

**moxy**  
FITNESS



NOVEMBER  
NEWSLETTER  
2009



Congratulations... to all our Moxy Triple Crown girls for a successful ten weeks of boot camp and three GREAT events!!! Our third event, the **Fall Colors** was fun, challenging and beautiful. Definitely a keeper! Everyone finished out strong... Moxy Girls till the very end. "Thank you" for making training so much fun and our mornings so enjoyable. **WE LOVE OUR JOB.** ☺



MAKE SURE TO MARK YOUR CALENDARS...



**Moxy's 5th Annual  
Thanksgiving 10K Turkey Trot**

Please join us **Thanksgiving morning** for a fun run/walk out to Fallen Leaf Lake. Not only is it a perfect way to start the day, but it also makes that Thanksgiving FEAST a bit more rewarding! We will meet at the **High School Football field at 6:30 a.m.**

Feel free to bring family, friends, and pets!

(We've been known to meet after for pumpkin pie lattes too!  
We hope you can make it!)

**December 4 week Fitness Session**

(Dec. 7th - Dec. 31st) \$75

Workouts held Mon, Tues and Thurs @ 6:00 a.m.

Maintain your fitness through the busy holiday season with the perfect balance of workouts:



- **Body Blast** (total body workout, using bands/TRX system and 4 muscle-specific stations)
- **Power hour** (An intense group style workout focusing on total body strength)
  - **One hour cardio**



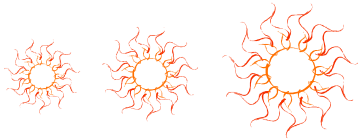
**MOXY** is a way of life, an attitude, a frame of mind. It follows us wherever we go. It's not just something that happens at dawn and lasts only an hour. The strength, inspiration and energy that comes from the workouts and the group of girls stays with us throughout the day, the week, the month... Not only does the spirit of Moxy follow us throughout our days, but so does the **MOXY GIRL** herself. Runs, road trips, hikes, coffee dates... we like to take her *everywhere!* Where do YOU take Moxy??? Allana and Kelly took her to the top of the world... Mount Whitney!!! Tough girls, accomplishing big feats with a little **MOXY!** **WE LOVE IT.** Send us a picture of *your* Moxy adventures. We'd love to see!



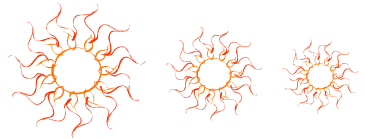
FIND OUT WHAT'S INSIDE....**OUTSIDE.** GET OUT. GET MOXY.

www.moxyfitness.com





# Moxy Girl



Meet Moxy Girl **Michelle Hirschfield**! From Jane Fonda and leg warmers to boot camp and handbags, this girl has come a long way! We knew she was TOUGH when she completed her first marathon the very first year she started running seriously!!! Strong, committed and energetic... we love having her around!

**How long have you been a Moxy Girl?** I've been a Moxy Girl since Spring 2007. Before that I was a VHS tape queen (think leg warmers and high top Reeboks). I finally decided to get outside and explore this amazing place I live. Actually, I just wanted Cheryl Cannon to think I was cool.) **Favorite Moxy location?** Anywhere that leads me to Fallen Leaf Lake! **In one word, I would describe myself as?** Dramatic. **Occupation?** I host Heavenly's live TV show, "Another Heavenly Morning" from December to April. Other than that, I stay home with my babies. **Dream Job?** To be a candy tester for Willy Wonka (I actually applied but they wanted a chemistry PhD, not a BA in film/TV.) I should probably work for Facebook... I'm on it all day! **Salty or Sweet?** One after the other and then back to the first! **Hidden Talent?** I can sing. I once sang the national anthem on national TV... AND I can stick my tongue up my nose. **Biggest struggle in life?** My biggest struggle in life is excessive sweating in only one armpit... Oh wait, you probably meant something more philosophical... I struggle most with patience. I am super emotional and lose my cool very quickly. I wish I never yelled at my kids. **Movie of choice?** Pulp Fiction is the best movie EVER and anything with Robert Downey Jr. I will see twice! I am counting the days till Iron Man 2. Seriously!! **Next big adventure?** We will be buying our first home in

2010 and I think I might cut my hair. **Favorite word?** RAD! HILARIOUS! (Least favorite word is Nibble) **Little known fact?** I was best friends with Shannon Doherty for one day... she dumped me for Alyssa Milano. Also, I HATE cheese. All kinds. The taste, the texture, the smell... it's rotten milk for pete's sake! **Biggest Strength?** My ability to roll with it. I'm flexible, spontaneous and don't sweat the small stuff. I believe with all my heart that things work out the way they are supposed to. **Intervals or hill repeats?** Intervals! You remember what happened to Jack and Jill? **I love being a Moxy Girl because...** Moxy changed my life. I had never run before Moxy and I have completed one marathon, 3 half marathons, a couple 10Ks and a triathlon. For the first time in my life, I am aware and in touch with my body. I eat better (Okay, not really, but I know HOW to eat better) and I'm stronger than I ever thought I could be. I love the "girl time" and feel there is a special bond amongst Moxy Girls. I feel supported, inspired and most important...HEALTHY! 😊



## Health Perks:

That morning cup of coffee does more than just help you get going, suggests a recent research. Here's how much you may need to drink daily to lower your risk of these three increasingly common diseases.

### Dementia & Alzheimers Disease



### Type 2 Diabetes



### Parkinson's Disease



**FACT** 80 PERCENT OF PEOPLE ARE MORE LIKELY TO STICK WITH A WORKOUT IF THEY HAVE A PARTNER TO JOIN THEM.



A special shout out to **Rita Frink** for not only completing all three Triple Crown half marathon events, but also being a **Triple Medalist!!!** Rita placed in the top four of her age group in ALL three events...



"Way to go girl!!!"

"GOLD MEDALS AREN'T REALLY MADE OF GOLD. THEY'RE MADE OF SWEAT, DETERMINATION, AND A HARD-TO-FIND ALLOY CALLED GUTS."