

Meet Me In The Gym...



...It's Going Down!

A Monthly News Update From One To One Fitness

News - August 2011

HYLA U.S.
is proud to award the



**ROWING CHALLENGE
WINNERS**

with valuable **HYLA** Gifts on September 23rd, 2011.

HYLA U.S. is the exclusive Importer of the
HYLA Air & Room Cleaning System in the United States since 1996.

The HYLA U.S.
1000 Meter
Rowing Challenge
Wrap Up is just
around the corner...

Reserve the date:
September 23rd
and join us for the
Festivities!

Watch for times
to be announced
soon...

SEE YOU THERE!



Monthly Motivation



Marcel Rosen says weight training with Rich has made him stronger and has **greatly improved his balance!!**

Reason #79
(Below)



Commitment leads to action.
Action brings your dream closer.

- **Marcia Wieder** Founder and CEO of Dream University

30 Years Experience



Gary's Autobody
1601 Banks Road
Margate, FL 33063
(954) 979-4766



Insurance Company Specialists

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Lifetime Guarantee on ALL Work!!!



Kick-Boxing / Self Defense Classes
Monday and Wednesday 7-8 PM
Saturday 9AM – Kids Class / 10AM - Adults

September 23rd – Rowing Challenge Wrap-Up

October 8th – Fort Lauderdale Cup

October 15th – NPC Ruby Championships Open Bodybuilding, Fitness, Figure & Bikini

October 29th – NPC Dayana Cadeau Classic

November 12th – Florida Gold Cup

November 18th - 19th – Miami NPC Nationals

71 - 80 of 101 Reasons to Exercise

Research overwhelmingly supports that regular exercise lowers the risk for many diseases, and improves psychological well-being. This is the 8th of a series of 10 segments listing a total of 101 reasons for you to exercise regularly. **Exercise will...**

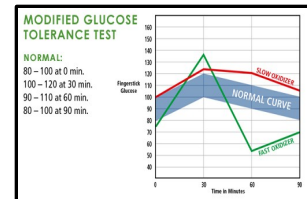
71. Improve mental cognition (a short-term effect only).



72. Maintain or improves joint flexibility.

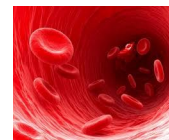


73. Improve your glucose tolerance.



74. Reduce workdays missed due to illness.

75. Reduce the viscosity of your blood.



76. Enhance your muscles' abilities to extract oxygen from your blood.

77. Increase your productivity at work.



78. Reduce your likelihood of developing low-back problems.

79. Improve your balance and coordination.

80. Improve your body's ability to use fat for energy during physical activity.

