



Athletic Development

Fitness Consulting

Health & Wellness
Education



www.2goodhealthllc.com

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Greetings from 2 Good Health!

Spring is here, and all the flowers are in bloom. Here at 2 Good Health, we are so very excited about what the Summer months are going to bring. We have some great programs and services we'll be rolling out to you...our wonderful clients, customers, and friends.

Because many of you have expressed an interest in and a great desire for weight loss help, we're working on the launch of a comprehensive 12-week Weight Loss Program that will provide you with all the nutritional support, fitness programming, and weekly accountability that you'll need to safely lose and maintain weight.

And, as a way to help everyone accomplish their health and wellness goals, we're also working on a FREE 4-week "Nutrition Crash Course" that will be delivered directly to your email inbox. Stay tuned for more details about our upcoming Nutrition e-course and let us know if there's anything you'd like for us to work on as a way to better serve you and help you to accomplish all your goals.

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.

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Some other projects we're currently working on include expanding our Saturday Radio show from 30-minutes to 1 full hour. (see our [Radio Show](#) section in this newsletter.) This is exciting news for us because we really believe that we can serve you all much better with a 1-hour show format. Be sure to tune in beginning on May 8th to experience our new show format and to give us your feedback so we can know how we're doing and what we can be doing to enhance your health and wellness. There's so much more, so read on to learn more about what we here at 2 Good Health are up to on your behalf.

Health and Happiness,

Charles & Sheril

So, sadly I must say that after that dressing room incident, 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:

Client Spotlight – get motivated by hearing real success stories from real people who are clients of 2 Good Health

Restaurant Review – learn what to avoid, how to eat healthily and survive when you eat out in NE Georgia.

And more.

As always, also tune in to hear exciting, motivational guests like:

- **May 15th, Dr. Matthew Ryan** – Owner of [Stewart Clinic](#) in Winder. Learn about his pain-free methods and the benefits that chiropractic can have on your total health.
- **TBD, Sharon Cunningham** – Owner of Good Vibrations Health Food Store in Winder, GA. Let Sharon tell you about healthy foods and herbs to help improve your health and just make you feel good.

One more thing. At least once a month, we will be giving away a FREE 30-day Body Transformation Trial. So, make sure you **listen in** and **call in** for your **chance to win** 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!](#) For previously aired shows

Client Spotlight



Like most women, Anna is a very busy lady. She has a full-time job, is a part-time entrepreneur, is married with 2 children, and is just plain-old busy.

When we met Anna, her goal was to lose about 40 pounds; not an easy task with her busy schedule. However, we started Anna on some nutritional supplements to help her body to better utilize the food she is eating, give her additional nutrients that she may not be getting from food, and to give her energy and help burn more calories.

Even though Anna was unable to commit to regular exercise (she's working on that now), she began regularly taking her supplements. After only 3 weeks of nutritional supplementation, here's what Anna had to say

"I weighed this morning and I have lost 9 pounds!!! I was very encouraged!!! Only 30 more pounds to go!"

Woo hoo!! Yay Anna!! It is amazing what nutritional supplementation can do for you. Anna was able to achieve almost 25% of her weight loss goal. Imagine how much more she will do by adding regular exercise and meal planning (she is doing both now).

So, I'll bet you are wondering what nutritional supplements Anna used to help her lose those 9 pounds. Wait no longer, here's what works for Anna. All of Anna's supplements are provided by AdvoCare, the nutritional supplementation line used and recommended by 2GH for all our clients. Click the link for detailed information on each supplement.

- ✓ [AdvoCare Meal Replacement Shakes](#)
- ✓ [AdvoCare MNS Max-C](#) (appetite control)
- ✓ [AdvoCare Protein Snack Bars](#)
- ✓ [AdvoCare Spark](#) (Healthy Energy in a package)

Way to go, Anna!!
Keep up the good work!





Upcoming Events



2 Good Health

Thanks to Tracy at Olympic Steel for a **GREAT** health fair on April 29. We enjoyed being there and meeting so many employees. Stay healthy Oly Steel!

Tuesday, July 13

Who: Middle and High Schoolers

Where: Winder Public Library

What: Make a Wave with Water

Time: 2:00 pm

Contact: atuggle@prlib.org or 770-867-2762

Other Events in the Area

Saturday, June 12

Studio One Performing Arts

What: Dance Recital

Where: Oconee Civic Center

Time: 2pm and 8pm

Click [Here](#) for More Information

Tri2Remember Triathlon Races



Sunday, July 18

Where: Crowe's Lake, Jefferson

Time: 7:30 AM

Click [Here](#) to Register

Saturday, September 18

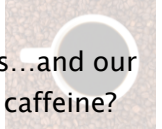
Where: Laurel Park, Gainesville

Time: 7:30 AM

Click [Here](#) to Register

Nutritional Nuggets

WHAT'S THE DEAL WITH CAFFEINE? It's everywhere! It's in our food...our drinks...and our energy drinks. So what IS the deal with caffeine?



For starters, caffeine is a naturally occurring substance, found freely in many of the foods we consume such as coffee, soda, tea, nuts, and chocolate.



There is some controversy over whether caffeine should be a regular part of one's day due to the side effects that can be experienced when consumed. Some side effects include irritability, anxiety, insomnia, diarrhea, heart palpitations, and a host of other potentially uncomfortable symptoms...none serious, though.

The research seems to indicate that overall, caffeine does not have any serious side effects. The American Heart Association's official statement on caffeine is that it's safe when consumed in modest amounts (around 250 mg or less) each day.

For the average person, that means that we're probably safe with the consumption of 2 regular cups of coffee per day. Other studies are also showing that caffeine can actually have health benefits especially when consumed in coffee and chocolate.

More studies might further validate this, but for now, if you love caffeine (or even addicted to caffeine), you can feel pretty free to continue your daily consumption as long as you don't go overboard. Modest amounts will help assure that you don't end up with side-effects that negatively affect your health.

