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**Are you ready for
 the New Year?
 Stay FOCUSED
 with these tips for
 success!**

Hello Ladies and welcome to another "Focused" month of activities that will get you on track and keep you on track. I am excited to report that many of our members who took the 100 day "intentional activity" challenge are doing a great job of incorporating more activity in their daily lives and the benefits are showing.....Go Girls!!! Every day I am reading new research confirming the importance of weight training for women. Some of the benefits are: you will be stronger to do every day chores, strength train 3x/week for 2 months you can gain 2 pounds of muscle and lose 3.5 pounds of fat and will burn 35-50 more calories each day, and that can add up. You can decrease the risk of osteoporosis by 13% in 6 months of weight training, coupled with adequate amounts of dietary calcium. Lastly, who doesn't want to see a reduction in back pain, arthritis and the risk of injuries? It is never too late to benefit from strength training that is supervised by **Your Exercise Specialists!** -*Kedgy*

We have added to our *Fabulous Fitness Lady Staff* to better serve you!
 Have you met Leah, "Z", Sharon, Efe, Brittany and Kristen?

Upcoming Events:

**Fitness Buzzword—
 SGPT:**

**1/31st— New Classes and
 Schedule go in effect!**
 (See attached schedule)

What: Small Group Personal Training, administered by a Certified Personal Trainer for 4-weeks. This fast and efficient workout will leave you feeling great and ready for more.

**2/1st— Back In The Day
 Step is Back! Join Kedgy
 for a Rockin' and Sweatin'
 good time. Every Tuesday
 and Thursday from 10:00—
 11:00 A.M.**

Why: Programs that are customized to your unique needs at a reduced rate and time that fits your busy schedule. * REMEMBER Personal Trainers STAY FOCUSED & GET RESULTS! If you are ready to be challenged and improve your total health join *upcoming sessions* of SGPT!

Hear what Fitness Lady Members are saying about **EFXtreme SGPT:**

"I feel challenged and pushed to my maximum capacity."

"I feel that my safety is a high priority and I am always progressed at a level that is appropriate to my comfort and ability. Excellent program!"

"I feel challenged and like I have accomplished a lot over the past couple of weeks."

2/2nd— Fit Chick

**Express 30-minute Lunch
 Break Workout. Monday,
 Wednesday, and Friday
 from 12:15— 12:45 P.M.**

**2/4th— American Heart
 Association's National
 Wear Red Day!**

**2/19th— Heart Smart
 Educational Seminar at
 9:00 A.M.**

Hydration for Health!

The International Sports Medicine Institute's recommendation of "one-half to two-thirds ounce of water per pound of body weight per day." *For a 150-pound person, that would be 75 to 100 ounces per day, or 9 to 12.5 cups throughout the day.*

Fuel your Workout!

A carbohydrate rich pre-workout snack is a great energy source. Try a small bowl of cereal or a packet of oatmeal 30-60 minutes before a class or training session for optimal performance.

Avoid Over-Training!

Learn the signs of overtraining such as; fatigue, sleeplessness, lasting muscle soreness and decreased immune function. Set up a schedule with our **Exercise Specialist** to know the proper progression for your goals.

Proper Support from

**Ground up and
 Head Down!**

Properly fitted shoes are imperative for performance. The better your base, the better your health. Replace shoes every 6 months. Be sure to maintain neutral posture at all times for a pain-free workout.