



FITSTOP FORUM

May
2017

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Hi, Everybody! **ATTENTION ALL MEMBERS:** Coming up this week on Saturday May 6th, we will be holding a mini seminar with **Arbonne** consultant Gina Carr at our club. She will be set up at a table all morning starting at 7:30am, with certified vegan, gluten free and all natural health and skin care products for your entire family. She will demonstrate and answer any questions you may have about these items. Please feel free to invite your friends and family to come and check it out! We also have **The Race for the Cure** coming up on Saturday, May 20th. And, last but not least, don't forget that our **Summer Combo Bootcamp** starts on Monday, June 5th through Friday, June 30th. Participants should register by May 31st. More information on all of these activities can be found below, or come see me with any questions. Let's have a great head start on our wellness as we spring into summer! ☺

CELEBRATING YOU!

May Birthdays:

- 05/06 Ronnie S.
- 05/09 Franco R.
- 05/09 Wendy H.
- 05/10 Derrick T.
- 05/11 Hilary U.
- 05/16 Ron K.
- 05/18 Chris C.
- 05/24 Lee M.
- 05/26 Jinnette G.
- 05/26 Eileen C.
- 05/28 David S.
- 05/31 Andrea S.

Welcome New Members:

We would like to welcome new members Chris B., Marcy G. and Marianne L. to the FitStop. We are so happy to have you all here!!

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!

Mother's Day Diaper Drive

The CNY Diaper Bank is accepting diaper donations via Amazon.com or monetary donations via their website to benefit Vera House and other local charities. Contact Kristi at 315-480-7889 for more info.

Don't Forget the Race for the Cure!



Mark your calendar! The Susan G. Komen Race for the Cure will be coming up this month on Saturday, May 20th at the NY State Fair parking lot. If you would like to register to be on our team "Kathy Caiello's FitStop," you can follow the link below: <http://www.info-komen.org/goto/fitstop2017> When you get to the website, look for the pink "Register" button at the top of the screen and follow the prompts. Any questions, see me. Hope to see you there!

Get Ready Summer Bootcampers!

It's that wonderful time of year again, when we can enjoy our indoor/outdoor summer bootcamp! Tell your friends, tell your enemies, tell your "frenemies" to come join us for a good time as we whip our bodies into shape for the summer!

When: Monday, June 5th through Friday June 30th (Mon/Tues/Thurs & Fri only).

Time: 6:00am – 7:30am

Where: Kathy Caiello's FitStop

Price: \$399.00 for FitStop members and \$480.00 for non-members

See attached flyer for more information.

ARBONNE Mini-Seminar on May 6th



Plant-powered nutrition that can help you on the path to living a happier, healthier life.

Come join us to discover Arbonne!! We have certified gluten-free, certified vegan, paraben free products! Come to Kathy's Fit Stop on Saturday May 6th to sample of our nutrition products!

There will be samples to take home and enjoy!!!! So please come join us for a fun day to getting healthy and happy!

Something to think about:

"Eighty percent of success is showing up."
—Woody Allen

"The way to get ahead is to start now."
—William Feather

"Even if you're on the right track, you'll get run over if you just sit there."
—Will Rogers

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, please email your story to me at kathysfitstop@aol.com.