



## Newsletter

February/March, 2010

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### Nutrition Tips

#### **5 absolute best nutrition tips you could ever get!**

- Eat breakfast!
- Eat 3 small equal calorie meals and 2 snacks everyday
- Do not drink sodas or other beverages with added sugars
- Limit processed foods, focus on whole, unprocessed foods
- Drink water throughout the day and limit alcohol consumption!

### What's New?

Welcome to APF's first newsletter!

A new newsletter will come out every two months. Please check our website for updates. We are also hoping to compile an email list, so we can send you updates when they come out! We should have an email sign up list at the front desk soon!

### Fitness Tips

#### **What does it mean to be "fit"?**

- This means different things to different people. Let's ask one of our trainers what it means to him... Ryan Marsh...one definition of FIT... "The ability to move your own body weight through functional ranges of motion"
- All APF's trainers are "fit", Some are more fit aerobically and some are more fit strength-wise!
  - Are you FIT?

## Client of the Month! - Stacey Casado

- When did you start training at AFP? **About 5 years ago with Bree Marsh.**
- What was your main goal when you first started training? **Weight loss and a healthier lifestyle.**
- Have you accomplished that goal or are you on your way to accomplishing that goal? **“I am a work in progress!” She is closer now than ever before, but states “I still have a long way to go!”**
- How many days do you train at AFP? **3 days with 3 different trainers!**
- Could you tell me a few reasons why you have stayed consistent at AFP for all these years? Is there something that sets AFP apart from other gyms? **She hasn't been consistent with her training until the last 6 months. That is why she hasn't seen major changes until recently. The first 4 years, she was “off and on”, which she states, “is the worst thing you can be if you want to see results!” She feels that AFP provides more personalized attention compared to other gyms and says “you do not get lost in the crowd” and “everybody knows your name!”**
- What activities do you do outside of the gym? **Walks the dogs, gets on her treadmill at home, and swims occasionally.**
- Have you made changes in your diet that have contributed to your goals? **She was on Good Measure Meals™ for a year and this taught her portion control. She realized that she could live on smaller portion sizes!**
- What was your exercise and diet protocol before you started at AFP? **No exercise and lots of fast-food and take-out!**
- Is there anything AFP can do to improve your routine? **Just keep at it AFP! She states, “I would work with any trainer here!”**
- Is there anyone you would like to thank who has contributed to your success? **All the trainers she has worked with at one time or another!**



Thanks Stacy!!! Keep working hard!

### New Trainers

Two new trainers recently came aboard...

- Allyson Harten
- Harrison Camp

### Trainer adventures!

- Bree and Ryan Marsh are doing a Half and Full Marathon on February 14th, in Austin, TX.
- Marvin is doing a Half Marathon on March 7th.
- Misti's B-day is February 7th.
- Harrison is finding out the sex of his first child this month!