

Meet Me In The Gym...



...It's Going Down!

A Monthly News Update From One To One Fitness



News March 2009



COMING
ATTRactions

April 25th, 2009

NPC Diamond Natural For Life
Bodybuilding, Fitness, Figure
and Bikini Classic

Diamond Overall Winner
Rich Alvarez

www.diamondbodybuildingclassic.com

April 7th and 8th
7:30 am – 12:00 pm

Green Day at One To One Fitness

Join us on these days to learn how you can reshape the future for your families and loved ones. Learn unique ways to re-purpose your unwanted items and preserve the earth for our future generations.

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!!*

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!!

YOU ASKED FOR IT AND NOW WE HAVE IT!!

Supportive Nutritional Bars at
www.Setpointfitness.com

- Step 1:** In the upper left corner click "New User" link
- Step 2:** Fill in information and at "Trainer/GYM/Team" select Manuel Mair from the drop down to get a **10% discount.**
- Step 3:** Continue filling in your billing & shipping information.
- Step 4:** Click on "Submit" to place your order.

Upcoming Nutrition Class – April 15th

Our next Family Nutrition Class at One To One Fitness will be held on Wednesday, April 15th at 7:00 PM. The cost is \$25 for the first family member and \$10 for each additional family member. 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!!

This month's Nutrition class will be held on the third Wednesday of the month. Martha is also available for in-home presentations and supermarket tours.

To contact Martha please call 954-274-0574



Please join us in welcoming Adrienne Silver to the One To One Fitness family!



Adrienne is a nationally ranked runner and currently holds 12 First Place and 32 Master titles. Please visit our website soon for a complete summary of her awards and successes.

Along with her many other accomplishments,

Adrienne is a Track & Field and Cross Country coach as well as President of the WestSide Road

Runners Club and the founder of The American Airlines Running Team. This very busy mother, business-owner and active community member will be a great asset to the One To One Fitness family!

Quote of the Month

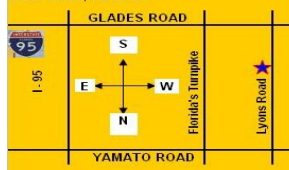
Knowing is not enough; we must apply.
Willing is not enough; we must do.

Johann Wolfgang von Goethe – German Author & Playwright



The Diamond Bodybuilding Classic, now going on its 12th year was started by the Great Bodybuilding Ambassador Ruel Griffin and promotes the totality of the sport while promoting individuals to a healthy, natural and wholesome lifestyle; this is how Ruel envisioned it to be.

LOCATION:
Olympic Heights Community High School
20101 Lyons Rd.
Boca Raton, FL 33434



Rich has been working diligently with his clients getting them ready for their participation in this year's Diamond Bodybuilding Classic coming up on April 25th.

Join him in the cheering section to encourage George Davies, Marlon Miles, Ashley Taylor, Angene Mair, Ken Symanski and Charles Rose as they compete for the ultimate title. You can visit their website at www.diamondbodybuildingclassic.com for more information about how to get your tickets.

One To One Fitness Running Club

One To One Fitness will soon be offering specialized training for:

- **5K Runners**
- **10K Runners**
- **Marathon Runners**





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