

## Cure for the Summertime Blues

August's Dog Days of summer are barking up a storm! Hopefully, the Sun will hear them and come out of hiding for more than a couple of days at a time. The lack of Vitamin D-laden sunshine, especially in the first two months of our *wicked* wet excuse for a summer, has been a real downer, causing an unfortunate local epidemic of the Summertime Blues.

Luckily, *Fitness Stylz* is offering a quick cure in the form of a huge, prepaid membership special! For a limited time, you can save over a hundred dollars on a *full year* of your favorite Les Mills programs! These discounted packages can also be purchased and applied to extend your existing memberships.

### One Year, Prepaid Membership Special

Single      \$348 (normally \$456)

**Save \$108!**

Couple      \$591 (normally \$775)

**Save \$184!**

Family      \$765 (normally \$999)

**Save \$234!**

For more information, just ask at the smiling folks at the front desk. This special ends Saturday, August 19.

## Launch Newz

We wish to offer a special "thank you" to members who participated in the BODYPUMP Release 58 and BODYSTEP Release 64 launches on July 21 and 22.



Launches are always a fun way to experience new releases and meet other members.



(l to r) Jacquie, Joan, Brenda and Mary burning their legs to the new squat track.

Our next launch will be on Saturday, August 19 for BODYCOMBAT Release 28 and BODYFLOW Release 33. If you haven't tried either of these programs yet, this will be the perfect time to check them out. Keep an eye out for launch sign up sheets at the front desk.

## Fat Chat

We've been hearing a lot lately about how 'fat' this nation is becoming. An estimated 60% of Americans are overweight or obese. Many experts refer to the current situation as an obesity epidemic.

In the past decade, there has been a sharp increase in weight-related health problems such as heart disease, high blood pressure and Type 2 diabetes. The increase in Type 2 diabetes among our nation's children is especially troubling, since just ten years ago it was virtually nonexistent.

There's no doubt that our 'fast food' culture has been a huge factor in expanding our waistlines. The 2004 documentary *Super Size Me* put a spotlight on exactly how damaging, and fattening, a steady diet of fast food can be.

Hectic family schedules make it increasingly hard to prepare healthy meals.