



Athletic Development

Fitness Consulting

Health & Wellness
Education



www.2goodhealthllc.com

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Greetings from 2GH

Greetings from Charles, owner and head trainer of **2 Good Health**.

Well, the summer is over and another fall season is upon us. Personally, the fall is my favorite time of the year. Among the reasons for this include the new College and Pro Football seasons, as well as the wonderful colors that we experience at this time of year. Soon the leaves will be falling from the trees, and the air will become a little cooler.

Yes, change is in the air. We all know change is inevitable and have lived through all types of changes in our lives. But when it comes to health, fitness, and nutrition, it is important to know that we must plan for this change. The best results come when we make plans and commit to seeing them through. What area of your life is most in need of change? How is it that we can help you to achieve this change? Please know that we are here for you and are just a phone call away.

Feature Article – Women and Weight Loss

By Sheril J. Burrage

Well ladies, it's me, Sheril. I am here to talk to you about something that has affected most of us at one time or another—struggles with weight loss.

Now, a quick word to the men. I know that the title says this is for women, but I know that there are men out there, too, who may have struggled in this area or maybe you know a female to whom you can pass this article. So, if this topic interests you, please forgive the title and read on.

O.k. ladies. We have all been there. We work out regularly, eat pretty healthily, but just can't seem to lose much more than two or three pounds—and those few pounds always seem to come from our hands, neck,

LINKED CONTENTS	
Greetings from 2GH	1
Feature Article – Women and Weight Loss	1
Calling All Coaches	2
Nutritional Nuggets	2
The Doctor Speaks	2
Friends of 2 Good Health	2
Women and Weight Loss (cont.)	3

Well, it is with great excitement that I endorse this issue of the **2GH** Newsletter, and in particular, the feature article in this edition which was written by Sheril. I truly believe that it has something for every-one. Please be sure to carefully read this article as she speaks from the heart about weight loss and gives some great advice to live by. Without further ado, here's Sheril. Sit back and enjoy!! We look forward to your feedback.

and feet! Aaargh!! Why is it so hard for us to lose fat in the critical areas like the waist, thighs, hips, and buttocks?

After all that, I am here to tell you lovely ladies that it CAN be done. At last, I have found a wonderful system that is working for me (I have lost 12 pounds in 6 weeks) and I will tell you about it later. First, let's talk about what we may need from our bodies to be more successful at weight loss.

The dreaded "M" word, METABOLISM. A basic equation for weight loss is

$$\text{Calories In} - \text{Calories Burned} = \text{Weight Lost OR} \\ = \text{Weight Gained}$$

Please see *Women* on page 3



Calling All Coaches!!



Sports Team Training Available!

2GH offers Team Training in the comfort of your own facility for as little as

\$6.50* per athlete per 1-hour session

Training Sessions Can Include:

- ✓ Speed Training
- ✓ Agility Training
- ✓ Core Training
- ✓ Strength Training

CALL NOW to schedule your team!

770-881-7733

*Hourly rate is based on an estimated 20 athletes.

The Doctor Speaks

2 Good Health is pleased to be a partner with the Winder Branch of the Piedmont Regional Library System to provide health/wellness programs throughout this year. The next scheduled sessions are:

Monday, October 6 at 6:30 pm
"Nutritional Supplementation"

You will get answers to questions like: Should I supplement my daily nutrition? What are the benefits of nutritional supplementation? Where can I get quality supplements? And much more.

Monday, November 10 at 6:30 pm
"Happy, Healthy Holidays"

Dr. Burrage will help us prepare to enjoy our holiday season with some healthy tips and tricks to keep up the fun and keep off the pounds.

Remember: All programs at the Library are FREE of charge. Come join us!

Nutritional Nuggets

Vitamin C is vital to our bodies. Many people take vitamin C on a regular basis.

But did you know that the vitamin C you're taking may be synthetic? Man-made? Yup, it may not be the real thing. Are you taking Ascorbic Acid or Ester-C? They are **only one factor** of vitamin C.

Naturally occurring whole-food vitamin C is a complex of nutritional factors such as Ascorbigen, Bioflavonoids, P, J, and K factors, etc. Taken in its natural complex form, only about 60 mg per dose of vitamin C is needed, not 1,000-2,000 mg. per dose.

As you stock up on vitamin C for the winter, consider a whole-food C complex that provides you with everything you need, not just parts of it. Try one here - www.Infinity2.com/2GoodHealth

Friends of 2 Good Health



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 or supporting their business/organization. We like them; we know you will too.

Bodies in Training, Patricia Seale, 678-468-0103,
www.bodies-in-training.com, Winder, GA

Patricia is a certified personal trainer who specializes in training women. Class workouts are tailored to your specific individual fitness level in a laid back, non threatening atmosphere. Yoga Classes to come!

Runners Fit, Ryan Kyranakis, 770-967-9755,
www.runnersfit.com, Braselton, GA

Runners Fit offers a personalized fitting service to make sure you are in the right running shoes for your foot structure. They also carry top-label running apparel.

Women and Weight Loss

Continued from Page 1



Yes, it's true. That's all there is to it. No tricks, no magic pill, no nothing. But for as simple as it seems, why have so many of us had trouble with weight loss? Well, our metabolism may not be working properly. Basically speaking, the process of "Calories Burned" in the above equation is due to metabolism. Metabolism is an extensive process, but in terms of weight loss, let's use this explanation:

The metabolic rate varies from one person to another and is affected by sex, age, and amount of lean body mass (muscle). Many vitamins and minerals are involved in the metabolic processes in the body...once the required amount is obtained, the excess is either eliminated or stored in body tissues. (Shustac, www.metabolism.com)

So ladies, according to the explanation, many variables are involved in determining the rate of our metabolism like gender, age, muscle mass, vitamins and minerals. Most of us know that gender, age, and muscle mass are factors. But have you ever thought about vitamins and minerals? Vital nutrients?

YES! Not only does our body need vital nutrients to support the process of metabolism, but those nutrients need to be from whole foods and in a form that is easily digested and absorbed into the body tissues. My friends, this has been the key for me.

I was literally weeks away from paying thousands of dollars to a specialty clinic due to the fact that I could not lose weight. As I mentioned earlier in this article, I was one of those ladies that was always at the fitness center, my family eats pretty healthily, and yet, I could not get past that certain number whenever I stood on that evil little white square that most people call a scale. After many years and 2 children, my frustration was quite palpable.

Little did I know that my change would come in a 4" x 6" box with 15 little nutrient-filled, metabolism boosting, weight-loss shake packets inside. My program is a 12-week program and I am half-way through. I have steadily lost an average of 2 pounds per week. All that is required is for me to consume 2 tasty shakes a day, up to 2 healthy snacks, and a sensible meal. Of course, I need to keep working out too.

The key was to restore my metabolism through high-quality, all natural, whole-food nutrients that are well absorbed into the tissues in my body, which completely feed me and my metabolism. And, of course, this complete nourishment allows me to be more self-controlled in my eating because I do not desire the things that I should not have.

What am I using, you may ask? It is called [The Enzyme Diet](#). If you would like to learn more about this system, you can get more information by visiting

www.Infinity2.com/2GoodHealth OR
www.TheEnzymeDiet.com.

Although I, and many others, think that The Enzyme Diet is superb, I realize that, for one reason or another, it may not be for everyone. So here are a few things to look for when considering a weight loss system. These are the hallmarks that make The Enzyme Diet so unique.

Does the weight loss system you are considering...

1. Contain vital natural, whole-food nutrients needed to support you and your bodies' metabolic enzyme systems? (especially when it is a meal replacement system)
2. Have a way of guaranteeing the absorption of those vital nutrients into your body?
3. Allow your body to burn maximum amounts of energy while consuming only a small number of calories – all without causing cravings or hunger?
4. Keep you in real life situations, making it easier for you to process and maintain what you learn? (e.g., using your own food OR providing recipes for you instead of having to purchase pre-packaged food)?
5. Provide a place (in person or virtually) where you can network with others who are in the same process as you?
6. Allow for flexibility with your busy, ever-changing schedule?

Ladies, take it from me. If I can finally lose weight naturally and at a low cost, you can do it too.

DON'T GIVE UP!

Please send questions or feedback to me at sburrage@2goodhealthllc.com. God Bless you all.