

Meet Me In The Gym...



...It's Going Down!

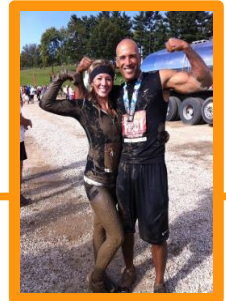
A Monthly News Update From One To One Fitness

News - September 2011

WINNER'S CIRCLE!!!!



HYLA US 1000 Meter Rowing challenge winners...
Naomi Shapiro...Rowing Queen
James Brogan...Rowing King



Barry Altshuler...
New York City
Century 100-Mile
Bike Tour



Manny and Paulie...
Hell Run
Manny 26:17 - 3rd Place in age group
13th overall

Labor Day Weekend Duathlon:
Run 3/4 Mile, Bike 10 Miles, Run 3 Miles
Ken Symanski 01:18:19.59
Eric Vogel 00:55:27.38



Firefighter's 5k
James Brogan – 25:32
Ken Symanski – 25:32
Eric Vogel – 19:19



Andrew Torgashev
Skate San Francisco
1st Pl. Intermediate
Men Short Program
Miami Open Championship
1st Place

Vanessa Feigenbaum
Potomac Open - 1st Place Interm.
Ladies Short Program
2nd Place Interm. Ladies Free Skate
Group A
2nd Place Intermediate
Ladies Free Skate Finals

Francesca Chiera...**Skate San Francisco**
3rd Place Novice Ladies Short Program
2nd Place Novice Ladies Final Short Program
Potomac Open...
3rd Place Novice Ladies Short Program

Samantha Scott
Potomac Open Intermediate
Ladies Short Program

LOVE FOR LOKOMOTIV

Please help the families of the victims of the worst tragedy in professional hockey history. Visit www.loveforlokomotiv.com and click...



Congratulations to Gisele Rahael-Britton and her husband Albert on the birth of their daughter Julia!!



Sickle Cell Natural Wellness Group

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- www.facebook.com/groups/SCNWG/
- twitter.com/#!/TJ_saysnatural
- naturalwellnessmovement.blogspot.com/



- Kick-Boxing / Self Defense Classes**
Monday and Wednesday 7-8 PM
Saturday 9AM – Kids Class / 10AM - Adults
- October 8th – Fort Lauderdale Cup
 - October 15th – NPC Ruby Championships Open Bodybuilding, Fitness, Figure & Bikini
 - October 29th – NPC Dayana Cadeau Classic
 - November 12th – Florida Gold Cup
 - November 18th - 19th – Miami NPC Nationals

81 - 90 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 9th of a series of 10 segments listing a total of 101 reasons for you to exercise regularly. **Exercise will...**

81. Provide protection against injury.



82. Decrease (by 20-30%) the need for antihypertensive medication, if you are hypertensive.



83. Improve your decision-making abilities.



84. Help reduce and prevent the immediate symptoms of menopause (hot flashes, sleep disturbances, irritability) and decrease the long-term risks of cardiovascular disease, osteoporosis and obesity.

85. Help to relieve and prevent "migraine headache attacks".



86. Reduce the risk of endometriosis (a common cause of infertility).

87. Help to retard bone loss as you age, therefore reducing your risk of developing osteoporosis.

88. Help decrease your appetite (a short-term effect only).



89. Improve pain tolerance and mood if you suffer from osteoarthritis.

90. Help prevent and relieve the stresses that cause carpal tunnel syndrome.

