

Meet Me In The Gym...



...It's Going Down!

A Monthly News Update From One To One Fitness

News - July 2011

# One To One Fitness BRINGS IT TO SOUTHERN STATES!

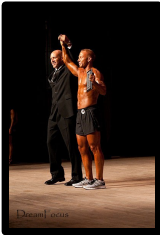


2011 NPC SOUTHERN STATES BODYBUILDING • FITNESS • FIGURE • BIKINI • MENS PHYSIQUE CHAMPIONSHIPS

## Men's Fitness



Jose Rodriguez  
1<sup>st</sup> Place Overall



Eric Vogel  
1<sup>st</sup> Place Obstacle Course



Charles Rose  
3<sup>rd</sup> Place Overall



Pierre Vuala  
5<sup>th</sup> Place Overall

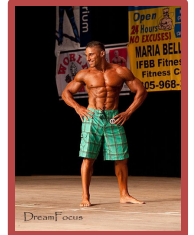


Clark Langley  
Top 10

## Physique - Short



Deniz Duygulu  
1<sup>st</sup> Place Overall  
(Going to USA's)



Will Swartwout  
4<sup>th</sup> Place Overall  
(Going to USA's)

## 30 Years Experience



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



## Insurance Company Specialists

In the case of an accident, call us first and let us handle your claim with your insurance company

Lifetime Guarantee on ALL Work!!!

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

October 8<sup>th</sup> - Fort Lauderdale Cup

October 15<sup>th</sup> - NPC Ruby Championships Open Bodybuilding, Fitness, Figure & Bikini

October 29<sup>th</sup> - NPC Dayana Cadeau Classic

November 12<sup>th</sup> - Florida Gold Cup

November 18<sup>th</sup> - 19<sup>th</sup> - Miami NPC Nationals



Look for Cassie Scerbo and Lindsey Shaw in the ABC Family Original Movie



Premiering this Sunday,  
August 7<sup>th</sup>  
at 7 PM EST & 9 PM EST  
On ABC Family

## Monthly Motivation

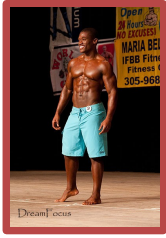
A total commitment is paramount to reaching the ultimate in performance -

Tim Flores, NFL Coach



# One To One Fitness BRINGS IT...Cont'd.

## Physique - Tall



Pierre Vuala  
4<sup>th</sup> Place



Adrien Suarez  
5<sup>th</sup> Place



Johnny Olson  
51 YO – Top 10



Larry Hallas  
51 YO



Chris Welch  
Top 10

## Figure & Bikini



Rachel Fenech  
Top 10 Class A  
Over 30 Figure



Daniella Gifardino  
4<sup>th</sup> Place Bikini  
Open Class C  
(Going to USA's)

## Body Building



Emerson Jacobs  
4<sup>th</sup> Place  
Open  
Welterweight

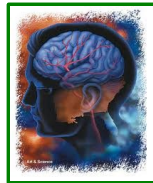


Tony Ferreira  
Top 5  
Open Heavyweight  
(Going to USA's)

## 61 - 70 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 7<sup>th</sup> of a series of 10 segments listing a total of 101 reasons for you to exercise regularly. **Exercise will...**

61. Reduce your risk of having a stroke.



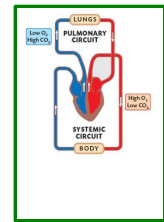
62. Help you to burn excess calories.



63. Increase your cardiac reserve.



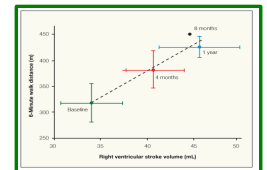
64. Improve coronary (heart) circulation.



65. Offset some of the negative side effects of certain anti-hypertensive drugs.



66. Increase your stroke volume (the amount of blood the heart pumps with each beat).



67. Improve your self-esteem.

68. Reduce your susceptibility for coronary thrombosis (a clot in an artery that supplies the heart with blood).

69. Reduce your risk of developing Type II (non-insulin-dependent) diabetes.

