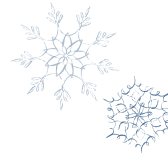


moxy
FITNESS



FEBRUARY
NEWSLETTER
2010



COMING SOON...
2010 SPRING BOOT CAMP
MAY 3RD – JUNE 12TH
MARK YOUR CALENDAR... YOU
DON'T WANT TO MISS OUT!!!



Wondering why these Moxy Girls look so FIT??? They just completed six intense weeks of TNT Boot Camp!



"I love the sweet smell of dawn— our unique daily opportunity to smell time, to smell opportunity— each morning being a new beginning"

Adjust Your Running (or exercise) Clock:

Are you Usually a morning runner, but winter's dark mornings have you hibernating? Instead of getting dressed half-asleep by the dim glow of the nightlight, put on your running clothes in a brightly lit room. When light hits your eyes, it signals your pineal gland to stop producing melatonin, a hormone that makes you feel sleepy. Compact fluorescent light bulbs work best because they closely mimic sunlight.



On that note.... Check out **Moxy Dawn Patrol**. Yep... working out entirely before the sun comes up IS a possibility! And it feels GREAT!

M, W, F @ 5:00 a.m.
(45 minutes of intense strength training utilizing TRX and Tabata training)

Spots available- Call or email for details

Are you usually an evening runner, but have to run (or workout) in the morning because of schedule conflicts? Give the transition at least two weeks and don't be surprised if you don't feel or run your best for a little while. It takes a couple of weeks to fully adjust to a time change. Switching your workout routine may make you feel like you're recovering from jet lag on a run, but your body will adapt to the new schedule.



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

www.moxyfitness.com





Moxy Girl



Meet Moxy Girl **Rita Frink!!!** Not only is she ultra FIT and motivated, but she's also an excellent leader and role model! She's an all around *Moxy Superstar* and we all love having her on the team!!!



How long have you been a Moxy Girl? Since June of 2008

What's your ideal Moxy workout? A good tempo run with a beautiful sunrise, or anything that pushes me. These TRX-Tabata

workouts are awesome! **Occupation? Dream Occupation?** Occupation- Landscape Architect. Dream Occupation- is there another occupation where I can get paid to color? Sign me up. **My friends and family would describe me as....** Quiet/shy, honest, what you see is what you get. **Biggest weakness?** That I have a tendency to plan my life while caffeinated... and EVERYTHING seems possible. As a result, I try to fit too many

thing into one day. **Little known fact?** I didn't actually even like running until about 10 years ago (I HATED it as a kid... sat in front of the TV all day). In another lifetime I was a tennis instructor in Santa Barbara. **Sport of choice?** I still play tennis occasionally, ski about once every 3 years, and of course I love to run out on the trails. **Favorite way to spend the weekend?** Breakfast out (must have great coffee), a good hike, working (just a little bit) on the house (but getting a lot done!) **In my next life I want to....** Have longer legs so I can keep up with Erika, Melanie, Anita and Kristy!

Nickname? Don't have one. (Hmmm.... I think we'll have to work on that one Rita!!!) **Salty or sweet?** Both together, but it has to involve dark chocolate. **I love being a Moxy Girl because....** It makes me feel 20 years younger than I am, and I love getting out with such a great group of fun and fabulous (and slightly crazy) gals. 😊

LAUGHTER...is the best medicine.



It's a well-known saying that may actually be true, according to a number of studies. Evidence suggests laughter is a true health promoter, helping reduce stress, boost your heart rate,

increase circulation, and even burn calories.

For example, laughter helps combat stress, which is well-known to decrease immune-system response. Less stress means a better immune system, making your body less prone to infection and disease. Reducing stress levels also makes it easier to fall asleep. Inadequate sleep can contribute to a whole host of negative health consequences.

But how could laughter possibly burn calories? It's actually a simple concept, if you think about it: When you laugh, your body moves in various ways; muscles throughout the body stretch and, depending on the strength of the laugh, your abdomen and other areas of the body may even contract repeatedly. Now that's a workout and a laugh all in one!!!

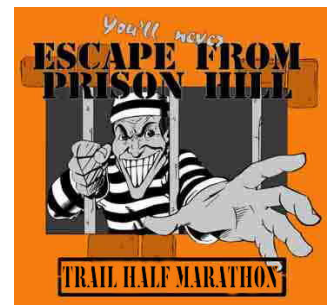
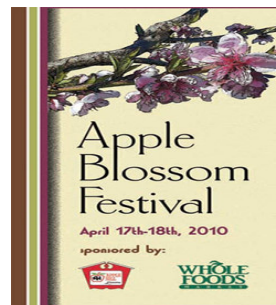


Refuel. FAST.

You're not done with a long or hard run until you consume protein and carbohydrates to repair muscles and restock glycogen supplies. Try whole-grain pancakes with Greek yogurt and blueberries.

Pancakes provide carbs, Greek yogurt is high in protein, and antioxidant-rich blueberries help fight inflammation. Plus, they taste good too!!! Check out our favorite whole grain pancake recipe on the Moxy website!

LOOKING FOR SOME FUN SPRING EVENTS TO TRAIN FOR? CHECK THESE OUT:



FOR MORE DETAILS VISIT:
WWW.BREAKOUTRACING.COM
WWW.TAHOEMOUNTAINMILERS.COM