

Leslie Bull wins success contest

Fitness Stylz BODYPUMP instructor Leslie Bull received the exciting news that she is the winner of the Les Mills International, BODYPUMP Success Stories Contest. Les Mills, the parent company of the BODYPUMP barbell weight-training program, gathered testimonials from the 10,500 fitness centers worldwide that offer BODYPUMP. Selected testimonials now appear on the www.LesMills.com website, and Bull's was chosen as the overall winner.

Bull received her notification via email from Russell Hill, Les Mills' Communications Manager in New Zealand. Hill wrote, "It's a truly inspirational story and more impressive for the great work you have done in spreading the BODYPUMP word."

In addition to the recognition on the company website, Bull will receive \$500 from Les Mills International.

"I'm so excited about this," Bull said. "I have been a compulsive overeater, struggling with my weight, since I was five years old. I am very grateful to have finally found something that works for me. I sent in my testimonial with no expectation of winning. I just wanted to share my success with other people, in hopes that they will give the program a try."

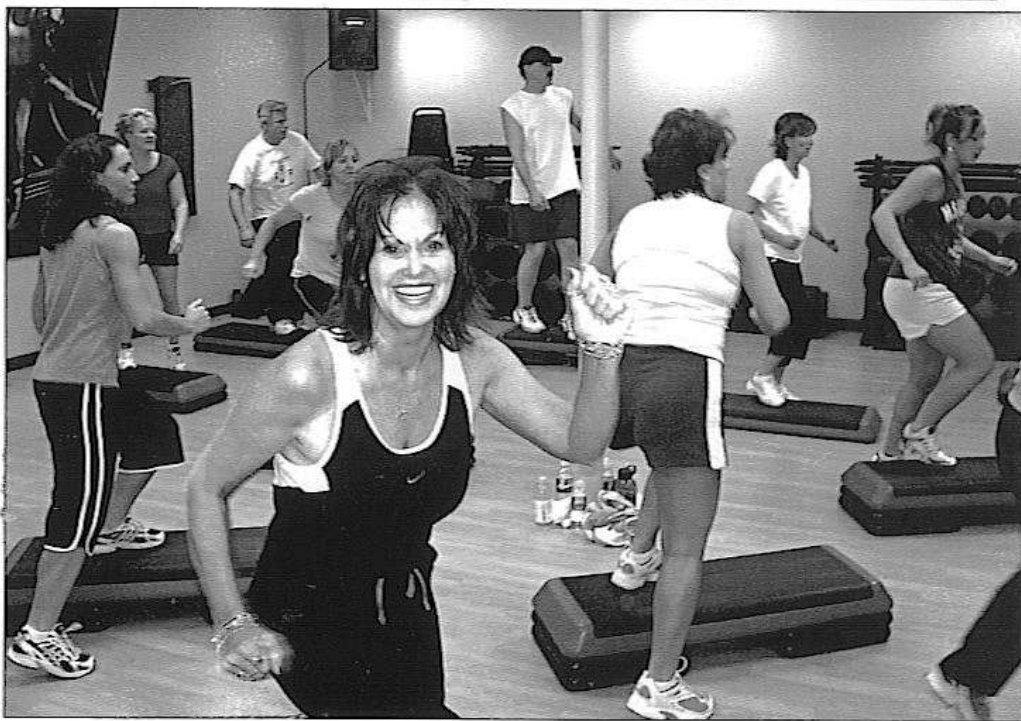
Bull, who works full time as sales manager for *The Franklin Journal* and *Livermore Falls Advertiser*, began the program in January of 2004, and since then has managed to lose and keep off several clothing sizes. In August of 2004, she became an official BODYPUMP instructor, teaching two BODYPUMP classes a week at Fitness Stylz.



Leslie Bull

Fitness Stylz owner Tom Roy said, "I am personally thrilled to hear that Leslie earned this recognition. I remember when she finally built up the nerve to try her first BODYPUMP class and I have seen her progress every step of the way. I know how hard she has worked. Now the rest of the Les Mills world knows, too. Leslie is a tremendous inspiration to me and a huge reason that this club has become the club that it is today."

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Open House Launch a huge success!

LIVERMORE FALLS—The free Open House fitness event on Saturday, February 10, at Fitness Stylz Community Fitness Center was declared a huge success by all who attended. 175 class participants worked up a good sweat while enjoying great music, delicious food and a fun, party-like atmosphere.

"The Open House was even better than shopping," exclaimed Fitness Stylz member Honey Pomerleau of Jay. "Anyone who knows me knows that shopping is usually my absolute favorite thing!"

Member Dr. Nick Rehagen of Livermore Falls shared Pomerleau's enthusiasm for the event.

"This is one of the best Open Houses yet. I loved the music and the workouts, and it was obvious that the instructors spent a lot of time preparing their presentations. There was a nice balance of new people and regular members, too."

Instructor Jim Flagg, who lives in Jay and is a sales representative for Hercules Incorporated, said, "The Open House was great! The members and guests were into it, and we just had a blast on stage. It's hard to call what we do a workout when it's so much fun. I really do enjoy teaching BODYCOMBAT and BODYPUMP, and the energy the members bring to class is contagious!"

The main focus of the Open House was to debut the new music and workouts for the Les Mills programs BODYPUMP, BODYSTEP, BODYFLOW and BODYCOMBAT. All four one-hour programs were designed in New Zealand with the purpose of making exercise something to look forward to.

Fitness Stylz owner Tom Roy explained, "Most people know they need to be doing something to improve their health. But, unless you're one of the 17% of people in this country who already enjoy some sort of consistent exercise regimen, it's hard to find something you like doing well enough to stick with it. The theory behind the Les Mills programs is that if you're having a great time and getting fast results, you'll keep coming back for more."

The Les Mills theory seems to be proving itself true here in Western Maine.

"It's truly wonderful how many local people of all ages and fitness levels are enjoying these classes," Roy said.

"Many of our members have been coming here since we first introduced BODYPUMP in November of 2003. People try the classes because they want to get in shape, but they keep coming back because they're having a blast and making friends."

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