

Meet Me In The Gym...



...It's Going Down!

A Monthly News Update From One To One Fitness

facebook

News - October 2011



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SOUTH FLORIDA GYM NIGHT AT THE BANK ATLANTIC CENTER

VS

SUNDAY, DECEMBER 18, 2011
FROM THE BANK ATLANTIC CENTER

RESERVE VIP SEATS TODAY at \$50/ticket!

EACH PACKAGE FEATURES:

- Game ticket in the Lower Bowl Endzone
- Post game slap-shot on the ice
- Free Panthers Gym Night T-Shirt

*Each ticket receives a complimentary gift bag from our sponsors

* Ticket to Pre-Game Fitness Contest to Cheer on your Gym

Come support your local gym in the first ever fitness contest at the Bank Atlantic Center

WE SEE RED

CONTACT:
JON MARCUS
 at 954.835.7226 or
 Marcusj@sslive.com

Help Manny qualify for South Florida Gym Night at the Bank Atlantic Center. He needs to raise \$2500 in ticket sales to qualify to compete against other gyms in the area for a marketing contract with The Bank Atlantic Center.

Tickets valued at over \$100 are available for \$30 and \$15 thanks to Tony Giordano of Mercedes Benz of Ft. Lauderdale, and Chris Barton of WCS, who are generously offering to front **40% of your ticket cost!** Watch Manny...**CRUSH THE COMPETITION!!!!**

Call Manny at (954)729-7001 for your tickets

WINNER'S CIRCLE!!!

2011 FIGHT FOR AIR WALK
AMERICAN LUNG ASSOCIATION.

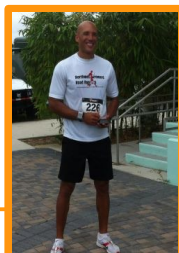
Mitchell Atkins

27:53.6

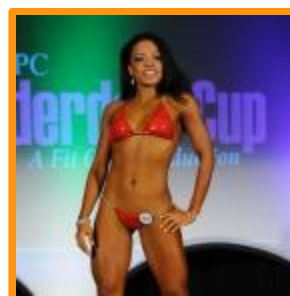
Susan G. Komen

Race for the Cure 5K

26:44



Parkland Dash 5K
2nd Place Overall – 19:14



Krissy Chin Loy

6th Place

Fort Lauderdale Cup

SUSAN G. Komen FOR THE cure. CENTRAL FLORIDA

Deb Marton

26:49

Rich's Rubies

Team Award – Rich Alvarez



Overall Winners
 Will Swartout – Physique
 Kaysie Davis – Bikini
 Megan Davies - Figure

Kaysie Davis - 1st Place Bikini B



Johnny Olsen - 5th Place Men's Physique
Andrew Clark - 1st Place Class B Physique

Krissy Chin Loy - 1st Place Bikini Class A
Becca Swartout - 2nd Place Figure Class C



Stephanie Eskinazi - 2nd Place Bikini Class A
Darcy Giordano - 5th Place Figure Class D
5th Place Figure Over 40

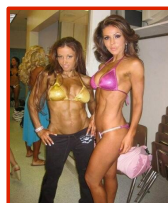


Martha Price - 4th Pl. Bikini Class D
5th Pl. Bikini Over 30

Stephanie Holderon - 4th Pl.
Bikini Class A



Eric Vogel -
4th Place
Men's Physique
Class B



Will Swartout - 1st Place
Men's Class A Physique
Megan Davies - 1st Place
Figure D

Kick-Boxing / Self Defense Classes
Monday and Wednesday 7-8 PM
Saturday 9AM – Kids Class / 10AM - Adults

THIS WEEKEND!!!!

November 5th – Kids In Distress FUNdraiser
TEAM FITNESS CHALLENGE

November 12th – Florida Gold Cup

November 18th - 19th – Miami NPC Nationals

91 – 101 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 last of a series of 10 segments listing a total of 101 reasons for you to exercise regularly. **Exercise will...**

91. Make your heart a more efficient pump.
92. Help to reduce left ventricular hypertrophy (a thickening of the walls of the left ventricle) in people with hypertension.
93. May be protective against the development of Alzheimer's Disease.
94. Improve your mood.
95. Help to increase your overall health awareness.
96. Reduce the risk of gastrointestinal bleeding.
97. Help you to maintain an independent lifestyle.
98. Reduce the level of abdominal obesity – a significant health risk factor.
99. Increase the diffusion capacity of the lungs, enhancing the exchange of oxygen from your lungs to your blood.
100. Improve heat tolerance.
101. Improve your overall quality of life.

