

Meet Me In The Gym...



www.onetoonefitness.us

...It's Going Down!

A Monthly News Update From One To One Fitness



News July 2009



Manny's beginning preparations for the 5th annual *KIDS IN DISTRESS FUNdraiser*. It takes place this year on Saturday, October 17th.



This year's event is being taken to a whole new level. We're having Team Challenge Fitness Competitions. Come in and sign up for the fun!!

If you would like to help this worthy charity in any way, please contact us at the gym at 954-796-7001.

Plan on showing your support at the following Upcoming Competitions:

October 3, 2009 – Hurricane/Typhoon Bay – Tampa, FL

November 14, 2009 – Gold Cup – West Palm Beach, FL

November 21 & 22, 2009 – Nationals – Ft. Lauderdale, FL



Please join me in supporting
The Arthritis Foundation

On October 3rd I will be participating in the *California Coast Classic Bicycle Tour*, a 525 mile trek along the coast of California to help raise funds on behalf of the *Arthritis Foundation*. Please make a donation and help me raise money for research and education to help find a cure for the #1 disability in the United States. Click on the link below to make a secure donation on my personal web page or you may drop off your donation at One To One Fitness.

http://ccsocal.kintera.org/suzanne_mair?faf=1&e=2563338367

Thank You – Suzanne Mair

Healthy Choice Menu

Pizza Carousel Catering
4619 University Drive, Coral Springs
954-534-5014 (Ask for Jen)

Jen has a wide variety of healthy meal choices to select from...
Ranging from fish, brown rice and veggies to chocolate oatmeal muffins and cakes...
Call to place your order TODAY!!

Shaking It Up!



Just a reminder that One To One Fitness offers pre and post-recovery shakes to our clients including the "Perfect Blend" (191 kcal) and the "Perfect Blend Plus" (306 kcal). These shakes are great for replacing glycogen that is lost during workouts, and aiding in the workout recovery process. So remember to *Shake It Up!!*



**2009 NPC SOUTHERN STATES
BODYBUILDING • FITNESS • FIGURE • BIKINI
CHAMPIONSHIPS**

The Results

Congratulations to the following competitors for their outstanding performance in the Southern States:

Ashley Taylor	2nd Place	Open Figure C Class Division
George Davies	1st Place	Middleweight Masters Over 50 Division
Meagan Davies	1st Place	Open Figure D Class Division
Ken Symanksi	3rd Place	Obstacle Course/Strength Men's Fitness
Charles Rose	4th Place	Obstacle Course/Strength Men's Fitness
Johnny Scerbo	Congratulations on entering your very first competition... the first of many to come!!!	



Ashley, George and Meagan also qualify for Nationals in November in Fort Lauderdale. Mark your calendars now and plan on coming out to show them as well as many other One To One Fitness competitors your support.



For all of you who have been asking...

In the Southern States Fitness category, the final statistics were:

Name	#	Placement Physique Round	Pull-Ups	Push-Ups	Placement Fitness Round	Obstacle Course Time	Placement Obstacle Course Round	Total Score	Final Placement
Josh Smart	4	7	27	58	10	01:21:52	4	21	5
Christian La Barrie	5	8	28	61	5	01:35:28	11	24	10
Travis Holm	6	3	25	59	9	01:34:29	10	22	7
Kenneth Symanski	7	6	32	72	3	01:18:12	1	10	3
Johnny Scerbo	8	11	21	64	7	01:24:08	5	23	8
Charles Rose	9	5	37	82	1	01:32:03	8	14	4
Eric Vogel	10	4	20	60	11	01:28:21	6	21	6
Orlando Baena	11	2	35	78	2	01:19:53	2	6	1
Edward Figueroa	12	1	30	76	4	01:21:07	3	8	2
Noel Salcedo	13	10	30	58	6	01:32:06	9	25	11
Vernon Way	14	9	14	70	8	01:28:26	7	24	9

Quarterly Nutrition Classes Next Class – August 12th

Our next Family Nutrition Class will be held on Wednesday, August 12th at 7:00 PM. The cost is \$25 for the first family member and \$10 for each additional family member. Please register early. Each and every class really impacts everyone who comes out and is always a valuable experience. We hope to see *YOU* at our next class!!

Nutrition classes are held on the second Wednesday of the month.

Want to get started right away?

Martha is also available for in-home presentations
and supermarket tours.

To contact Martha please call 954-274-0574



Trainer Talk

Stay Motivated – by Rich Alvarez

In order to have successful results from your hard work in the gym, you must keep yourself motivated to *get* to the gym for your workout day in and day out. Set Goals for yourself in order to make you accountable for making progress. Challenge yourself with the goals you set, but keep them attainable. If you are an over-achiever and shoot for goals that are not realistic you set yourself up for failure. You want to start slowly and challenge yourself each and every week. Some weeks *will* be easier than others, so stay positive and you will get what you want out of your fitness goals. It is also good to vary your exercise to keep from getting bored and work hard so you see, as well as feel, the benefits of your training. Enjoy the physical activity that you are doing to make yourself better. If you enjoy yourself while you exercise, your success rate will also increase. Do not make it a negative experience. That makes it easy to say I do not like to go and you will wind up failing yourself. If you continue to tell yourself you dread going to exercise, you will give yourself another reason not to want to train. Exercising can be fun and motivating if you allow it to be. Pencil your workout in as a part of your daily routine for added success. If you commit to going to exercise your chances of continuing increases. Once you follow your weak side and say you will skip today and continue exercise tomorrow, it is easy to skip and eventually become inconsistent.

Quote of the Month

**Goals allow you to control the direction
of change in your favor.**

Brian Tracy – Self-help author

Sweat and Glow Wear



Check It Out!!!

The next time you're in the gym take a few minutes to check out our new clothing line. Sweat and Glow athletic apparel is made with the finest eco-friendly materials and is perfect for your workout and casual clothing needs.

Ask your trainer about it today...

Can't make it to the gym? You can place your order at our website.

www.sweatandglowwear.com

The only person to blame then is yourself; so do not self destruct. Enjoy exercising. Set concrete but attainable goals. Have accountability. Write it down and you will have added success. Make it a long-term relationship and reward yourself for each day that you do something to get closer to the goals you are reaching for. Exercise is a great experience and doing it consistently for long periods of time will increase your success just like all of life's great experiences. Enjoy the ride!
YEAH DO IT!!! GET JACKED UP!!!



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