



# Forever Fitness Newsletter

August 1, 2008

Volume 2, Number 4

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## Work Place Productivity!

It is a FACT that employees who regularly exercise are more productive in the work place. Are you an Owner, Manager, or even a leader who wants to see your team of employees perform better? We can help! Contact Matt about **group enrollments and group fitness education** designed for today's work place.

## Check Out Our Referral Program Cash Winners!!!



**Samuel, 1<sup>st</sup> Place, \$1000!**



**Shannon, 2<sup>nd</sup> Place, \$250!**

Stay tuned for our next contest beginning on August 1<sup>st</sup>. You could be the next one to win big money!

## Fitness Tip: Water Works For Weight Loss



David Hess

Nothing quells the appetite like water – lots and lots of water. Start out with two quart bottles in the morning and carry one with you to work or wherever you go. If you like, divvy up the 64 ounces of water into eight (8-ounce) bottles or four pint (16-ounce) bottles to carry around with you all day. Freeze half of them the night before and they will last all day, even in a hot car. Keep some unfrozen so they will be ready to drink immediately.

Yes. You will have to make more frequent bathroom trips, but it is worth it.

Drink your 64 ounces of water before dinner, if possible, so you're not up half the night going to the bathroom.

Water not only fills you up and lessens your appetite, it prevents those "hungry horrors" we all encounter when our blood sugar drops and we reach for cookies, candy, ice cream, fries or other high-calorie treats. Water also flushes out the system, rids the body of bloat and toxins and rosies up the complexion. Now, start splashing.

## New T-Shirts!

See the display for new t-shirt design in the back. Contact Matt or a Personal Trainer to get your new Forever Fitness t-shirt!

## Bored with your Workout?

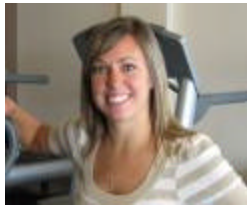
*See a Personal Trainer for a new workout plan to decrease plateaus and increase excitement to your workout!*

## Contact Us

[www.foreverfitness.net](http://www.foreverfitness.net)  
[info@foreverfitness.net](mailto:info@foreverfitness.net)  
(919) 453-6360

# Introducing Our New Personal Trainers

## Sarah Hession – Perry Creek Location



**Certified Personal Trainer**

Qualifications:

B.A., Health and Kinesiology, Purdue University  
1<sup>st</sup> person in nation to graduate with Personal Training major  
Certifications: ACSM, CPR, First Aid

## Joseph Walker – Perry Creek Location



**Certified Personal Trainer**

Qualifications:

M.S., Exercise Sports Studies, High Point University  
B.S., Recreation and Leisure Studies, East Carolina University  
5+ Years Experience in Personal Training, Recreation Therapy  
Certifications: NCTRC, NSCA-CPT, CTRS, LRT, First Aid, CPR

Ask one of our professional and experienced Personal Trainers for assistance at either location. Also, be sure to take advantage of a **complimentary workout session** with one of our trainers!

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## New T-Shirts Are Here!



**You'll look good in our new T-shirts whether you're working out or hanging out. See a trainer to get yours!**

Available in SM, MED, L, XL, XXL, XXXL

## Two Locations To Serve You!

**Wakefield: 919-453-6360**



Located in the Wakefield shopping plaza at the intersection of New Falls of Neuse and Capital Blvd.

**Perry Creek: 919-713-0303**



Located just north of the intersection of 401 and Perry Creek Rd.

**Both locations open from 4am to 1am – workout whenever you want!**