

Well-being news

The Fitness Connection

12/26/2011

Edition 1, Volume 4

The New Year is upon us!

Start 2012 RIGHT...

Every year promises are made only to be left by the way side within just a few short weeks; promises we make to ourselves to exercise more regularly, eat a healthier diet, be more conscious about getting our quality 8 hours of sleep and to build in creativity/recreation/relaxation time into our busy schedules and yet...we don't follow through. The interesting thing about this 'breaking of promises' that is so destructive and may not even be in our radar is this; we are creating patterns of personal distrust. In other words, through this seemingly innocent behavior we subconsciously instill a lack of trust for ourselves which

*You are the **only** Captain of YOUR life therefore be brave, conscious and clear with your thoughts, words and deeds and you will never have a single regret.*

undermines us on many levels. Let us choose to begin 2012 differently than ever before by deciding "our word is our bond!" Carefully consider exactly what resolutions you are going to make clear that this year you WILL be held accountable and you WILL follow through. With this in mind, choose only those changes you absolutely intend to make and don't bite off more than you know you can and will do. Remember you can always add more to your decisions which is much easier than back peddling having promised too much. For example, resolve to eat an additional piece of fruit every day and if you find that to be working out choose to add an additional vegetable as well. You may resolve to add 30 minutes of exercise each week and as you have success with that you can increase to 45minutes, 60 minutes and work your way slowly to 180 minutes per week. We can usually ease into change quite well verses jumping into a large commitment

New workout formats from our Trainers.

•••

Be ready to experience several new and exciting approaches to your fitness programs this year. Our certified Trainers are continuing to expand their knowledge base and the most current research shows a focus on posture, strict body mechanics, bare foot training and plyometrics are providing great results. At the Fitness Connection we dedicated to promoting the most effective training possible so we are constantly educating ourselves. This training will be showing up in your workouts and we are excited by the variety and results this material will bring you. Over the next 2-3 months you will be noticing subtle changes in your exercise program including postural technique, speed and body mechanics.

that ends up being impossible to sustain. As we stand true and keep our promises to ourselves we not only gain increased health but we feel, maybe for the first time, our true authentic self being honorable and trust worthy. This will build a framework from which your entire life can change for the better. It may seem small but it is far from that. You being in your integrity is who you really are and when you are aligned with your true self life blossoms and shines. The happiest of New Years is what I wish for you and may this be the year of new, increased levels of well-being for all of our minds, bodies and spirits.

Juice Plus has changed my life and the lives of my family.

As a certified Personal Fitness Trainer of 25+ years, I have seen fads come and go. As with any health product I consider, I first try it myself for several months before considering it as a benefit to my clients. I thoroughly researched Juice Plus and my family and I have been taking it now over 6 months. Juice Plus is credible, highly effective and has the science and research to back its claims. My energy level has made it so sleeping in is a thing of the past, my nails and

hair are growing strong, thick and faster than ever before and when others are fighting colds and flu, I have remained healthy. My family has also experienced similar results and even our usual bout with fall allergies was nonexistent. My daughter has begun to ask for more fruits and vegetables and has earned a "wellness day" off from school due to her lack of sick days. Now that we are getting the variety of 13 fruits, vegetables and grains, the

equivalent to 5 full servings of fruits and veggies in capsule form each day, our immune systems are strong, we sleep deeply and wake refreshed, raring to go. If you are interested in learning more about Juice Plus please contact me by calling 828-734-0305 or visit my web site at www.kimmayjuiceplus.com

A happy, healthy and vibrant life is my wish for you and you can begin creating that for yourself and your family starting today!

Kim May, owner

The Fitness Connection

60 S. Main St.,

Waynesville, NC 28786

828-734-0073

www.fitnessconnectionNC.com

www.kimmayjuiceplus.com

www.kimsfitnessandnutrition.com

