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

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

[www.youtube.com/user/](http://www.youtube.com/user/TheSuperFBG)

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**Contact Us Today: 747-1897**

**Reminder\***  
To meet the requests of our members, we will change group exercise class formats every 8-weeks. This will provide challenge, fun, and variety for your workouts! Do you have a great idea for a fun class? Please share it with Fitness Lady Staff or Instructors.

## Get Focused, Stay Focused Fit Check

March 2011 will find Your Exercise Specialists helping you Stay Focused on a **healthier lifestyle!**

Hello Ladies, here we are at the beginning of a new month and we need to assess where we have come and determine where we must go. As life tries to tell us that we don't have time for wellness habits, the clock is ticking and our bodies are telling us a different story. We learned a heart healthy exercise program requires 150 minutes of moderate exercise a week.. To loose weight, we must add another 30 minutes a week. The surgeon general said we should be thinking about 210 minutes a wk. You have 10,080 minutes a week to schedule, don't you think your health is worth 210 minutes a week? So how do we do that? How do we eat better? Cleaner? These are all questions we will answer this month, see you at Fitness Lady! *Kedgy*

### 30 minute workouts when 1 hour is too much to ask:

The Walk/Run combo	40minutes
Circuit Training	30 minutes
Half hour workout tapes	
Play a sport	30 minutes
Anywhere workout	10-30 minutes

#### **Conclusion:**

With 5 examples of just 30 minutes or more, and using a little imagination you will see it is the best way to break up drudgery that sets in after several weeks of regular working out. Fitness Lady has many options available to you . Try something new!

### Upcoming Events:

**March is National Nutrition Month, "Clean up your menu and your cupboards too!"**

**March 5th**– NEW Class! Salsa Y Mas. Come learn basic Latin and Caribbean dance moves in this hot, hot ,hot class! Every Saturday at 10:45.

**March 12th**– Shelly Marie Redmond is having a GIRL! Celebrate and enjoy a cute little pink baby shower (see invitation on information board at Fitness Lady).

**March 19th**– National Nutrition Month Educational Seminar, come learn from Audra McClain, MS, RD, LDN about healthy eating you can easily live with and follow!