



SPIN BIKES ARE HERE!!

RAM NEWSLETTER

Volume 1, Issue 1

January 4, 2010

Upcoming Events:

• **New Year Fit Camp**

Monday, January 11

6 Weeks

Mon, Wed, Fri

5:30am—6:30am

\$175

Tuesday, January 12

Tues, Thur

6:30 pm—7:30pm

\$125

• **RAM Challenge**

January 11—March 15

Sign up for Motivation!

• **Girls Night Out!**

Friday, January 29

Come Get a Workout and Stay for some drinks and appetizers with friends!

8 Reasons to Workout

1. battle depression
2. feel good
3. stay healthy
4. for your family
5. achieve goals
6. feel happy
7. build stamina
8. eat CAKE

5 Reasons to Workout at RAM Fitness for Women

1. it's fun
2. Rae Anne cares
3. small and personal
4. you're #1 here
5. no smelly boys

New Year's Resolutions Tips

Follow these tips to realize your goals in 2010:

Be realistic Make sure your goal is attainable. Resolving to workout 7 days a week and to stop eating all your favorite junk food is not realistic. Strive for a goal that is within reach, such as exercising 3 days a week and reducing your junk food intake to 1 time a week.

Plan ahead Make a plan each week. Write out your meal plans and schedule your workout sessions. This not only will help you reach your goal, but will also save money and time.

Outline your plan Decide how you will deal with the temptation to skip that exercise class or have one more cookie. Consider calling a friend for help, practicing positive thinking, or reminding yourself how you will feel if you don't reach your goal. **Talk about it** Tell friends and family members who will

be there to support your effort in making your life healthier. Find yourself a friend or partner who shares your New Year's resolution and motivate each other to succeed. Consider the RAM Challenge.

Reward yourself Give yourself a gift – not food or alcohol, but maybe a new shirt or schedule a massage.

Track your progress Keeping a food and exercise log is very helpful. You can see how you are progressing and notice how it is or is not helping you reach your goal.

Don't beat yourself up Take each day one at a time. Obsessing over every slip up will not help you achieve your goal, it will only make you feel bad. Focus on making little changes that you can stick with your whole life.

YOU CAN DO IT!

BELIEVE IN YOURSELF!

Why You Should be Lifting Weights

Lifting weights gives you a metabolic spike for an hour after a workout because your body is trying hard to help your muscles recover. That means you'll fry an additional 25 percent of the calories you just scorched during your strength session. So if you

burned 200 calories lifting weights, it's really closer to 250 overall. If you lift heavier weights or rest no more than 30 seconds between sets, you can annihilate even more. Think Power Sculpt or RAM 60. A 2006 study by the National Institute of Health found

CLIENT SPOTLIGHT

Lesley Burrows

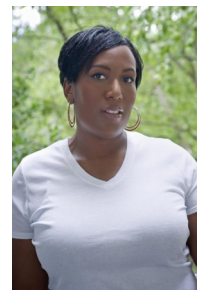
Each month RAM will honor one of our hard-working clients.

This month we are honoring Lesley! She was the first official member of RAM Fitness! Lesley is a very determined and strong woman. She has worked hard for as long as Rae Anne has known her.

"I exercise for all the right reasons; to protect my heart and to keep my blood pressure and cholesterol numbers excellent. Also, I do it to look good in my Levi's 501 Dark Denim boot cut jeans!"

Since Lesley has joined RAM Fitness, she has lost 7 pounds (in 1 month)! Great job Lesley! You can find Lesley most mornings of the week at a Step or

Sculpt class. Watch out—she's a Stepping Machine!



Come join Lesley for a class and let her inspire you!

KEEP UP THE GREAT WORK LESLEY!

that lifting weights just twice a week can prevent you from gaining intra-abdominal fat -- the kind that wraps around organs and constricts blood vessels. This means you will stay healthy longer and possibly live longer. A sculpting class awaits you.