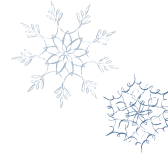


moxy

FITNESS



MARCH
NEWSLETTER
2010



Looking to get a jump start to Spring Boot Camp? Maybe EASE back into a fitness program after a long winter of hibernation? (Yes... the holidays ARE over my friends!!!) Well, Here's your chance:

4 Week Boot Camp Prep

March 29th - April 24th (\$99)

M, T, W, F & Sat @ 6:00 a.m.



***We will be offering our last Dawn Patrol session as

well (M,W,F @ 5:00 a.m./\$75) For more questions call or visit the Moxy website @ www.moxyfitness.com



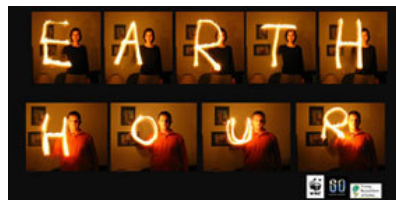
Mark your calendar and **Celebrate Mother Earth...**

Earth Hour: March 27th @ 8:30 p.m. - Lights out!!!

LTCC Earth Day Festival: April 17th, 10:00 a.m. - 5:00 p.m. - Learn about recycling, alternative energy, sustainability, and more!

Earth Day: April 22nd – start your vegetable garden, bring in your recycling, clean up a local beach or attend a local earth day event!

On **Earth Hour**, hundreds of millions of people, organizations, corporations and governments around the world will come together to make a bold statement about their concern for climate change by doing something quite simple— turning off their lights for one hour. In the US, where we are already feeling the impacts of climate change, Earth Hour sends a clear message that Americans care about this issue and want to turn their lights out on dirty air, dangerous dependency on foreign oil and costly climate change impacts, and make the switch to cleaner air, a strong economic future and a more secure nation. Participation is easy. By flipping off your lights on **March 27th at 8:30 p.m.** local time you will be making the switch to a cleaner, more secure nation and prosperous America. In 2009 during Earth hour, global landmarks such as the Sydney Harbour Bridge, The CN Tower in Toronto, The Golden Gate Bridge in San Francisco, and Rome's Colosseum, all stood in darkness, as symbols of hope for a cause that grows more urgent by the hour. For more information visit www.myearthhour.org



*"Take nothing but pictures.
Leave nothing but footprints.
Kill nothing but time."*

Don't forget to check the Moxy BLOG for photos, workouts, and "words of wisdom" from your favorite MOXY trainers!!
www.moxyfitness.com



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

www.moxyfitness.com





Moxy Girl



Meet Moxy Girl Sara Pierce!!! When Sara joined us last Spring, we knew she *already* had a lot of Moxy! **Enthusiasm, support, energy, motivation....** She's brought it **ALL** with her and continues to **add to the Moxy team each day!** *Ella es fantástico!!!*

How long have you been a Moxy Girl? I have been a Moxy girl since last Spring's boot camp! Now, I'm a Moxy girl for life! **Favorite Moxy workout?** Wow, that's so hard! I would have to say "the prison cell workout." I just feel so good after all that hard work. But wait, then there's Tabata; Tabata really seals the deal at the end of a hard workout, so it might just be my favorite too. But then I LOVE to be outdoors, so.... I can't decide, I love it all! (Thanks Sara...we do too!!!)

Nickname? No nickname. Last name maybe, Pierce.

Biggest weakness? Push-ups or just being quiet by myself. No matter how many push-ups I do, I never feel strong enough AND no matter how much I try, I have such a hard time just being quiet by myself!

Occupation? Dream occupation? Living my dream occupation! Spanish professor at Lake Tahoe Community College. Such a fantastic job... **Sport of choice?** Tennis for sure. I play on a woman's 4.0 league for a lake team. I played tennis in college and will always adore it. I loved playing mixed doubles best! I like to play with the boys. Yeah, I'm competitive! **Hidden Talent?** I played piano for 13 years growing up. I think I'll always have a great love for all types of music. **Next Adventure?** Well, I would like to think of my life as ONE continuous adventure, but I

would say the next BIG adventure that I'm really looking forward to....after Maui in a week, abalone diving this summer, and more....would be Chile/Argentina during my sabbatical

from the college. I have travelled a lot for my studies, but have never been to South America and I really, really am excited to see this part of the world! **In my next life I'd like to come back as....?** An Avatar. I loved this movie. I thought it brought to light a lot of our human defects. Plus, I'd love to fly on those horse-type animals. Awesome. **Bad habits?** Cracking my knuckles for sure....or procrastinating. **The best word to describe myself?** Gregarious **I love being a Moxy Girl because.....** I get to wake up and do something for ME.... before I do something for my son or my hubby or my students or my dogs. My best girlies are there and I feel like I'm on top of the world at 7AM! It's the only way to live..... 😊



Tis the season... for STRAWBERRIES



Eat them up- they're good for you!

This fruit gets its bright red color from antioxidant compounds called anthocyanins, which are found in other red and blue fruits and help reduce inflammation and counteract muscle damage from exercise. One cup of strawberry halves contain just 49 calories and nearly 150% of your daily value for vitamin C- more than an orange.

Highly perishable, strawberries are best within a day or two of purchase or picking. The enemies of strawberries are warmth and moisture. Store the fruit in the fridge until an hour before using, then rinse and pat dry. They won't ripen after picking, so select ones that are already red and have a sweet scent.

🍓 Try them with two drops of balsamic vinegar and one teaspoon of sugar... a classic Italian dessert... YUM!



And last... a special "Congratulations" To not only an amazing sister and role model, but to one of my best friends.

To a strong-minded woman and amazing mother... a soon to be mother of TWINS! (YAHOO!!)

If anyone can handle five little ones, it's YOU! You have a strong group of Moxy girls here supporting you the entire way. We love you... XOXO



"Two faces to wash, and four dirty hands
Two insistent voices, making demands
Twice as much crying, when things go wrong
The four eyes closing, with slumber song
Twice as many garments, blowing on the line
Two cherubs in the wagon, soaking up sunshine
Work done for twins, naturally comes double"
But four arms to hug me, repay all my trouble"