

# 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*

## Coffee...Is It "the Ultimate Superdrink"?

**M**ost of us start our day with it—coffee. Some of us may even recharge with more coffee throughout the day—for an afternoon pickup or perhaps before a workout. While you know, obviously, that caffeine perks us up and you may have also heard that it does improve concentration and focus....there are some other great benefits in that 'cup-o-joe' that you may not know about.

### It's a no-brainer!

Lifelong caffeinated-coffee drinkers may be less prone to develop Alzheimer's and Parkinson's diseases. Coffee's antioxidants may tamp down cell damage linked to Parkinson's. And caffeine blocks inflammation in the brain, which is associated with Alzheimer's.

### Sip for your smile.

Caffeinated java has anti-bacterial and anti-adhesive powers, so it may keep cavity causing bacteria from eating your enamel. And drinking a cup daily has been shown to slash oral cancer risk by half. Also, compounds found in coffee may limit cancer cell growth and DNA damage.

### Coffee's a bosom buddy!

Premenopausal women who downed four cups of regular coffee per day experienced a 38 percent reduction in their breast cancer risk, a study in *The Journal of Nutrition* finds. Coffee unleashes phytoestrogens and flavonoids that may stifle tumor growth. But drink up: Those who had less than 4 cups didn't benefit.

*Continued on next page →*

## BIG NEWS IN A SMALL BOX

- ◆ Transform class one will be graduating in 4 weeks! Come hear Chris and the five graduates tell their stories about their transformation at a Longview Regional Healthy Woman event on November 5th (more details soon).
- ◆ "Zumba is a blast!" That is the one thing I hear from people participating in our new Zumba class. It meets at 9:00am on Tuesdays and Thursdays.
- ◆ Next Adventure Boot Camp starts October 26th.
- ◆ Check out our new website [www.LongviewPersonalTrainer.com](http://www.LongviewPersonalTrainer.com) and [www.PersonallyFitBootCamp.com](http://www.PersonallyFitBootCamp.com) to find out more about our \$99 boot camp special.
- ◆ New "Keep It Off" program helps you keep the fat from returning!

### *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.

Coffee...continued...

### Stop stones.

Gallstones grow when mucus inside your gallbladder traps cholesterol crystals. Xanthine, found in caffeine, may reduce mucus and risk for deposits. Two or more cups daily may help.

### Save your skin.

Two to five cups of regular coffee daily may help lower your risk for non-melanoma skin cancer by up to 17 percent. Caffeine may spur skin to kill precancerous cells, and it also inhibits tumor growth.

### Dodge Diabetes.

People who sip 3 to 4 cups of regular or decaf coffee a day are 30 percent less likely to develop type 2 diabetes. Chlorogenic acid may help prevent insulin resistance, a precursor of the disease.

Now, if you like your coffee with a couple of dollops of cream and several teaspoons of sugar or as a frappuccino with caramel and whipped cream...you're basically turning it into dessert and drinking a cr me br l e.



This is okay as a treat once in a while, but I certainly don't recommend this everyday. With all the extras – sweeteners, flavors, cream and whipped cream, you are adding tons of extra calories, fat, and sugars that your body doesn't need and it definitely counter-acts your efforts in the gym.

To get these benefits, and your caffeine fix, opt for straight, black coffee.

But if you must, choose skim milk and sugar-free syrups instead. Also, select a lighter roast; its milder, so you need less milk and sugar to cut flavor.

## Hot Health & Fitness Tips

For Maximum Results In Minimum Time!

### Tips for Staying Motivated

**1. Create your personal 'reasons list'.** Take a few minutes (or maybe a couple of days) to jot down EVERY reason you can

think of as to why you want to get healthy / get fit / lose weight. If you don't know *why* you are doing something, you'll be less likely to keep at it. Keep this list with you or in a place where you'll see it daily to remind yourself why you want to stay on track. It's a powerful way to keep yourself focused and quickly 're-motivate'.

**2. Exercise with a friend.** Statistics show that people who exercise with a friend are more successful at staying consistent. With a workout buddy, you can keep each other accountable. Knowing that someone is waiting for you will motivate you to show up and get it done! Plus a buddy can make it more fun.

**3. Reward yourself!** Nothing keeps us more motivated than an incentive or reward at the end! Treat yourself to a massage or a new gadget or outfit after you've worked out consistently for a few weeks.

### 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**
- ◆ **Zumba Classes**
- ◆ **Corporate Wellness**

For a complete listing of services visit our web site: [www.LongviewPersonalTrainer.com](http://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...

# Suzi White

## 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!



← **Before**

**After** →



**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!

**Homer Owens** - (Referred by **Hunter Owens!** Thanks!)

**Nichole O'Rourke** - (Referred by **Lisa Allen!** Thanks!)

**Hope Dunavant** - (Referred by **Emily Arp & Julie Woods!** Thanks!)

**Suzanne Smith** - (Referred by **Liz Gibson!** Thanks!)

**Jaleeca Hatchett** - (Referred by **Rachel Spangler!** Thanks!)

**Lacy Holcomb** - (Referred by **Jaleeca Hatchett!** Thanks!)

**THANK YOU! THANK YOU! THANK YOU!**

Thanks to YOU, we're the hottest Personal Training Business in town. Our clients and friends deserve great thanks for graciously referring us to family, friends and neighbors. We build our business based on positive referrals from people just like you. *We couldn't do it without you!*

## Local Business of the Month

Every month I share one of my local favorites!

Racquet and Jog has the best running shoes and most knowledgeable sales people in Longview. I buy all my exercise gear there and recommend them highly to you! Go in and see them so they can get the correct shoes on your feet. Just tell them you heard about them from Personally Fit!

**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 or (903)663-0246**



**Tantalizing  
Trivia Test**

**Test U.S.  
History IQ!**

1. What are the three branches of government?
2. What are the first 10 amendments of the Constitution called?
3. Who said, "Give me liberty or give me death"?
4. Who becomes president if both the president and the vice president die?
5. How many senators are there in congress?
6. How many voting members are in the House of Representatives?
7. How many Supreme Court justices are there?
8. What do the stripes on the U.S. flag represent?

Answers: 1) executive, legislative, and judicial 2) The Bill of Rights 3) Patrick Henry 4) The Speaker of the House of Representatives 5) 100 - two from each state 6) 435 7) 7 8) 9 9) 8 10) the first 13 states

*Be Inspired!*

*"What life means to us is determined not so much by what life brings us, as by the attitude we bring to life; not so much by what happens to us as by our reaction to what happens."*

**- Lewis Dunning**

**Adventure  
Boot Camp**



Chris Hill  
Personally Fit  
1201 Loop 281  
Union Plaza, Ste 400  
Longview, TX 75604  
(903)663-0246

**Pictured Inside On Page 3...**

**Suzi White's before and after transformation!**

*Very, very cool!!!*

**Inside This FUN Issue of  
Richly Rewarding Living...**

**Coffee...Is It "the Ultimate Super-drink"?...Page 1**

**Hot Health & Fitness Tips—Page 2**

*Client of the Month...Page 3*

**Take a Risk...or Be Prepared...Special Flu Season Health Bulletin Insert**

*Here's Your Newest Issue of Richly Rewarding Living.  
Open and Read Now to See if You Are The WINNER of a  
FREE personal training session!!*

Address Block

## SPECIAL FLU SEASON HEALTH BULLETIN:

# Take a Risk...or Be Prepared by Naturally Boosting Your Own Immune System

Every day you breathe, eat, touch, and share millions of dangerous microbes that infest your surroundings. Unseen and unfelt, these substances still pose an undeniable health threat. Everyday life can challenge immune function. Poor nutrition. Stress. Pollution. Fatigue.

And with the looming Flu Season and increasing threat of the 'Swine Flu', it is more important than ever that we do an immune system check. What can you do to defend yourself and keep your immune system fit?

### Protect Yourself Every Day

Now there is a way to keep your immune system "ready to respond" every day with NutriFeron—a powerful breakthrough in immune science. NutriFeron is the only dietary supplement in the U.S. created by the doctor who discovered natural interferon that boosts the production of interferon in the body. The scientific and medical communities have identified interferon as *critical* to healthy immune function.

### Developed by the Immunologist Who Discovered Natural Interferon

#### More Than 40 Years of Research

After an exhaustive review of hundreds of natural compounds, Dr. Yasuhiko Kojima isolated four that induced key immune cell activity. This critical combination increases the body's natural production of interferon! This is the breakthrough, patented formula.

### Far Beyond Nutrition—How NutriFeron Works

- Increases the production of your body's natural interferon
- Optimizes your natural immune response process at the cellular level
- Prepares your immune system to better handle invaders
- Preliminary studies suggest that NutriFeron:
  - ⇒ Rapidly activates immune system defenses
  - ⇒ Calls the natural "killer cells" to action
  - ⇒ Balances your immune response against environmental irritants and airborne pollutants

### NutriFeron—Highest Level of Daily Protection

NutriFeron is an exclusive, patented supplement that increases the production of your body's natural interferon, a key influencer in your immune system. NutriFeron helps build a shield for your immune system, placing it on ready alert so it can better respond to threats.\*



### Clinically Proven, Patented, Powerful Formula

Unleash the potential of your immune system and strengthen it in a safe and natural way. NutriFeron, with its patented proprietary blend of four natural plant extracts from pumpkin seeds, safflower flowers, plantago seeds, and Japanese honeysuckle flower buds, has been clinically proven to support and stimulate the natural production of your body's own interferon.

The special combination formula in NutriFeron has been proven by *four* published human clinical studies.

### Shield Yourself With NutriFeron Everyday!

**\*Available ONLY from Shaklee\***

NutriFeron is not in stores. It is **ONLY** available through Shaklee. You won't find it anywhere else. Its unique patented formula is a Shaklee exclusive. A powerfully effective supplement, it has exceeded a stringent set of scientific tests for safety, purity, potency, and clinical tests for performance.

**\*\* 30 Servings Only \$39.00 \*\***

(Save an additional 10% when you add NutriFeron to your auto-ship!)

That's just \$1.30 a day to naturally boost your immune system to help protect yourself against colds, flu, and any other invaders!

Call (903)663-0246 or email [chris@personalfitbychrishill.com](mailto:chris@personalfitbychrishill.com) to order now!

### For Last Minute or Extra Protection Add - Defend & Resist Complex

Defend & Resist Complex supercharges your immune system and is meant for short-term, seasonal use. Take it at the first sign of a tickle - or when you have other signals that your body needs an immune boost.

D & R blends four clinically proven immune-supporting ingredients: echinacea, black elderberry, larch tree, and zinc. Each supports, enhances, and promotes a healthy immune response.\*

Great to have on hand for emergency protection or an extra boost when those around you have a cold or a bug.

**\*Just \$17.30 for 15 Servings\***



# "What's NEW At Personally Fit This Month!"

Dear Clients and Friends,

Welcome. As you may have noticed already, this month's newsletter looks a bit different. If you haven't noticed, take a quick flip through and then come back here.

Our 'Richly Rewarding Living' newsletter has gotten a refreshing face-lift. You said it was good before...but now, you'll see, it's even better! This new version really takes the cake.

It's our job here at, Personally Fit, to keep you up-to-date on the latest fitness, health, and wellness information, separate the fact-from-fiction, and help you get the most out of your health lifestyle.

And to keep up, we've had to make some updates and improvements. Now, I know sometimes change can be scary...but don't worry, we're bringing you the same great content and resources...just in a sharper format.

Let's take a quick tour. On page 1 & 2 you'll find articles on the latest health, fitness & nutrition studies, trends, and helpful tips. Plus some community news and more about us. Page 3 is all about you and your fellow Personally Fit members! This section will feature the 'Client of the Month' and a special feature of our monthly favorite local business. PLUS we've added a new special insert of our 'Preferred Provider Rolodex,' these are local businesses we highly recommend that we've teamed up with to provide YOU with special deals.

Enjoy! And certainly let us know what you think, by emailing us at [chris@personallyfitbychrishill.com](mailto:chris@personallyfitbychrishill.com)

To a fantastic, fun-filled month of fitness and great 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 by Chris Hill**  
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 **2 free personal training sessions** or **one free week of fitness Boot Camp**. Or bring your friend with you (please call ahead to let us know) for a couple free buddy workouts!  
*We'll roll out the red carpet and treat your friend like royalty!*

Referred By: \_\_\_\_\_ Friend's Name: \_\_\_\_\_

Gift Certificate Expires: 11/13/2009