

Meet Me In The Gym...



...It's Going Down!

## A Monthly News Update From One To One Fitness



News November 2009



### Upcoming Events:

December 26 and January 2 – Speed & Agility Clinic  
@ One To One Fitness

SEE PAGE 2 OF THIS NEWSLETTER FOR MORE DETAILS

With the holidays fast approaching,  
don't forget to purchase your loved  
ones the gift of good health...  
Gift Certificates are available for  
Any amount. ASK YOUR TRAINER!!



YOU ASKED FOR IT AND NOW WE HAVE IT!!

Supportive Nutritional Bars at  
[www.Setpointfitness.com](http://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.

### 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!!**

Join The Party...



The Latin-inspired, easy-to-follow,  
Calorie-burning, feel-it-to-the-bone  
**FITNESS PARTY!!!**

**At One To One Fitness...**

**When:** Mondays @ 11:45AM  
Thursdays @ 6:30PM

**Cost:** \$15.00 each class  
\$120.00 for 10 classes

**Register here with Manny**

For additional information Contact:  
Annie Carrazana (561) 843-2072

## What kids drink at 5 could affect weight at 15

- By Joene Hendry

NEW YORK (Reuters Health) - Parents may be setting their daughters up for weight problems simply by allowing them to drink two or more sweetened drinks daily while young, study findings hint.

Higher sweetened beverage intake, such as sodas and fruit and sport drinks, at age 5 years was linked to more body fat during the following 10 years, Dr. Laura Fiorito, at The Pennsylvania State University in University Park, told Reuters Health in an email.

Higher body fat during the teen years has been tied to long-term overweight and other health problems such as diabetes and later heart disease, Fiorito and colleagues note in the American Journal of Clinical Nutrition.

Fiorito's team looked at what 166 non-Hispanic white girls drank between the ages of 5 and 15. They also measured their weight, height, and body fat.

Body fat and weight did not vary depending on how much milk or juice made from 100 percent fruit the girls drank.

By contrast, after allowing for other factors tied to weight and body fat levels, girls who drank two or more sweetened drinks daily had higher percentages of body fat, weighed more, and were more likely to be overweight than girls who drank lesser amounts of such beverages.

For example, of the 5 and 15 year old girls drinking less than one drink, the researchers found about 16 and 19 percent overweight, respectively. Among those drinking 2 or more sweetened drinks, about 39 percent were overweight at 5 years, while and 32 percent were the same when 15 years old. Therefore, caregivers of young children should substitute sweetened drinks with reduced-fat milk and water, Fiorito and colleagues conclude.

**SOURCE:** American Journal of Clinical Nutrition, October 2009



## SPEED AND AGILITY CLINIC

**WHEN:**  
December 26<sup>th</sup> 11:00 - 2:00  
January 2<sup>nd</sup> 11:00 - 2:00

**WHERE:**  
5451 University Drive  
Suite 101  
Coral Springs, FL 33067



**Manuel Mair**

USA Track & Field  
USA Olympic Lifting

American College of Sports Medicine  
National Strength & Conditioning Assn  
Fitness Institute International  
CPR-AED



**Jayson Jones**

2 - Time Olympian  
100 & 200 Meter Specialist



**Martha Theran**

Sports Nutrition & Weight Mgmt.  
Fitness Institute International  
National Strength & Conditioning Assn  
CPR-AED

- SPEED TRAINING
- AGILITY TRAINING
- NUTRITIONAL COUNSELING

**Cost:** 1 Clinic - \$39.00  
2 Clinics - \$70.00

SPACE IS LIMITED - CALL TODAY TO RESERVE YOUR SPOT



**Please Join Us !!!**

**One To One Fitness Holiday Party**

**Bring A Pot-Luck Finger Food**

**WHEN: Saturday, December 5<sup>th</sup> @ 7PM**

**WHERE: 7447 NW 82<sup>nd</sup> Terrace**

**Parkland Ranches**

**RSVP: By Thursday, December 3<sup>rd</sup>**

**Call Michelle 954-547-7059**

*and leave a detailed message with name, phone, number  
of attendees and what you will be bringing*

**SORRY – NO CHILDREN!!**

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**Best Wishes For A  
Happy and Healthy Holiday  
From All of Us at  
One To One Fitness**





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**Lewis Stone, Co-Founder**

[www.NationsHealth.com](http://www.NationsHealth.com)

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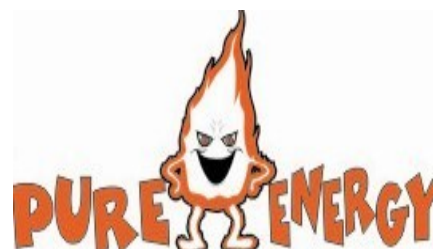
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**954-420-3100**

*Monthly Newsletter produced by  
Gina Morera of One To One Fitness*