



Athletic Development

Fitness Consulting

Health & Wellness Education



www.2goodhealthllc.com

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Greetings from 2 Good Health!

Happy Holidays from the 2 Good Health Team! Thanksgiving is right around the Corner...to be followed CLOSELY by Christmas...which leads to the question...ARE YOU READY? This Holiday Season, we'd like to do something special to help great folks like you be able to thrive through this season, not just hope to survive it.

To that end, we've got a gift for you—a SPECIAL REPORT...and a Bonus Gift that is sure to give you all the tools to have your BEST Holiday Season EVER!

To cut right to the chase, In Report #1, you will learn about all of the secrets to successful weight loss that you may never have heard before—a real eye-opener. In Report #2 (A Bonus Report), you'll discover how to eat for success during the Holiday Season. You'll learn eating strategies for maintaining and even losing weight during the Holidays, and be motivated and encouraged to do things a little differently this year.

You can start reading BOTH Reports and learn how to thrive during this challenging time of the year.

Holiday Survival Plan

Stay Fit and Stress Free



Although the holiday season is meant for a time of rejoicing, relaxing and spending time with the ones we love, it more often than not ends up being a hectic time laden with stress. This stress often leads to abandonment of exercise routines, overeating and lack of sleep. And, all of these resulting issues actually cause more stress which can lead to a vicious circle.

It doesn't have to be that way! With a little planning and common sense, you can turn this holiday season around right now and truly enjoy the time

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For immediate access to these FREE Reports and to get a jump on the Holidays, simply click on the link below and Opt in on the top right hand side of the website home page:

www.bodytransformerbootcamp.com

But wait, we've got one more little gift for you to make it through the holiday's this year—our Feature article "Holiday Survival Plan." Read on; create your plan, then go download your FREE online reports.

From the 2 Good Health Team to you and your family...Enjoy, and **have a Happy and Safe Holiday Season!**

while also taking care of yourself. Use our six-week holiday survival guide below to stay fit, healthy and stress free (or at least less stressful) during this year's festivities.

Six Weeks Out

- Start by marking down the dates you have specific commitments that can't be altered (e.g. dinner with your Aunt and Uncle, office holiday party, etc).
- Commit to a minimum of 60 minutes per week of cardio activity and 30 minutes per week of strength training. It doesn't matter how long

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2GH Radio Show



Saturdays at 10:00 am on AM 1300 WIMO Radio

Tune in every Saturday at **10:00 AM** on WIMO Radio AM 1300 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 fall, we are excited about new upcoming segments:

Senior Health Day & Community Focus

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

- **Nov. 13, Principal Rob Johnson** of Russell Middle School shares about school happenings and health.
- **Nov. 20, Principal Ryan Butcher** of Kennedy Elementary School will be sharing about their new health initiatives.
- **Dec. 11, Dr. Campbell** of Spine Care & Pain Management will tell you how to manage acute and chronic pain.
- **TBD, Senior Health Day**
Brenda Lee, Chair of Let's Empower Everyone will help us to help seniors improve their health and stay well this winter season.

Also, be listening in to AM 1300 WIMO radio beginning November 30 for the station's 25 days of Christmas Contest. WIMO will be giving away a gift every day for 25 days prior to and up to Christmas day. 2 Good Health/Body Transformer Boot Camp will be giving away a 30-day Boot Camp membership. Listen in and 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 [You Tube!](#) For previously aired shows

Friends of 2GH



Here are some friends of 2GH that we would like to introduce to you. When the opportunity arises, we hope that you will consider patronizing/supporting their business/organization. We like them; we hope you do too.

Play It Again Sports, 706-369-3477

Owner, Kevin Dykeman, keeps a great variety of both used and new fitness and sporting equipment. Check out his locations in Athens or Gainesville before going to the big retail stores. Plus there's a great coupon on the website www.playitagainsportsathens.com

Spivey Gymnastics, 706-586-5797

Spivey's is a state-of-the-art gymnastics facility in Winder, owned and operated by former Olympian, Hope Spivey. Spivey's Gym is also the host of Body Transformer Boot Camp. We are so blessed to have Hope and Spivey's Gym as a friend. Check them out online at www.spiveysgym.com.

Your Church or Non-Profit Organization



Churches and Non-Profits are our Friends too.

FREE Health/Wellness Education session is available to any church or non-profit. Just give us a call at 770-881-7733.



What's New at 2GH?



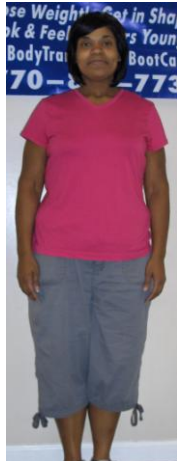
Body Transformer Boot Camp

NEW! 2-day per week Boot Camp Option starting at only \$59/month*.

Now you have a choice of 3-day or 2-day Camps!
Give us a call **NOW!**

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

Just Ask Chastity! She's a Camp Champ.



Chastity **LOST** an **AMAZING** 15 ½ Pounds, 15 Inches AND 12 ½ % Body Fat in ONLY 28 Days

*individual results may vary

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!

Morning and evening classes available.

Check out the website **NOW** for more details www.BodyTransformerBootCamp.com.



*dependent on your boot camp monthly commitment

Welcome Sharon!

It is our pleasure to introduce you to our newest 2 Good Health team member, Sharon Bicknell.

Sharon is a certified personal trainer, marathon winner of



a certified personal and sports nutritionist, runner and 2nd place the SNBF figure competition.

Sharon is also a gourmet baker of organic whole grain products.

She is passionate about educating others on the benefits of health and wellness, particularly through proper nutrition.

Her desire is to help others improve themselves and feel better about themselves as they change their lifestyle habits and journey down the road to looking and feeling better, dropping unwanted body fat, and increasing their performance and energy levels.

Sharon is married with three daughters and is a resident of Barrow County.





Holiday Survival Plan

Cont. from page 1



- Promise to be realistic with your treat indulgences. A small piece of pie two or three times during the season and a few cookies here and there is perfectly fine. After all, if you are too strict with yourself you won't have an enjoyable season and may ultimately indulge to an extreme. But, also don't allow yourself a free-for-all on calories for six weeks or you'll be starting the New Year with the unwanted gift of extra pounds!
- Make a list of everything you need to do to prepare for the holidays.
- Mark the items that you most look forward to doing. For some this may be decorating your house or getting gifts ready for charity (it can be anything – remember this is YOUR list).
- Now get your calendar or online scheduler and mark the days that you will complete each of the above tasks (keeping in mind the days you already marked for commitments).
- For the items that you didn't mark (the ones you might actually dread), consider first if they are necessary to do. If so, then find ways to make them more enjoyable. For example, if you despise going to a shopping mall, then purchase gifts online or make shopping more of an event – include a special lunch (alone or with someone) and maybe a manicure for yourself to break up the day.
- Be sure to also include in your schedule simple holiday pleasures (baking with kids or other loved ones, checking out a holiday flick at the theatre, etc.)
- Strive to get as much as is reasonable done before the three weeks out mark. This will help you decrease your last minute stresses and help you stay on track with your eating and fitness.

Less Than Three Weeks Out

- Evaluate your fitness and eating progress for the past three weeks. Have you been able to stick to your 60 and 30 minute commitments? If so, give yourself a pat on the back and keep going strong! If not, ask yourself why not? What's gotten in the way of your plan? And, is it really more important than taking care of yourself?
- Have you been eating 5 meals per day, drinking enough water and limiting your indulgences? If you've been skipping meals and eating cookies every day, then it's time to reevaluate your plan

to determine how to get back on track with your time.

- If despite your best efforts, you are feeling behind on your tasks then why not hire some help and consider it a gift to yourself. Think about how much your time is truly worth (remember, time is money) and contract out accordingly. For example, consider hiring a cleaning service to clean your house either for that upcoming party you are hosting or just for your sanity.
- You might also consider using a gift wrapping service. Also, use the time management strategy of delegation, and assign some tasks to other family members.
- Don't forget to get enough sleep. Lack of sleep leads to stress and stress leads to overeating. Fast forward to January and all those hours of sleep you missed have now manifested as extra fat on your body!

One Week Out

- This is not the time to rush around in a frenzy, lose sleep and get cranky with the ones you love because you're stressed out. If you have a long list of to-dos left then it's time to do some cutting.
- Many of us do what we do during the holiday season just because we always have and think we have to stick to traditions. But, do you really need to make 100 chocolate balls? It's time to drop some items from your list so that your holiday can actually be festive.
- Don't give up on your healthy eating and fitness plan during the last week. You've made it this far (hopefully) so don't give up when you're on the 10-yard line. Stick to your 60 and 30 commitment and you'll feel refreshed after the holiday rush has ended rather than feeling like you are ready to hibernate. If you haven't met your weekly commitments don't throw in the towel. Regroup and try to meet you goal during this last week.

Have a happy, fit, and stress free holiday!

