

# NEWSLETTER



## December

## Birthdays

Ej Sexton	12/6
Marcia Lange	12/7
Grant Moore	12/15
Amanda Burns	12/16
Jen Fullhart	12/19
Staria Brickner	12/20
Corey Wiedmeyer	12/28

# Accountability is mobile

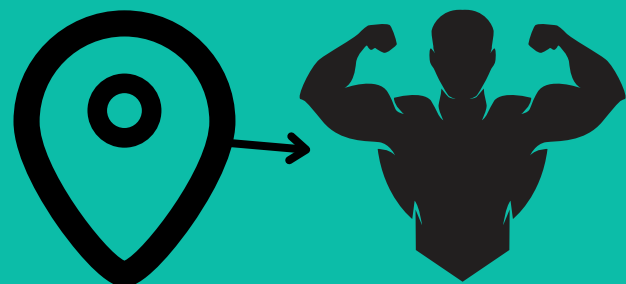
HI EVERYONE, WE WILL TAKE  
ACCOUNTABILITY TO THE  
NEXT LEVEL WITH A MORE  
DIGITAL MOVEMENT.

ACCOUNTABILITY IS ESSENTIAL, AND  
SENDING EMAILS AND TEXTS WE  
FEEL ISN'T ENOUGH, SO WE PLAN TO  
MAKE WEEKLY CHECK-IN CALLS TO  
KEEP FANNING THE FLAME OF  
MOTIVATION INSTEAD OF SLOWLY  
PUTTING IT OUT.



## Monthly progress!

AS ANOTHER WAY OF CHECKING YOUR PROGRESS WE WILL BE  
PROGRAMMING THE SAME WORKOUT THE FIRST MONDAY AND  
TUESDAY OF EACH MONTH AND THE LAST MONDAY AND TUESDAY  
OF EACH MONTH. WE WILL SHOW YOU HOW TO LOG THIS AND THEN  
COMPARE AT THE END OF THE MONTH  
TO SEE IMPROVEMENT. JUST ANOTHER  
WAY OF TRACKING PROGRESS.



# A SLIM SUCCESS

CONGRATULATIONS to all who participated in the 6-week Slim down challenge!

Several members have done a fantastic job losing almost 5% body fat, which is HUGE in six weeks!





**Every month we will be picking a member of the month. This person will be awarded with a one of a kind t-shirt. We will be telling you a little about this person and why they won!**

**Our first month's winner is Lauren McCarty! You come in every morning with a big smile and push yourself and everyone else. Keep up that energy and dedication!**



# JACKED IN JANUARY



Details  
Coming soon!!