



Athletic Development

Fitness Consulting

Health & Wellness Education

www.2goodhealthllc.com



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Greetings from 2 Good Health!

Happy New Year! Yes, January is over, but this our first newsletter of the year. We want to encourage you that it is not too late to get started on your New Year's resolution. Or maybe you already started and a resolution, but have experienced a setback. Don't worry, it's not too late for you either; we are only 4 weeks into a 52-week year. You can do it! If your resolution was fitness/nutrition related, then we are here to help you out with our Feature Article "*New Year's Action Plan*" (below).

Well, we know that sometimes life happens and it is just so hard to get going in a positive direction. So, maybe you could use a fun fitness environment to get started or re-start your New Year's resolution. If that's what you need, then we've got the thing for you. Be sure to read about our *Client Appreciation Day* event for members and non-members--*Sweat with your Sweetie* Day. This day will be held on Valentine's Day weekend (page 3). It's Free so come on out and have some fun.

New Year's Action Plan



Creating a New Year's Resolution can be a great idea, especially if you are resolving to get healthier (weight loss and exercise are the top resolutions made). But if you don't have an action plan it may be doomed before it ever gets started.

Unfortunately, the majority of individuals who make a new year's resolution end up breaking it. By February, nearly half have already failed.

The following shows how many of these resolutions are maintained as time goes on:

- past the first week: 75%
- past 2 weeks: 71%
- after one month: 64%
- after 6 months: 46%

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One last thing, we realize that you may have a plan and may know how to have fun with fitness, but just can't picture yourself being successful. Then be sure to read about Faye Spaulding in our *Client Spotlight* section (page 2). She is the picture of a fit & healthy person. D-E-D-I-C-A-T-I-O-N is the word for Faye. It's also the word that will make you successful too.

We hope that this newsletter will have something in it to encourage you to get and stay healthy & fit in 2011 and all life long.

Best Wishes and God Bless,
Charles & Sheril Burrage

But don't let those stats convince you to plop down on your couch with a bag of chips. **People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions.** So, if you want to lose weight or just get more fit in 2011, then resolving to do so may be beneficial to you. Just make sure you have an action plan that helps ensure your success.

Here is a specific action plan for diet and fitness related resolutions that will help you to be successful.

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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 year, we are excited about new upcoming programs like:

- **Feb. 5, Health Above the Neck**– most often we discuss health as it relates to nutrition and fitness. However, there is a whole other area of health that most of us never think about like oral, optical, and other areas of health above the neck. Join us as our guest Dr. Shah (ophthalmology) and Dr. Campbell (dental) teach us about health above the neck.
- **Feb. 26, Teree Smyly** – This nurse is the owner of Blue Healer, a clinical aromatherapy company. Come learn with us about aromatherapy: which scents can relieve your stress, make you feel happy. Maybe there is a scent to help us lose weight. ☺

Also, be listening in to AM 1300 WIMO radio, 2 Good Health/Body Transformer Boot Camp will be giving away prizes. 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** or **post your questions on Facebook** on our **2 Good Health page**. Just click the linked logo.



Check [You Tube!](#) For previously aired shows

Client Spotlight



It is our pleasure to present to you our Client Spotlight, **Faye Spaulding.**

Faye is one of Body Transformer Boot Camp's esteemed women. She attends virtually every class and is a friend to all. Faye works hard both in camp, by keeping up with the rigors of this group

fitness class, and out of camp with watching her daily nutrition.

In the time that Faye has been one of our happy campers, she has lost **over 10% body fat** and **over 10 inches** from her waist, hips, and thighs.

It is always a pleasure to see Faye in class. She is never there just for herself. She is constantly encouraging other ladies, helping trainers, and is simply an overall team player, which is why her peers voted her **Camper of the Year for 2010.**

But, don't just take our word for it, here is what Faye's fellow boot campers have to say about her:

Faye is a wonderful person she is always in class and giving a 100%, even when she didn't feel well. She really makes boot camp that much better!!!!

She has always got a smile on her face and words of encouragement for everyone!

You can count on Faye being at boot camp. I love the way she encourages everyone. She helps others that are struggling by joining in running beside them. She inspires them to continue and get through it. She is determined and has a great attitude.

CONGRATULATIONS Faye!

This client spotlight is well-deserved.



What's New at 2GH?



Body Transformer Boot Camp NEW CLASS COMING!

You've asked for it; we're doing it. Body Transformer Boot Camp's **5:30PM class will begin on Monday, February 28th** at the Winder Women's Club at 15 West Midland Ave. (what better place for a women's boot camp than the women's club, right?)

Space is limited, so make sure you **Register NOW** to reserve your spot in this New Class.

Also, on March 1st our 6AM and 7:30PM classes are moving with Spivey Gymnastics to 720 Patrick Industrial Drive (off of Patrick Mill/Bill Rutledge Rd.) We are very excited about this new location!

But, this move may not affect you because we have other local group fitness programs* to serve you. Check out these locations to see if one is right for you (you must be an employee of the location).

Barrow Regional Medical Center

Tuesdays & Thursdays at 4pm in the 3rd floor
MOB Conference Rooms

Statham Elementary School

Tuesdays & Thursdays at 3:30pm in the GYM

Kennedy Elementary School

Mondays & Wednesdays at 3:15pm in the GYM

*All non-boot camp programs are for both males & females
Check out the website **NOW** for more camp details
www.BodyTransformerBootCamp.com.

**BODY TRANSFORMER
BOOT CAMP**
Fitness. Education. Nutrition.



Client Appreciation Day!

SWEAT WITH YOUR SWEETIE

FREE CLASS



Hey Ladies,

Valentine's Day is just around the corner and what better way to tell a loved one in your life just how much you care than through the gift of fitness.

This Valentine's Day weekend (Saturday, February 12th at 8:00am), all Boot Camp members **AND** non-members are invited to bring your spouse (yes, even men are allowed...just this one time, o.k.?), your daughter, mother, or a special friend for a great time of bonding and togetherness.

No one is too young or too old to share in this special moment with you!

On this special day, the two of you can workout together, and then when it's all over, you can go and play together (we're figuring you've got that part covered). ☺

Here's wishing you all a very blessed Valentine's Day with the one you love!!

If you'd like to come and bring someone special to Body Transformer Boot Camp on **Saturday, February 12th at 8am**, simply reply to this email and let us know so we can know how many people to plan for (we're planning to give out Valentine's Day gifts that day so we want to be sure we have enough for everyone).

Happy Valentine's Day to you All!!





New Year's Action Plan

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- Find a positive support system. For some, family may be just what they need. But, if your family members are struggling with the same diet or weight loss issues as you and aren't ready to commit themselves to change, then you might want to look elsewhere. Friends may also be an option, but again if they are struggling with their own issues then you might want to enlist other help. Try finding a local support group of like-minded people, go online for a virtual support group or seek out the help of a professional personal trainer or dietician.
- Don't put off tomorrow what you can do today. One of the biggest obstacles new dieters/exercisers face is just getting started. If you continue to say "I'll start tomorrow", then you may find that tomorrow never comes. You repeatedly push it off and before you know it another year has passed by while you remain in the same place you were before. If you promise to start tomorrow, then do it! Don't allow any other "priority" to get in the way. At the risk of sounding cliché, **Just Do It!**
- Start a new exercise plan slowly but remain consistent and build up on it. Follow this example:
 - Week 1: Walk for 20– 30 minutes just 2 times per week.
 - Week 2: Increase your walking frequency to 3 times per week. Add in one day of strength training. Try 5–10 exercises to target your entire body.
 - Weeks 3–4: Maintain the three days of walking and increase the strength training to two times per
 - Weeks 5–6: Increase the intensity of your walk sessions by increasing the speed and/or increasing the incline. If possible,

walk four times per week and strength train 3 times per week.

- Weeks 7–8: Time to change things up to keep your body challenged and avoid plateaus and burnout. Try adding a different cardio option at least two times per week (swimming, jogging, playing a sport, etc.). For the strength training, try new techniques like pyramids or supersets. You may need to enlist the help of a personal trainer for new ideas.

Start a new diet plan slowly but consistently. Avoid labeling any foods as "bad". Eat a variety but in moderation and include more of the nutritionally dense foods.

- Week 1: Improve your hydration through your daily water intake. Try to consume approximately 64 ounces per day.
- Week 2: Add in one extra vegetable a day until you are eating 5 servings of vegetables every day.
- Week 3: Include one serving of lean protein at every meal.
- Week 4: Limit starches and sweets (simple carbohydrates).

The above exercise and diet recommendations give you a substantial game plan for your first two months. All you have to do is implement it. Post this action plan on your refrigerator or somewhere else that will force you to look at it every day.

Also, remember that setbacks are normal and should not spell disaster for your resolution. If you are following your game plan 90% of the time and only 10% of the time falling off the wagon, then pat yourself on the back and cut yourself a little slack! If you find yourself starting to really wane from the plan, then tap back into what helped you initially get motivated. **Don't give up! Go for the Goal!!!!**