C:\Users\SC Series\Pictures\Microsoft Clip Organizer\pe07085_.wmf**Monthly Newsletter Vol. 4 Issue 1**

## Get in Shape for Summer!

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ll through the fall and the long, long winter, many of us have become rather lazy. Eating too much and not exercising enough have taken their toll. Soon it will be time to put on summer clothes. Do not wait another day to get into shape! Visit the fitness center today and begin the path to a healthier you.

Dennis Broward, one of our personal trainers, has developed a simple visual model he uses, which he dubbed “the CAN pyramid.” CAN stands for Consistency, Activity, and Nutrition, as shown in the figure below.

Consistency refers to being dedicated about exercising and practicing good nutrition and eating habits. Dennis notes, “It is about choosing an activity you enjoy and sticking to it. Add healthy eating habits and good nutritional choices, and you are on the road to success.”

Dennis claims that adhering to all three areas nearly guarantees a fitter, more toned body.

### Weight Room Makeover

The weight room has undergone an extreme makeover. Renovations are complete, and new equipment is installed. For those of you who spent the last two weeks using the makeshift weight facility while the project was being completed, we are grateful for your patience.

***“It is about choosing an activity you enjoy and sticking to it.”***

We are certain that members will be pleased with the finished renovations. Flooring and mirrors were replaced. The new rubberized flooring should provide a much more comfortable surface than the old carpet. Several new machines and stations were added to cut down on members’ waiting times. Benches and free weights also all were replaced.

Feel free to stop in and check out the new additions.

### Upcoming Events

Plan to join members for one of the many upcoming events. Calendars are posted in the lounges, lobby, and locker rooms. Scheduled events include Pilates classes, aerobics, senior fitness, beginner and intermediate weights, and tennis clinics. See the front desk for a complete list.