



# FITSTOP FORUM

February  
2016

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Hi, Everybody! February is here and it's great to see so many of you back in the gym and back in the classes again after the holidays. I'd like to let you know that we have an upcoming informational event on Monday February 22<sup>nd</sup> at 5:00 pm, to answer some of your questions on bone health. See below for more information. In other news... we are currently looking into getting some security cameras with night vision for our parking lot. I will update you on our progress. In the mean while, please remember to keep playing it safe by not leaving any valuables in your car when you come in to work out! I want to encourage you all to stay on track with your fitness commitments and don't forget to invite your friends! I hope to see all of you a LOT this February!! Happy Valentines Day! ♥XOXO

### CELEBRATING YOU!

#### February Birthdays:

- 02/14 Kristin Mc.
- 02/15 Barb H.
- 02/16 Sandy S.
- 02/17 Chad T.
- 02/18 Joanne A.
- 02/20 Jim M. Sr.

#### Welcome New Members:

We would like to welcome new members Patty G. and Anil V. to our club. We are so happy to have you here with us!

#### \*\*REFER-A-FRIEND\*\*

Any current member who refers a friend who signs up for a 12-month Basic or Select membership will receive a \$50 Visa gift card for the referral!

#### Cancellation Policy Reminder for Personal Training Clients:

Please be reminded that any cancellation of a scheduled personal training session requires a notification by phone or e-mail at least 24 hours in advance to avoid being charged for the missed session. Exceptions to this policy may be granted for illness or genuine emergencies on a case-by-case basis. Thank you for your consideration.

#### Bone Health Seminar on 2/22:

Save the date for Monday, February 22<sup>nd</sup> at 5pm to learn more about bone health from Dr. Susan E. Brown Ph.D., Certified Nutrition Specialist and author of "Better Bones, Better Body." She has more than 20 years of experience in clinical nutrition, bone health research, and lay and health professional education. Dr. Brown specializes in osteoporosis and osteopenia and is an expert in their prevention, halting, and management. She is a researcher, writer, consultant, and clinician. In addition to her other activities, Susan Brown offers individualized consulting services for those seeking to maximize bone health. Over the past two decades, she has helped motivated individuals from around the world establish life-supporting bone-building programs. She is also an expert in the development of programs for immune enhancement and assists those with allergy, autoimmune disease, and other immune-mediated and inflammatory disorders. In 1986, Dr. Brown created the Osteoporosis Education Project (OEP), renamed as the Better Bones Foundation (BBF) in 2008. She also directs the Center for Better Bones, which provides consulting, education, research, and lecture services for the supplement industry, health professionals, and the interested public. Needless to say she will be a wealth of information on our bone health and much more. So, be sure to come, bring a friend, and bring your questions!

#### New product available at the FitStop:

We will be offering a new product line at the club called Magsoothium™ discovered by our fitness consultant, Ginnie O'Brien. Magsoothium is a homeopathic formula that enables our bodies to recover faster from aches and discomfort. Whether from exercise, travel or day to day stress, these magnesium based anti-inflammatory products may aid in your relief. Magsoothium's two key ingredients include arnica and magnesium sulfate. The arnica flower aids in the relief of pain and swelling of the skin and muscles. Magnesium sulfate relieves inflammation and soothes sore muscles. Several of you have already tried out our testers and were pleasantly surprised at the results. We will be offering the body cream for \$25 and the body spray for \$20. These products will be arriving soon, so in the meantime if you would like to try out our testers for any of your aches and pains, please see Kathy.

#### Something to think about:

The test of a vocation is the love of the drudgery it involves.

\_\_\_\_Logan Pearsall Smith

Each citizen should play his part in the community according to his individual gifts.

\_\_\_\_Plato

To find out what one is fitted to do, and to secure an opportunity to do it, is the key to happiness.

\_\_\_\_John Dewey

**ANY NEWSLETTER IDEAS?** Let me know if you have an idea to share with our members or if you would like to promote something that our members may be interested in. **ANY WEBSITE UPDATES?** If you would like to add or update your own personal FitStop fitness testimonial at [Kathysfitstop.com](http://Kathysfitstop.com), please email your story to me at [kathysfitstop@aol.com](mailto:kathysfitstop@aol.com).