

Words of Wisdom

by Daniel Worona

Daniel Worona has collected dieting and fitness humor for 45 years. Here are some words of wisdom from his website:
<http://DanWorona.50megs.com>

If stress burned calories, I'd be a Size One!

Q: How do you get a couch potato to do sit-ups?

A: Tape the remote control to his ankles.

Sign at Fitness Center: "Self Esteem is feeling good about yourself -- regardless of the facts."

Monday + Sundae = Funday!

Excess weight has a way of snacking up on you.

Dieting is wishful shrinking.

You might be overweight if...

1. The ticket lady at SeaWorld tells you you're performing in 5 minutes.
2. You plunk down on a see-saw and launch your kid into outer space.
3. Your beeper goes off and someone screams, "Look out! He's backing up!"

I don't work out because all the exercise programs say to wear loose fitting clothes. I don't HAVE any loose-fitting clothes!

What did one leftover say to the other?
Foiled again!

SEPTEMBER BIRTHDAYS



September 1: **Laura Quynn**

September 4: **Diane Gould, Kaine Hennessy**

September 5: **Jeannie Gaudet, Megan Armandi**

September 5: **Adam Hennessy**

September 7: **Darice Dubreuil, Kim Barclay**

September 8: **Trisha Leonard, Alicia Lightbody**

September 9: **Anne Drummond**

September 12: **Andrea Richards**

September 15: **Jennifer Gordon**

September 16: **Kim Gagnon**

September 18: **Katie Lecowitch, Lynn Souther**

September 19: **Dianna Baxter**

September 21: **Amy Dacyczyn, Grace Denison**

September 22: **Kirstie Wilkins**

September 26: **Stephen Smith**

September 28: **James McDonald**

September 29: **Sheila Friedman**



FIT NEWZ

Fit Newz is a free publication of Fitness Stylz Community Fitness Center, 17 Depot Street, Livermore Falls, Maine. 897-5978. We invite members to submit news for our monthly issues... from an upcoming birthday to your fitness progress, or any other items of interest. Contact Leslie with your news: FitNewz@FitnessStylz.com

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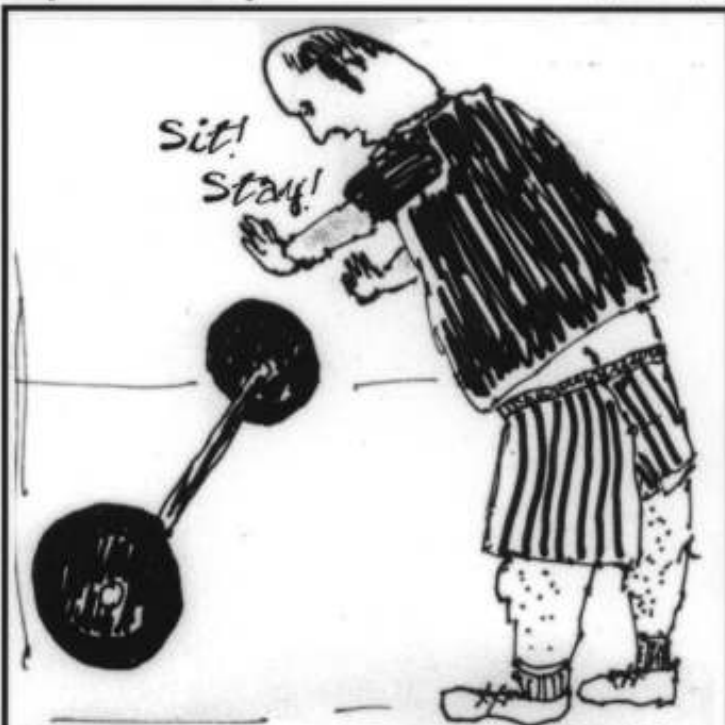


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Gym Dandy

by Esby



Weight Training