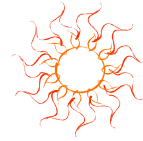


**moxy**  
FITNESS



JULY  
NEWSLETTER  
2011



CHECK IT OUT:

**MOXY REFERRAL PROGRAM**



REFER A **NEW** MOXY MEMBER AND YOU WILL  
**BOTH RECEIVE 20% OFF!!**

TAKE ADVANTAGE OF GETTING YOUR FAVORITE GIRLS  
TO JOIN YOU FOR A SUNRISE AND SAVE SOME \$\$\$\$

\*\*\*OFFER ALSO APPLIES TO *TWO NEW MEMBERS*

Moxy's **Annual Tallac Hike** is Coming up!  
Mark your calendar, get a sitter, cover your  
shift at work.... You don't want to miss this  
awesome morning!

**Thursday, July 28th @ 5:30 a.m.**

(Meet at The Bike Trail to car pool to the trailhead)  
More details to follow....



*"Keep the promises you make to yourself."*

Stay "MOXY FIT" this summer!!!  
Next session starts Monday!

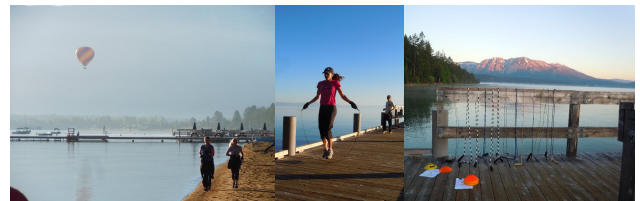
**5 Week Fitness Session**

**July 18th - Aug 19th**

M, T, W & F (6:00 a.m.)

\$125

*"The breeze at dawn has secrets to tell...  
Don't go back to sleep."*



*"Live each season as it passes; breathe  
the air, drink the drink, taste the fruit  
and resign yourself to the influences  
of each." -Thoreau*

**Looking Ahead- MOXY 2011**

**Endurance Boot Camp** (Sept 5 - Oct 14)

**Strength Session** (Sept 5 - Oct 13)

**Fall Boot Camp** (Oct 17 - Nov 23)

**December Session** (Nov 28 - Dec 23)

**\*\*Kokanee 10K and Half Marathon** (Oct 2nd)

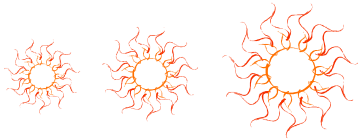
**\*\*Nike Marathon and Half** (Oct 16th)



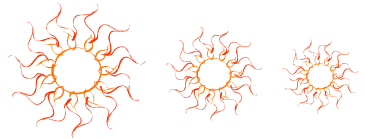
FIND OUT WHAT'S INSIDE....**OUTSIDE.** GET OUT. GET MOXY.

www.moxyfitness.com





# Moxy Girl



Meet Moxy Girl **Kel Genner**!!!! If there's anyone on our team of girls that gives their heart and soul it's this lady! It's 110% from Kel- ALWAYS!!!! She's passionate, intense and committed in all aspects of life. We love the hustle, team spirit and *even* the constructive criticism she brings to class each day. Hey, we just love HER!!!!

**1. How long have you been a Moxy Girl?** Since Caden Mathews was in utero. What is that, seven years? I started with that kooky weekend Boot Camp (which should be reprised), but didn't do my first spring Boot Camp until 2007. **2. Favorite Moxy workout?** Almost (ALMOST!!) anything on the beach. And I like the one (don't know what it's called) that has different stations, three people, three exercises per station. You do each exercise 1 minute, then switch, then each exercise 1 minute Tabata-style (which comes as a relief! after the full minute), then switch stations to the next set of three exercises **3. Little Known fact?** I play piano, sing and write songs (real ones, not just those Boot Camp cheers), but I should say I used to, I'm so rusty. **4. Nickname?** My beach nickname is Kelp, or Kelpie, from my years of living in Bolinas, on the coast north of San Francisco (now we know why you're always up for an early swim Kel!) **5. When I grow up, I want to...?** Find out who I really am, and live my life according to that, not according to what I think other people expect from me. Be a successful full-time artist. Travel and make art that becomes books. Have some sort of outlet for my music. **6. Occupation?** I used to manage Aspen Hollow Nursery, then, when I was finally able to break away from that (retail makes me crazy!), I managed the Aspen Hollow Store. This year I've kind of made the switch to being mostly in the background with that

business (retail makes me crazy!), doing buying and marketing, to allow me more time to concentrate on art.

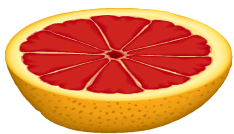
**7. Super-Hero?** My mom, Erika, Mel, my friend Carole, Joni Mitchell, Mary Jo

Koch, Marta Beckett. Not your usual superheroes, but the ones I can use are good role models for my life. If you had asked what superpower I would most like to have, I would love to be able to fly. And if I can't fly, I want an invisibility cloak. (We agree on both of those!)

**8. Cardio or Tabata?** Tabata, I guess. It's harder for me to do on my own. **9. I am most passionate about...?** Nature, nature & art, nature & beauty, nature & kids, nature.

**10. Favorite Book?** The Time Traveler's Wife by Audrey Niffenegger, Animal Dreams by Barbara Kingsolver, The Log From The Sea of Cortez by John Steinbeck. **11. Coffee or Chocolate?** Chocolate!

**12. My friends and family would describe me as...?** Creative, compassionate. **13. I love being a Moxy Girl because...?** It gets me outside early in the morning, and there's always a gift in that. The girls are awesome, and the workouts are good for my body and my brain. Did I say the girls are awesome? 😊



Looking for a water-rich snack to eat and quench your thirst? **Try grabbing a Ruby Red!** This red flesh grapefruit is juicy and sweeter than it's pink flesh relative and it's full of health benefits! According to health care professionals, consuming just half a grapefruit is enough to provide a substantial defense against many ailments, ranging from the common cold to cancer. This fruit is a potent source of vitamin C, which is a major antioxidant. Half a ruby red packs only 36 calories, but nearly 47 milligrams of Vitamin C— 78 percent of the recommended daily value for this important antioxidant nutrient. Vitamin C serves many functions in the body. In addition to supporting proper function of the immune system, Vitamin C is needed for healthy gums, protecting the body's cells from damage, building collagen, wound healing and enhancing absorption of the trace mineral iron. The red variety of the grapefruit contains additional benefits in the form of lycopene and vitamin A. These are both significant antioxidants, which further boost the immune system in the fight against free radicals. Another group of phytonutrients— limonoids are found in grapefruit. Limonoids help with detoxification by promoting the formation of an enzyme that helps cause toxins— including carcinogens— to become more water-soluble, allowing them to be more easily flushed from the body. Eat up!