

# The Fitness Connection

## Monthly Newsletter

1<sup>st</sup> Edition – 3/2009

The Fitness Connection is offering a “Spring Fitness Sale.” Throughout March and April we are providing Personal Fitness Training/ROM packages at a 30% discount for new clients.

Remember that partner training is an excellent way to reduce your cost and increase your sense of commitment. One-half hour sessions are also available, as well as our ROM Time Machine, which affords you a full body workout in just 8 minutes.

We design workouts to fit everyone’s fitness levels, schedules and budgets. Come in and see us TODAY!

**EXCITING NEWS!!!** A couple of new classes are beginning the first week of March. Michelle is offering a ½ hour “Abs Only” class. She is also offering a ½ hour of “Simply Stretching.”

Days and time will depend on you and what the majority of participants opt for. Signup sheets are available at The Fitness Connection or you can phone us with your choice of days and times and we will add you to the list. Classes will cost just \$5.00/student.

### ***INFO CORNER***

#### **BREAKING NEWS ON VITAMIN D**

Research done at Harvard University recently concluded that men with low levels of Vit. D are more than twice as likely to die from heart disease or suffer a heart attack than men who have what’s considered sufficient levels in their blood.

Plus, Vit. D enhances the absorption of calcium and is critical for strong bones.

The recommended dose per day use to be 400 IU, but even the American Academy of Pediatrics recommends doubling that amount. Many experts feel adults should get 1000 IU and some even suggest higher levels, particularly during winter months.

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My daughter Kira and I will be flying down to visit my husband Wade during her Spring break from April 13th-19th. My client’s will remain on their current schedules.

You will be notified in advance should Michelle or Mike have any conflicts. Thank you for your flexibility and understanding.