a dirty, salty carpet. Thank you for understanding!

Member of the Month

Congratulations Jill Gautherat

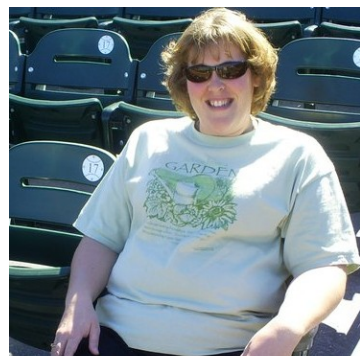
Jill is a hard worker and we know when she walks through the door she's going to give us her all. She consistently comes to her strength training classes and often pushes herself to stay for another hour of cardio. Jill also pays close attention to her eating habits and nutrition which is so important in any healthy fitness program. We must have those 3 elements to be successful - Strength Training, Cardio Exercise and Healthy Eating! Jill is extremely positive and upbeat and that attitude can't help but spread around the gym to others. Jill, you're a great source of inspiration to all of us and we're so happy for your success! Keep up the awesome work ... you are well on your way to reaching your goals!

TESTIMONIALS

In December 2009, I was at my heaviest, 233lbs. I finally got tired of being tired and having no energy. I started to exercise on my own, a couple of hours a week. I started to see results, but I figured there had to be more to working out and getting in shape. I noticed a bulletin announcement in late April, and in May decided to join the free boot camps held at St. Mary Magdalen in Brighton by My Stronger Self Fitness Studio. It was tough! I thought I am never going to get through this, but with Lori by my side each and every step of the way, I did! I started to get stronger, and being able to run more, do more sit ups, and push-ups! I never would have thought that I could do the things that Lori was telling me to do. It was a process as I was only going to boot camp, so the weight came off slowly, but I started to see results. I decided to join My Stronger Self in June. My weight has dropped, and my confidence has soared! I am able to do anything, with more energy than I ever thought possible!

Thanks to Lori, and her team of wonderful trainers, I am seeing results, and have never felt better! This weight loss journey has taught me a lot about myself, and I truly have found that I am a stronger, more confident person who can do anything I put my mind to.

Thank you, Jill Gautherat



For a current Class and Boot Camp Schedule visit

www.MyStrongerSelf.com/Schedules

!!! TRY SOMETHING NEW !!!

Struggling to see results? Stressed out about squeezing into that bathing suit this year? Here's something new to try ... wear that bathing suit now while you eat dinner! We guarantee that will put things into perspective and help you regain the focus you need to reach your health and fitness goals! Thanks Kate Lawrence for the great TIP!

Welcome new members:

Faye Bassette, Trish Edick and Pam Obriot

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

*** CONTEST ***

We'd like to reward anyone who refers members that join by holding a referral contest for the month of January. The person who sends us the most people who join our training team will receive a \$75 Gift Card to a restaurant of your choice!

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