



Christmas Greetings !



We wish you and your families a happy, healthy, Merry Christmas and a peaceful New Year!

Normally, at this time of year, like many other businesses, we would be sending out Christmas cards expressing our best wishes and good cheer.

But, with the economy being all the talk these days, 2 Good Health is trying to do our part to help. So, instead of sending Christmas cards this year, we decided to give to charity.

Due to the economy, charitable giving in the United States has decreased 60% “across the board.” In response to this, 2 Good Health has committed 10% of our December revenues to a worthy local charity, spreading good cheer on behalf of all 2 Good Health clients.

Also, celebrating the spirit of giving, we have changed our Friends of 2 Good Health section for

Fit Tip – Walk Your Way to Fitness

By Charles W. Burrage, Jr.

In lieu of our Feature Article this month, I have included a simple Fit Tip for you below. Check back in after the New Year for new, motivating articles, including the new quarterly “Myth Busters”.

Most people, naturally, become less active during the winter months. In many cases, while it is true that choices for physical activity can become somewhat limited, it is also true that there are plenty of options for staying fit.

Included among these options are indoor sports like basketball, volleyball, aerobics, yoga, pilates, spinning, water aerobics, etc.

LINKED CONTENTS	
Greetings from 2GH	1
Fit Tip – Walk Your Way to Fitness	1
Client Appreciation Week	2
Nutritional Nuggets	2
The Doctor Speaks	2
Friends of 2 Good Health	2

this month. Listed as “Friends” are some local charities that could use your help. As we celebrate Jesus, the greatest gift of all, please consider giving to one of these worthy organizations—clothing, food, supplies, or monetary gifts.

Merry Christmas

Warmth and Best Wishes, Charles & Sheril



However, I am recommending walking as a preferred activity during this time of year, mainly because it is something that most anyone can do (regardless of age or fitness level). Also, walking can be accomplished during your regular daily schedule, such as during Christmas shopping, grocery shopping, etc.

Here are a couple of tips on increasing walking activity during your day:

- Park farther away from the office/store/mall
- Take a walk during your lunch break (this is also a good way to rid yourself of some work stress)
- Use stairs instead of elevators whenever possible.

Walk into the New Year as a healthier you.



Client Appreciation Week

(for past, present, and future clients)

As a way to **thank you** for choosing our services, 2 Good Health is announcing our first Client Appreciation Week.

Client Appreciation Week will be the week of Valentine's Day (February 8 – 14, 2009).

As a gift for scheduling an initial consultation (free of charge) for a new service, you will receive a **20% discount**.

For example, if you are a current training client, and are interested in nutritional services or products, you can schedule a consultation for nutrition, then your **20% discount** would be good toward the new nutrition service or product.

That's it. Very simple. Give us a Call or Email.

770-881-7733 OR info@2goodhealthllc.com

The Doctor Speaks

2 Good Health will be conducting free Nutrition Education seminars to help you start off the New Year.

If you've ever asked the question: "What do I need to eat on a regular basis to stay healthy?" Or, "Is it important for me to take dietary supplements?" Or, "What are the benefits of nutritional supplementation?" Come get all your questions answered at these locations:

"5 Steps to Optimal Nutrition"

Jefferson Library

Tuesday, January 13 at 5:30 pm

Auburn Library

Monday, January 19, at 6:00pm

Winder Library

Monday, February 2 at 6:30pm

January is Health month at WIMO Radio (1300AM). Tune in to the Dottie Coffman Show as Charles and Sheril discuss health and wellness.

Friday, January 30 at 10:45am

Nutritional Nuggets

Do you suffer from indigestion? Heartburn? Lactose intolerance? Does thinking about your holiday dinner scare your tummy?

If you answered "YES" to any of these, then you may benefit from supplementing digestive enzymes with your meals.

Supplementing digestive enzymes replenishes the enzymes that our body creates that are necessary for proper digestion and nutrient utilization of foods you eat.

Many different enzymes are needed to digest carbohydrates, proteins, and fats. And they are all in *Digest-A-Meal*.

To learn more about this all natural, whole-food digestive supplement, contact us at 770-881-7733 or view detailed product information at <http://www.2GoodHealthLLC.com>

It's not too late to have *Digest-A-Meal* at your holiday dinner table.

Friends of 2 Good Health



As we mentioned in our "Greetings", below are some worthy, local non-profits that could use any charitable donations that you may be able to give.

Peace Place, Inc. – shelter for victims of domestic violence. 770-307-3633, P.O. Box 948, Winder, GA 30680

The Tree House, Inc., Courtney McVey (Exec. Dir.) – working to reduce the impact and occurrence of child abuse in Barrow, Banks, and Jackson counties. 770-868-1900, 266 North Broad St., Winder, GA 30680, www.treehouseinc.org.

Light Homeless Shelter – 770-868-8991, 119 Griffith Street, Winder, GA 30680