

Richly Rewarding Living

Your Monthly Newsletter For Maximizing Life's R.O.I.™

"The more you put into it, the more you get out of it"

For Clients and Friends of Personally Fit

The Cancer You Can See

Skin Cancer...you've heard of it, you've looked at your moles with suspicion, thinking you'll see the dermatologist about them when you 'get around to it'...but did you know that skin cancer is the most common form of cancer in the U.S. 1 in 5 Americans will develop skin cancer in the course of a lifetime.

Skin cancer is the only cancer you can actually see and most skin cancers are preventable. According to the Skin Cancer Foundation, more than 90% of all skin cancers are caused by sun exposure—and for your children, regular sun protection throughout childhood can reduce the risk of skin cancer by up to 80%. Here's what you should know.

There are basically two types of skin cancer—lethal and disfiguring.

The lethal kind is melanoma. Melanoma can develop anywhere on your body, in otherwise normal skin or in an existing mole that turns malignant. For men, melanoma most often appears on the trunk, head or neck; for women, it most often develops on the arms or legs. The vast majority of mutations found in melanoma are caused by ultraviolet rays.

Melanoma accounts for about 3% of skin cancer cases, however, it causes more than 75% of skin cancer deaths. If it is recognized and treated early, it is nearly 100% curable. But if it is not, the cancer can advance, penetrating the skin, entering the bloodstream, and spreading to other parts of the body, where it becomes hard to treat and can be fatal.

It's important to get to know your skin very well to recognize when any changes in the moles on your body appear. What to look for—the 'ABCDE's' of melanoma if you see one or more, make an appointment with your dermatologist immediately.

- **Asymmetry:** if you draw a line through a mole and the two halves do not match
- **Border:** the borders of an early melanoma tend to be uneven, the edges may be scalloped or notched.
- **Color:** having a variety of colors is a warning signal
- **Diameter:** melanomas usually are larger in diameter than the size of the eraser on a pencil

BIG NEWS IN A SMALL BOX

- **Guess Your Trainer competition! Winner will receive \$25 gift certificate (see inside studio for details).**
- **The Match Up, a \$10,000 team weight loss challenge! Find out how you and four of your friends could win big. Visit www.healthywage.com for more details.**
- **Summer Sport Specific Training starts June 2nd. Visit www.PersonallyFitPerformance.com for more information.**

What's The Deal With The Title?

When I was trying to come up with a name for this newsletter, lots of stuff went through my head onto this page. But nothing grabbed me until I hit on the title/subtitle you see now. Because I think it sort of encompasses what I view as my role in your life: *helping you really get the most bang for your buck. Helping you grab this bull by the horns and take it for a good, long, fun and rewarding ride.* My hope is that, just like any friend, I can positively impact your life, and not just through exercise and nutrition, but also with stimulating and entertaining information. I'm certainly far from perfect, and have my moments of doubt and frustration like everyone, but I look at it as a privilege and an honor to have the opportunity to make my life, and to help make the lives of those around me, as good as they can be - as rewarding as they can be. But ultimately, *it all comes down to what we put into it, right?* The more we put into life, the more we get out of it. Return On Investment (ROI). The more we exercise, eat right, love, laugh, strive to accomplish goals, have fun *and really LIVE*...the better we feel, the better we are! It is the immutable law of life: you get out of it what you put into it. So that's why I chose this title.

- Evolving: any change—in size, shape, color, elevation, or another trait or any new symptom such as bleeding, itching or crusting—can point to danger

Prompt action is your best protection against melanoma.

The other kinds of skin cancer—Basal-cell carcinoma and Squamos-cell carcinoma—can be disfiguring.

Basal-cell carcinoma is the most common form of skin cancer, affecting about 1 million Americans each year. These cancers arise in the basal cells, which line the deepest layer of the top skin layer. Basal-cell carcinomas occur on parts of the body excessively exposed to the sun—especially the face, ears, neck, scalp, shoulders, and back. On rare occasions, BCC tumors can develop on unexposed areas.

Squamos-cell carcinoma, the second most common skin cancer, develops in the squamos cells that make up most of the skin's upper layers (epidermis). Squamos-cell carcinomas are most common in areas frequently exposed to sun, such as the rim of the ear, lower lip, face, bald scalp, neck, hands, arms and legs; however, it can occur on all areas of the body.

Both, basal-cell carcinomas and squamos-cell carcinomas are easily treated and cause minimal damage, if detected at an early stage. The larger the tumor has grown, however, the more extensive the treatment needed. Although these skin cancer seldom spreads, they can damage surrounding tissue sometimes causing considerable destruction and disfigurement.

Skin cancers are on the rise, no matter your age or skin color—each year there are more new cases of skin cancer than the combined incidence of breast, prostate, lung and colon cancer.

Here's a few tips for prevention:

- Avoid the sun between 10am and 4pm. The sun's rays are strongest during this period—even in winter or when its cloudy.
- Wear sunscreen everyday year-round. Choose a broad-spectrum sunscreen that has a sun protection factor (SPF) of at least 15; look for ingredients such as titanium dioxide and mexoryl, they do a better job of blocking UVA rays.
- Wear protective clothing, a broad-brimmed hat, and don't forget sunglasses.
- Be aware of sun-sensitizing medications.
- Avoid tanning beds and tan-accelerating agents.
- Check your skin regularly and report changes to your doctor.

Visit The Skin Cancer Foundation- www.skincancer.org for more.

Quick Tips To Revitalize Your Life

6 Ways To Revive Your Dreams & Passions

Are you living your dreams? Do you even remember your dreams? Or are you too busy trying to keep up with daily demands to take the time to dream? People who do what they love are typically healthier and have lower levels of stress. Here are 6 quick ways you can take time for you and discover what truly matters to you.

1. **Set aside time for you.** Keep a journal and write in it regularly to help you stay on task and track your progress. Think about what has ignited your imagination in the past.. Ask yourself whose life you would love to have and why. What was particularly moving or important about them? As you journal, note up to five things that spark your passion.
2. **Pick one of your passions and brainstorm with others to identify ways you could explore it.** Take a workshop or class that touches on your passion or sign up for some part-time or volunteer work in a related area.
3. **Identify roadblocks and figure out how to overcome them.**
4. **Define your limits.** Some questions to ask yourself: Do you need to limit your passion to hours outside your workweek? Do family responsibilities already consume a great deal of your time? Can you capitalize on point where your passion, job, family activities, and community may overlap?
5. **List five steps you can take today.** First consider the small, easy ones that can move you closer to realizing your passion. Don't shy away from the larger steps though. Think of a reasonable time frames to take initial steps and look at ways to eliminate nonessential time-gobblers.
6. **Now—Get Started!** Set up a schedule and do something. Enlist your friends and family as your 'support group', give them updates on your progress; continue journaling; and share your feelings as you go. After a couple weeks, evaluate how its going. Are you healthier now than when you began? Is this something you want to continue pursuing, or might you need to redirect your search for your passion?

Did You Know?

We offer a variety of fitness and nutritional services here at Personally Fit, including:

- ◆ **Rapid Results Nutrition**
- ◆ **Adventure Boot Camp for Women**
- ◆ **Sport Specific Training**
- ◆ **Couples and Trio Personal Training**
- ◆ **IMPACT Classes**
- ◆ **Transform Your Life Program**

For a complete listing of services visit our web site:
www.LongviewPersonalTrainer.com
 Or just give us a call and we'll mail you an info-pak!
 (903)663-0246

REFERRAL REWARDS!!!

I'd much rather pay you with free personal training sessions or lavish gifts than pay for advertising. Just refer us a friend, co-worker or family member who becomes a client and you WIN! **And the more you refer...the more you win.** There's no limit to my gratitude! Just tell the person you refer to use your name when they call or come in, and **we'll roll out the red carpet for them.** Seriously, we have a red carpet and we're not afraid to use it ☺.



CLIENT OF THE MONTH!

This month's client of the month is...
Linda Walters
Congratulations!
Every month we choose one client who has done something exceptional and reward him or her with a **FREE Personal Training Session**
Watch for YOUR name here in a coming month!

Linda has been coming to Personally Fit for nearly 3 years and has lost 13% body fat and 20.5 lbs of fat!
Way to go Linda!

Be Inspired!
"You cannot dream yourself into a character; you must hammer and forge yourself into one."
~ Henry David Thoreau

And don't forget, if you have any questions or concerns about your health, we're just an email or phone call away. We're here to help, and don't enjoy anything more than participating in your **lifelong good health**. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email or call with your question and I'll do my best to address it in an upcoming issue (or with you personally).
I'd love to hear from you.
chris@personallyfitbychrishill.com (903)663-0246

Memorial Day
What do you know about this historic holiday?

- **When was Memorial Day first celebrated?** Memorial Day was first celebrated on May 30, 1868. It was observed by placing flowers on the graves of Union and Confederate soldiers. It has since been established as a national day of remembrance of those who have died serving our country.
- **Why is Memorial Day celebrated on May 30th?** Three years after the Civil War ended, on May 5, 1868, the head of the Grand Army of the Republic established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers. This date was also chosen because flowers would be in bloom all over the country.
- **Memorial Day was declared a Federal holiday in 1971.**
- **Who started the custom of wearing red poppies?** In 1915, inspired by the poem "In Flanders Fields," Moina Michael came up with the idea of wearing red poppies on Memorial Day in honor of those who died serving the nation during war.
- On Memorial Day, the flag should be at half-staff until noon only, then raised to the top of the staff.
- **The National Moment of Remembrance Resolution**—At 3pm local time on Memorial Day, Americans are asked to pause for a moment of silence or listen to "Taps".


DO YOU KNOW THESE PEOPLE?
Welcome New Clients!
Here are the new clients that became members of our fitness family this last month! We'd like to welcome you publicly, and wish you all the best!
Leslie Schneck - (Referred by **Janet Porter!** Thanks!)
Dave Spurrier - (Referred by **Kelley Spurrier!** Thanks!)
Tami Denton - (Referred by **Diedra Camp!** Thanks!)
Paul Edelman - (Referred by **Clover Edelman!** Thanks!)
Lynette Goodson - (Referred by **Ryan Rector!** Thanks!)
We would also like to welcome returning clients **Randy Martin, Larry Merriman, Susan Curton, Brooke Babb, Laura Martin, Debra Hammons, Donna Wilson, and Susan Noon!**

Nutrition Support For Every Stage Of a Woman's Life

Women have unique health needs that vary with the changing years. During childbearing years, the focus is on proper nutrition in order to support a healthy pregnancy. Menopause and perimenopause require specific nutrients to offset declining hormonal levels and maintain normal chemical balances. And post menopause presents the challenge of maintaining bone and cardiovascular health and energy levels.

A solid foundation in nutrition can help ease the transitions in a woman's life. Whether it's menstrual cycle issues, skin care concerns, stress, or osteoporosis, Shaklee provides powerful products to meet the specific needs of women at every stage of life.

Women 20 to 35

- Though women at this age may be healthy overall, they generally experience higher levels of stress compared to older women.
- During this demanding phase in life, getting the right nutrients and making sure that energy levels meet expectations are crucial.
- This is "the age of prevention" when it comes to skin care. Starting a good skin care regimen now is essential to helping reduce the appearance of fine lines down the road. Acne can still be a problem at this age, while too little sleep, too much alcohol, and smoking can dull skin.
- Don't forget the sun protection. Too much sun now can set the stage for skin cancers for all types, including melanoma.

SHAKLEE Recommends

GLA Complex

- Helps maintain sense of well being
- Helps form prostaglandins, potent substances that help regulate bodily processes like blood flow and arterial wall integrity

Stress Relief Complex

- Lifts away everyday stress
- Helps relax the body and mind



Women 35 to 50

- As women enter their 30s, they begin a slow ending process of their reproductive years, known as perimenopause and menopause. Since each woman is unique, the duration and intensity of menopausal symptoms varies.
- Scientific studies have shown that, along with a healthy diet and lifestyle, consuming phytoestrogens (plant estrogens) may reduce the symptoms of menopause.
- These are also the decades when laugh lines and crow's feet begin to appear along with a double chin. As skin-firming collagen and elastin begin to break down, skin starts to lose its firm, supple texture.

SHAKLEE Recommends

Menopause Balance Complex

- Helps relieve common menopause symptoms such as mood swings, occasional sleepiness, and hot flashes
- Contains clinically proven black cohosh
- Provides phytoestrogens that help regulate hormonal balance

Energizing Soy Protein

- Naturally low in fat, cholesterol free, with all essential amino acids
- Contains the most clinically supported, plant-based protein from non-GMO soy; these soy isoflavones help minimize hot flashes and promote breast health



Women 50 and Beyond

Maintaining strong bones, preserving healthy joints, and promoting heart health a major concerns. It's important that the body is supplied with proper nutrients to help prevent osteoporosis and heart disease. At the same time, a woman's skin has matured. Cell turnover now takes twice as long as at age 20, making skin look dull. Skin has become thinner and more prone to wrinkles and drooping, while years of sun exposure can make the skin tone uneven.

SHAKLEE Recommends

OsteoMatrix

- Clinically proven absorption—helps reduce the risk of Osteoporosis
- With magnesium, vitamins D and K, manganese, zinc, and copper

Joint Health Complex

- Helps build and maintain cushioning in joints
- Blends natural glucosamine and clinically proven cat's claw extract



All Shaklee Products Are 100% GUARANTEED
And Shaklee Is Committed To Provide The Best In Women's Health Solutions
To Help Women Feel Well At Every Stage of Life

Call (903)663-0246 or email chris@personallyfitbychrishill.com (with Women's Health in the subject) right now to order - ask how you can **save** 15% on your orders

"A Picture Is Worth A Thousand Words"

Dear Clients and Friends,

I'm not sure who originally said it, but the quote is consistently relevant. The past several weeks all we've heard about is 'travelers being stranded,' 'flights grounded,' 'airlines losing millions of dollars' ...*all because of a volcano*, as the media tells us.

As you may have heard me say many times, the media loves to sensationalize, hype up, and look for 'news-worthy' angles to every story. Now, don't get me wrong, a couple weeks worth of flights backed up, people not being able to get where they need to go, and business's losing money is no joke. But an erupting volcano, spewing lava (as in molten rock) and massive amounts of ash is definitely no joke, and we shouldn't underestimate Mother Nature, she'll always win.

I came across a photographers blog, some really magnificent photos of the Eyjafjallajokull (try to say that three times) volcano, it's Mother Nature's glory at her finest.



To Your Health,

Chris Hill

Referral Rewards: Win free sessions or lavish gifts for your referrals. Be sure to print your name as "Referred By" We'll "roll out the red carpet" for your referrals and treat them like royalty!



\$ Can You Put A
Price On Looking
& Feeling Great?

Personally Fit
Guaranteed Results Personal Training & Boot Camp
www.LongviewPersonalTrainer.com (903)663-0246

\$ Can You Put A
Price On Looking
& Feeling Great?

Gift-A-Friend...Bring-A-Friend

Gift a friend of yours with this Certificate good for **1 free personal training session** .
Or bring your friend with you (please call ahead to let us know)
for a free buddy workout!
We'll roll out the red carpet and treat your friend like royalty!

Referred By: _____ Friend's Name: _____

Gift Certificate Expires: 5/31/2010