

Meet Me In The Gym...



...It's Going Down!

A Monthly News Update From One To One Fitness

News - June 2011

# WELCOME BACK!!!



One To One Fitness Welcomes back Olli Jokinen and Roberto Luongo for their summer "THAW" and off-season training !!!!



Hyla 1000 Meter Rowing Challenge sponsored by Hyla USA



Row your way to the WIN in this quarter's challenge!!

THE SOUTHERN STATES CHAMPIONSHIPS & OCEANS 234

2011 NPC SOUTHERN STATES PRESENT

**FLEX ON THE BEACH**

COME JOIN US AT OCEANS 234

**Wednesday, July 6<sup>th</sup> at 6:30 p.m.**

FOR A FUND-RAISING BIKINI & BOARD SHORT CONTEST

**TO BENEFIT THE MICHAEL BREWER FAMILY**

Michael Brewer is a local Oxnard Beach firefighter who was struck and severely burned by a propane tank in October of 2009, and is still undergoing and receiving long term treatment for the burns he received to over two-thirds of his body.

DJ Hazyle Spins the Fund-Raising Event with Emcee Manny Mota - Promoter of the NPC Southern States Men's Fitness & Physique Divisions

\$15 Entry Fee for Bikini & Board Short Competitors (Open to All)

\$12 Seats on the Catwalk (including One Complimentary Cocktail & Happy Hour Drink-Specials All Night Long!)

\$10 Guest Admission Fee (to Enjoy One Complimentary Cocktail & Happy Hour Drink-Specials All Night Long!)

1<sup>st</sup> Place Winner Receives a FREE Entry into the 31<sup>st</sup> Annual NPC Southern States Bikini or Physique Championships, GII Certificates & More!

2<sup>nd</sup> Place Winner: "Best Looking Guy" and "Top Female" Winners Receive GII Certificates & More!

To register for the bikini or board short contests contact elayne@npccom234.com  
to purchase catwalk seats contact kristin@npccom234.com

Join us at "Flex On The Beach" to kick off the Southern States with Manny as Emcee...

Benefiting the Michael Brewer Family!

COMING ATTRACTIONS

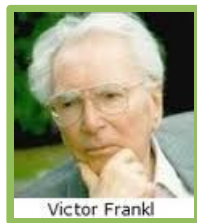
Kick-Boxing / Self Defense classes Monday through Thursday 7-8 PM & 8-9 PM Weds. 10-11AM (See Page 2)

July 8<sup>th</sup> & 9<sup>th</sup> - NPC Southern States Championship

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

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

## Monthly Motivation



Life can be pulled by goals just as surely as it can be pushed by drives - Victor Frankl - Austrian Neurologist, Holocaust Survivor

# SOUTHERN STATES HAS CHANGED...



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

With the addition of a Brand  
New **PHYSIQUE** Division!!!



*Come out for a night of competition, music and excitement with co-promoter, Manuel Mair and Support the One To One Fitness gang...*

*Wellington, Pierre, Johnny O, Clark, Tony, Emerson, Larry, Eric, Lord, Rachel & Daniella*

***THIS FRIDAY at the War Memorial Auditorium, Ft. Lauderdale***

***Special Guest Poser – Jenny Worth, IFBB Fitness Pro***

## 51 - 60 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 6<sup>th</sup> of a series of 10 segments listing a total of 101 reasons for you to exercise regularly. **Exercise will...**

51. Help to alleviate depression.

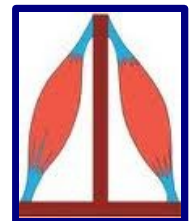


52. Increase your ability to adapt to cold environments.



53. Help you maintain proper muscle balance.

54. Reduce the rate and severity of medical complications associated with hypertension.



55. Help to alleviate certain menstrual symptoms.



56. Lower your heart rate response to sub maximal physical exertion.

57. Help to alleviate low-back pain.



58. Help to reduce the amount of insulin required to control blood sugar levels in Type I (insulin-dependent) diabetics.

59. Improve mental alertness.

60. Improve respiratory muscle strength and muscle endurance - particularly important for asthmatics.

