



Athletic Development

Fitness Consulting

Health & Wellness Education



www.2goodhealthllc.com

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Greetings from 2 Good Health!

CHANGE. It's hard. Even good change does not come easy and requires much effort.

As 2 Good Health is in the business of helping you to implement, succeed at, and maintain change in the areas of health, fitness, and nutrition, we are always looking for new ways to empower and encourage you toward that healthy change.

This newsletter outlines our changes and new developments that we greatly hope will directly benefit your health.

For starters, be inspired by the positive change that some of our Body Transformation clients are experiencing in *Client Spotlight* on p. 2. Then, in the *Upcoming Events* Section (p. 3), take a look at our newest development to continue positive change - [Body Transformer Boot Camp!](#) Coming to Winder on August 21st.

Listen for new developments on our *Radio Show* (p. 2) like Restaurant Review (Chick-fil-A is coming up) and

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more great new guests.

And, last but not least, meet Vince Heard in *2GH Friends* on p. 3. Vince is the newest team member to 2 Good Health. **WELCOME Vince!** It's great to have you on board. Get to know Vince on page 3.

Remember, change can be good. It really is what you make of it. It is our desire to be continually changing to better serve you and your health interests. We hope that you are motivated and encouraged to seek good change too.

Have a healthy Summer,

Charles & Sheril

Do You Measure Up?

By Sheril Burrage (Your Future Figure)

Are you a lady who hates dressing rooms? I certainly am. I almost never try anything on and would rather take the extra time to return clothing that doesn't fit, rather than try it on in the store.

But, this particular day, I was trying on some clothes in my local department store, and, much to my surprise; I saw these thighs that didn't even look like they were mine. They looked *twice* as big with roadmaps all over them. "Aaaargh" I said to myself. "Do my thighs really look that bad?" Alright, I need to stop and ask if you can relate at all to this trauma. Something tells me that I'm not alone here.

So, sadly I must say that after that dressing room debacle, I was a little "down-in-the-dumps." Yup, that's right, I was not very happy with my figure that day.

So I went home thinking that I needed to lose more weight, even though I have already reached and am maintaining a healthy weight. I share that story with you to say this: It is **ABSOLUTELY** important—even **CRITICAL**—that you always have *more than one* method to **measure** your fitness and/or health. [Click here](#) to find out what they are and how they can help you maintain your sanity on your weight loss or weight management journey.



2GH Radio Show



Saturdays at 10:00 am on 1300 AM WIMO Radio

NEW SHOW TIME: Tune in every Saturday at our **new time, 10:00 AM** on WIMO Radio 1300 AM or online at www.WIMORadio.com. Our one-hour radio show is a FREE resource for you to get dependable, up-to-date information about health, fitness, and nutrition. We share tips and information that you can immediately use to improve your overall health and quality of life.

This summer, we will be introducing some new show segments such as:

Restaurant Review – learn what to avoid, how to eat healthily and survive when you eat out in NE Georgia. A review of Chick-fil-a, a Georgia favorite is coming soon.

And more.

As always, also tune in to hear exciting, motivational. Here are some of our latest guests.

- **July 24, Sharon Bicknell** – Owner of Bread of Life; organic, natural breads and bread products.
- **Aug. 7, Hope Spivey** – Winder's very own Olympic gymnast and owner of Spivey's Gymnastics. Learn what it takes to be an Olympian.

One more thing. At least once a month, we will be giving away a FREE 30-day Trial of our Body Transformation Weight Loss Program. Check out the great results that current clients are experiencing right here in our Client Spotlight section (look right). So, make sure you **listen in** and **call in** for your **chance to win**. Maybe you could be our next **Client Spotlight**.

Remember, we air **LIVE** every Saturday at 10:00 AM on 1300 AM WIMO Radio or online – www.wimoradio.com.

We invite you to call in to the show with your Questions or Comments at **(678) 963-5482**



Check [YouTube!](https://www.youtube.com) For previously aired shows

Client Spotlight



You can probably agree with the opening sentences of our Greetings! (p.1) that change is hard, does not come easy, and requires effort, especially when it comes to changing our health and bodies for the better.

However, we are happy to say that we know some wonderful people who are making the effort to change their bodies through professionally guided nutrition plans, fitness programming, and regular coaching support.

Check out their awesome weight loss results and join us in saying a big “great job” to these 2 Good Health Body Transformation clients.

Christina H. – LOST 6 pounds in her first week

Debra S. – LOST 2.5 pounds in her first week

Jo W. – LOST 2 dress sizes in 6 weeks

Pam W. – LOST 5 pounds and 2 dress sizes in 6 weeks

Great Job!

If you are looking for a weight loss solution, then Body Transformation may be for you. Any of these ladies would highly recommend it based on results alone. You can get more details about our Body Transformation Weight Loss Program online by clicking [Body Transformation](#) or call 770-881-7733.





Upcoming Events



Coming in August!

[Body Transformer Boot Camp](#)

Our Women-Only camp is specifically designed for women to enjoy fitness **together** in a **fun** and **motivating** environment...totally free from distraction!



Whether you are a beginner, an avid fitness enthusiast or just tired of the same old routine, **this Boot Camp is for you!** Tailored exclusively to the

unique needs of women, you'll find every fitness activity, team challenge, and educational seminar to be of the utmost benefit and immensely valuable as you begin to see the pounds literally melt away!

Classes are available on Monday, Wednesday, and Friday at 6am or 7:30pm and will be held at **Spivey's Gymnastics** at 61 South Jackson Street in Winder, GA.



Classes are filling up **FAST**, so pre-register **NOW** to save your spot and get your first week for **FREE!** Go online at www.BodyTransformerBootCamp.com.



2GH Friends



It is our pleasure to introduce you to our newest 2 Good Health Team member, Vince Heard.

WELCOME VINCE!

If you can't tell by the picture, Vince is a professional body builder. So, he knows a thing or two about hard work, discipline, and what it takes to achieve your weight and health goals.

Along with being a certified personal trainer, Vince is a Gwinnett County firefighter of 6 ½ years. So, bodybuilding comes in handy just to be able to wear his firefighting gear.

Although Vince has been a First-place bodybuilder many times over in his 10 years of competing, if you ask him, he would humbly say that his biggest accomplishments are his 15 year marriage to his dear wife, LaPhyllis and his 3 children.

Vince will be most visible with 2 Good Health training at our Women's [Body Transformer Boot Camp](#), which will begin on August 21st.

We, here, at 2 Good Health are blessed to have Vince on our team.

[Click here](#) to watch a short video of Vince on our Body Transformer Boot Camp website at www.bodytransformerbootcamp.com.

**Welcome
Aboard
Vince!**

