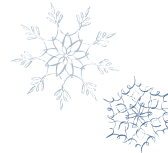


moxy
FITNESS



MARCH
NEWSLETTER
2011

"Early to bed, Early to
rise, makes a Moxy
Girl healthy, wealthy
and wise (and fit!!)"

MOXY SPRING BOOT CAMP 2011



MAY 2ND — JUNE 11TH
6 WEEKS (M-SAT @ 6:00 A.M.)

\$250 (\$6.94/CLASS)

*OPTIONAL BOOT CAMP SWAG AVAILABLE
FOR PURCHASE



YOU **WILL** GET FIT... YOU **WILL** GET DIRTY... YOU **WILL** HAVE FUN!!! **DON'T MISS OUT.**



Check out these five health reasons to not quit coffee:

- 1. It protects your heart:** Moderate coffee drinkers (1 to 3 cups/day) have lower rates of stroke than non-coffee drinkers, an effect linked to coffee's antioxidants. Coffee has more antioxidants per serving than blueberries, making it the biggest source of antioxidants in American diets. All those antioxidants may help suppress the damaging effect of inflammation on arteries. Immediately after drinking it, coffee raises your blood pressure and heart rate, but over the long term, it actually may lower blood pressure as coffee's antioxidants activate nitric oxide, widening blood vessels.
- 2. It diverts diabetes:** Those antioxidants (chlorogenic acid and quinides, specifically) play another role: boosting your cells' sensitivity to insulin, which helps regulate blood sugar. In fact, people who drink 4 or more cups of coffee each day may have a lower risk of developing type 2 diabetes, according to some studies. Other studies have shown that caffeine can blunt the insulin-sensitivity boost, so if you do drink several cups a day, try mixing in decaf occasionally.
- 3. Your liver loves it:** OK, so the research here is limited, but it looks like the more coffee people drink, the lower their incidence of cirrhosis and other liver diseases. One analysis of nine studies found that every 2-cup increase in daily coffee intake reduced liver cancer risk by 43 percent. Again, it's those antioxidants—chlorogenic and caffeic acids—and caffeine that might prevent liver inflammation and inhibit cancer cells.
- 4. It boosts your brain power:** Drinking between 1 and 5 cups a day (admittedly a big range) may help reduce risk of dementia and Alzheimer's disease, as well as Parkinson's disease, studies suggest. Those antioxidants may ward off brain cell damage and help the neurotransmitters involved in cognitive function to work better.
- 5. It helps your headaches:** And not just the withdrawal headaches caused by skipping your daily dose of caffeine! Studies show that 200 milligrams of caffeine—about the amount in 16 ounces of brewed coffee—provides relief from headaches, including migraines. Exactly how caffeine relieves headaches isn't clear. But scientists do know that caffeine boosts the activity of brain cells, causing surrounding blood vessels to constrict. One theory is that this constriction helps to relieve the pressure that causes the pain, says Robert Shapiro, M.D., Ph.D., associate professor of neurology and director of the Headache Clinic at the University of Vermont Medical School.



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

www.moxyfitness.com





Moxy Marathon Boot Camp 2011

With much request and increased interest, we are excited to announce that we will be offering an Endurance Boot Camp this fall with the focus being the **Women's Nike Marathon!** (we will be offering a second camp as well for those with less running in mind). The Nike Marathon is an awesome event and we look forward to participating in it as a strong, determined and proud team of girls– **MOXY**. The one catch with this is that the marathon is a lottery system. Thankfully, Heidi has arranged to put our name in as "Team MOXY" and we are hopeful that we will be picked! Once picked, we must register by mid April. Yes, a little early to commit to running with 10 ft walls of snow on the trails.... But SOO worth it! For anyone interested in training for a marathon or half marathon through our upcoming Marathon Camp, but not able to do Nike, there are a couple of great marathons (Napa marathon, Bizz Johnson & Kokanee) that would fit into the training schedule as well. Space may be limited for the Nike Team entry, so if you haven't already, be sure to contact us if you are interested. We will send out an email with more details as soon as they are available.

Nike Women's Marathon 2011

On October 16th, 2011, Nike will celebrate it's eighth year of the Nike Women's Marathon! We invite you to join 20,000 women as we race together through the streets of San Francisco to raise funds and awareness for the Leukemia & Lymphoma Society.

Every detail of the Nike Women's Marathon has been planned with a woman in mind. Who could resist:

- *Official finisher necklace designed by Tiffany & Co.
- *100% recycled Nike Dri-FIT finisher T-shirt in women's sizes (unique for both full and half participants)
- *Lavish three day interactive Expotique in Union Square
- *Breathtaking course views starting in Union Square and ending along the Pacific Ocean
- *Extraordinary on-course support and entertainment
- *Post-race celebration at the finish line including food, music and more

For More Details check out:

www.nikemarathon.com

