

Meet Me In The Gym...



...It's Going Down!

A Monthly News Update From One To One Fitness

News - May 2011

WINNER'S CIRCLE



OOPS...we goofed!!
Our apologies to
Darcy Giordano!!!!
She placed 5th in the
Open Class D Division
at the Diamond
Classic last month.



Barry Altshuler
30:23



Our congratulations to Rob & Susan Georgiou
on the birth of their daughter, Leyla Grace
and to Stacy & Joe Koury on the birth of their
daughter, Allison Mackenzie



We wish you ALL much health and happiness!!!

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

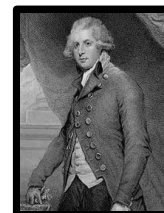
June 4th – WPB Classic

July 8th & 9th – NPC Southern States Championship

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

November 12th – Florida Gold Cup

Monthly Motivation



The surest way not to fail is to determine to succeed. --
Richard Brinsley Sheridan (Irish-born playwright/poet)



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 straight to our Fan Page where you
 can keep up with all the excitement
 at One To One Fitness!!

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41 - 50 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 5th of a series of 10 segments listing a total of 101 reasons for you to exercise regularly. **Exercise will...**

- 41. Increase the density and breaking strength of ligaments and tendons.
- 42. Improve posture.
- 43. Increase your maximal oxygen uptake (VO₂ max-perhaps the best measure of your physical working capacity).
- 44. Help you to maintain your resting metabolic rate.
- 45. Reduce the risk of developing colon cancer.
- 46. Increase your tissues' responsiveness to the actions of insulin helping to better control blood sugar, particularly if you are a Type II diabetic.
- 47. Help to relieve constipation.
- 48. Expand blood plasma volume.
- 49. Reduce the risk of developing prostate cancer.
- 50. Help to combat substance abuse.



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