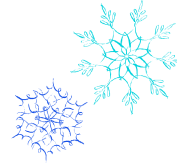


moxy
FITNESS



FEBRUARY
NEWSLETTER
2013

Believe it or not, Spring Boot Camp is just over eleven weeks away! Don't put off getting "back into shape" until Spring. We have two fitness sessions coming up that can give you that jump start you may be looking for!

WINTER SESSION
FEB 18TH – APRIL 5TH
**7 WEEKS

M,W,F @ 6:00 A.M.
CARDIO CLUB– THURS @ 6:00 A.M.
\$195

2X/WEEK- \$130
3X/WEEK- \$175



APRIL SESSION
APRIL 15TH – MAY 10TH
**4 WEEKS

M,W,F @ 6:00 A.M.
CARDIO CLUB– THURS @ 6:00 A.M.
\$110

2X/WEEK- \$75
3X/WEEK- \$100



SPRING BOOT CAMP
MAY 13 – JUNE 21

WHERE IT ALL
STARTED WITH THE
"HANDBAG."

DON'T MISS OUT.



**LIFE IS AN ECHO. WHAT YOU SEND OUT—
YOU GET BACK. WHAT YOU GIVE— YOU GET.**

"GREAT WORK" Moxy Boot Camp ladies, for your continued hustle and dedication the last 5 weeks. You've proved that resisting the urge to stay in bed when that alarm goes off before sunrise has much more satisfaction than a little extra "shut-eye!" Each week you've become stronger, quicker and more confident. We LOVE that!!! You have the momentum and the results.... Now keep it rolling! Its empowering to feel extremely fit and healthy- all while tackling so many of life's other challenges. You should be proud!

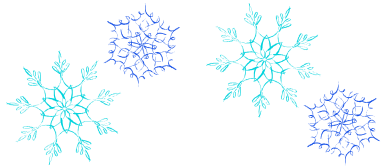
A little extra shout-out to **Kelary Hetheron, Kelley Kelso, Kel Gennert, Kelly Vial, Wendy Vane, Jen Trew** and **Melody Levitt** for taking anywhere from 1:30—5:00 minutes off of their timed "Ladder 25" workout!!! Also, to **Rita Frink** and **Darcie Goodman** for both significantly increasing their total reps completed in each of our three timed "Sweatbox" workouts! **Moxy Girls ROCK!**



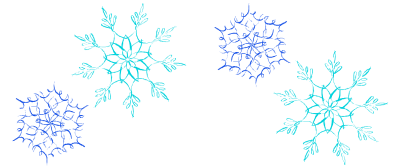
FIND OUT WHAT'S INSIDE....**OUTSIDE.** GET OUT. GET MOXY.

www.moxyfitness.com





Moxy Girl



Meet Moxy Girl Kelley Kelso! In the (almost) two years that Kelley has been a part of Moxy, she has totally transformed from an apprehensive "Basic Boot Camper" to a butt-kicking, confident Moxy Girl!!! Her consistency and great attitude pay off as she continues to get quicker, Stronger and more agile with each session. Way to go Kelley!



How Long have you been a Moxy Girl? May 2011 (Basic Boot Camp- I didn't think I could do the full boot camp back then). **What's the best part of starting your day with Moxy?** The energy boost for the rest of the day **What winds you up?** Too much to do in too little time **How do you unwind?** Getting into nature **Nickname?** Kel Bell **Occupation?** Scientist at an Engineering Firm. I work on Environmental Improvement Projects **Suicides or Squat Thrusts?** Both are equally painful :) **The one item you could never live without?** My family **My Friends and family would describe me**

as? Someone who tries hard at the things I do **In my next life I'd like to...?** I'm not saving what I want to do for my next life, I'm going to try to do it all in this one! **Guilty Pleasure?** I love wine (you're probably not alone on that one!!!) **Proudest moment?** Hmmmm... I'm having a hard time with this one- one moment is so hard to pick **I love being a Moxy Girl because.....???** Moxy has really made a huge difference in my life. When I started Moxy I was 25 lbs heavier and not feeling so good about myself. After I had kids, I sort of lost who 'I' was and Moxy was the first thing I did to make time for 'me' again. When I started seeing results, it felt so great - like I found the pre-kids Kelley again. What a gift!!!

Thank you so much Erika and Mel. 😊

Got the sniffles??? One of the best ways to ward off any flu is to build up your overall immunity.

Dave Grotto, author of "101 Foods That Could Save Your Life," reveals 10 foods that provide top doses of the vitamins and nutrients you need to protect and defend against illness. **MUSHROOMS:**



Mushrooms used to get overlooked as a health food, but they possess two big weapons you need this flu season: Selenium, which helps white blood cells produce cytokines that clear sickness, and beta glucan, an antimicrobial type fiber, which helps activate "superhero" cells that find and destroy infection. **FRESH GARLIC:** Strong smelling foods like garlic can stink out sickness thanks to the phytochemical allicin, an antimicrobial compound. A British study found that people taking allicin supplements suffered 46 percent fewer colds and recovered faster from the ones they did get. So start cooking with it daily- experts recommend two fresh cloves daily. **WILD CAUGHT SALMON:** In a recent study, participants with the lowest levels of vitamin D were 40 percent more likely to report a recent respiratory infection than those with higher levels of vitamin D. Increase your intake with salmon. A 3.5 oz serving provides 360 IU and some experts recommend as much as 800-1000 IU a day. **TEA:** Researchers at Harvard University found that drinking 5 cups of black tea a day quadrupled the body's immune defense system after two weeks, probably because of the theanine. Tea also contains catechins, including ECGC, which act like a cleanup crew against free radicals. Grotto suggests drinking 1-3 cups of green, black or white tea every day. **YOGURT:** The digestive tract is one of the biggest immune organs, so keep disease-causing organisms out with probiotics and prebiotics, found in naturally fermented foods like yogurt. One serving a day labeled with "live and active cultures" will enhance immune function. **DARK CHOCOLATE:** Nutrition experts agree that dark chocolate deserves a place in healthy diets and a study published in the British Journal of Nutrition, says it can boost your immunity too. High doses of cocoa support T-helper cells, which increases the immunes system's ability to defend against infection. **OYSTERS:** Zinc is critical for the immune system- it rallies the troops, or white blood cells, to attack bacteria and viruses like flu or cold. One medium oyster provides nearly all the zinc you need for a day. **ALMONDS:** Heart-healthy almonds provide the immune boosting antioxidant vitamin E, which can reduce your chance of catching colds and developing respiratory infections. You'll need more than a serving of almonds for your daily dose though, so try fortified cereals, sunflower seeds, turnip greens and wheat germ too. **STRAWBERRIES:** Even though vitamin C rich foods are probably the first thing you think of when you feel a cold taking hold, Grotto says the disease preventing power of the antioxidant is debatable. That said, some studies show it can reduce the intensity and duration of cold and flu, so it's worth a try. One cup of strawberries provides 160 percent of your daily needs. **SWEET POTATO:** Beta carotene improves your bodies defenses. Its instrumental to the growth and development of immune system cells and helps and neutralize harmful toxins. Sweet potato and other orange foods like carrots, squash, pumpkins and egg yolks are top sources.