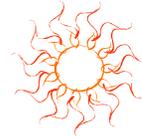


moxxy
FITNESS



NOVEMBER
NEWSLETTER
2010



BELIEF.
Belief fuels enthusiasm...
and enthusiasm explodes into
passion. It fuels our souls
and lifts our spirits.



Don't miss the best part of Thanksgiving Day:

Moxxy's Annual Turkey Trot

November 25th @ 6:30 a.m.

Meet at the high school football field for an
awesome out-and-back run (or snowshoe!!!)
to Fallen Leaf Lake.



Everyone is welcome- family,
friends, dogs.... Come on out!

** If weather conditions are questionable
call Erika (318-3035) for updates

Christmas is right around the corner!
As usual, we have Moxy gift certificates
available. The gift of health and fitness
is always nice under the tree!



"The first fall of snow is not
only an event, it is a magical
event. You go to bed in one
kind of world and wake up in
another quite different...
❄️ And if this is not ❄️
enchantment, then where is
it to be found???"

December Fitness Session

A perfect maintenance
program through the holidays!

November 29th—December 24th

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

\$75

Classes include:

- Agility, Ropes & Core
- Moxy 'Sweat Box'
- Cardio Mix-Up
- Ladder Workout
 - Moxy 50
- Steady Strength



It's BACK....**DAWN PATROL.**
AN INTENSE 45 MINUTE WORKOUT FOR
THOSE OF YOU WHO NEED THAT EXTRA
HOUR IN THE MORNING. WE'LL SEE YOU AT
5:00 A.M!

STARTING JANUARY 3RD, 2011
DETAILS TO FOLLOW.

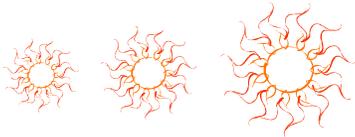
GET UP. GET MOXY.



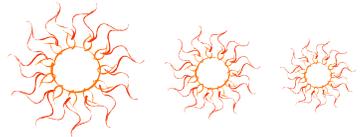
FIND OUT WHAT'S INSIDE....**OUTSIDE.** GET OUT. GET MOXY.

www.moxxyfitness.com





Moxy Girl



MEET MOXY GIRL **ROBIN ROGERS!!!** IT DOESN'T TAKE LONG TO SEE WHAT A BEAUTIFUL PERSON SHE IS INSIDE AND OUT! HONEST, GENUINE, WITTY, CARING, TALENTED, T.O.U.G.H. AND VERY MUCH **MOXY FIT....** WE CAN'T SAY ENOUGH GREAT THINGS ABOUT HER! SHE IS A GREAT TRAINER AND FRIEND AND WE'RE SO LUCKY TO HAVE HER.

HOW LONG HAVE YOU BEEN A MOXY GIRL? I JOINED MOXY AS MY 45TH BIRTHDAY PRESENT TO MYSELF, SO THAT WAS 8 YEARS AGO!

FAVORITE THING ABOUT BEING A MOXY COACH? I AM CONSTANTLY AMAZED BY THE WOMEN AND THEIR ACHIEVEMENTS. IT'S LIKE THEY WERE BORN WITH MOXY CELLS, JUST WAITING TO BE PUT TO WORK! **WHEN I GROW UP I WANT TOO...???**

BE A PROFESSIONAL HORSE JOCKEY. YOU KNOW, KENTUCKY DERBY TYPE **HIDDEN TALENT?** I CAN WRITE MY NAME FORWARD (WITH MY RIGHT HAND) AND BACKWARD (WITH MY LEFT HAND), BUT GET THIS— AT THE SAME TIME!!! YEAH, THAT'S WHAT I'M TALKING ABOUT! **LITTLE KNOWN FACT?**

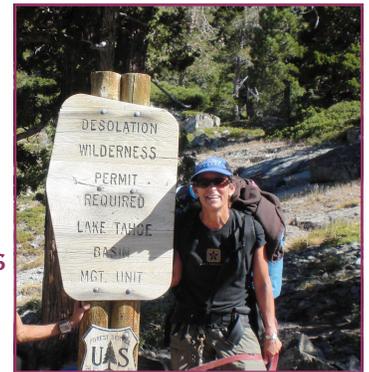


I WORKED IN SAN FRANCISCO FOR 20 YEARS IN ADVERTISING

THE ONE WORD THAT BEST DESCRIBES ME IS? TRUE. **SQUAT THRUSTS OR SUICIDES?** SUICIDES FOR SURE!

MY BIGGEST WEAKNESS IS? BUTTERED POP-CORN, HOME MADE OF COURSE **NEXT BIG ADVENTURE?**

16 DAY CRUISE— BUENOS AIRES TO MIAMI **I'M MOST PASSIONATE ABOUT?** TEACHING PIANO **NICKNAME?** ROCKY **I LOVE BEING A MOXY GIRL BECAUSE.....** I GET TO BE WITH THE MOST AMAZING WOMEN EVERY MORNING AND WHEN I'M TRAINING I GET TO INSPIRE THE GROUP TO DO THEIR BEST! 😊



Have you tried **Amber Wilson's Recipe for Butternut Squash Soup???** When pumpkins and fall colors leave you craving something warm and comforting to eat, try this quick and delicious recipe for butternut squash soup. A great weeknight dinner, this soup is so savory that you won't remember it's healthy.

Ingredients:

1 medium-large butternut squash, halved length-wise, seeds removed

1 small onion, chopped

2 cloves garlic, chopped

1 quart low-sodium chicken stock

Chopped fresh sage

Salt and pepper

Olive oil



Heat oven to 400°. Sprinkle inside of butternut squash halves with salt and pepper and drizzle with olive oil. Place on baking sheet with the inside of the squash facing down. Roast in oven until soft and beginning to brown, about 45 minutes. When squash is cool enough to handle, scoop out the cooked butternut squash and discard the skin. Heat a large pot over medium heat. Add 1 Tablespoon of olive oil and sauté onion and garlic, stirring often so that garlic doesn't burn, about 3 minutes. Add cooked butternut squash to pan along with 2 cups of chicken stock. Stir and continue to add stock slowly, until soup reaches desired consistency. Carefully transfer soup mixture to a blender or food processor (or use an immersion blender right in the pot) and puree soup until smooth (adding more stock if needed). Return pureed soup to pan and adjust the thickness of the soup by adding more stock as desired. Increase heat to medium-high and heat soup through. Add salt and pepper to taste and top with chopped sage. Enjoy! Check out more recipes and tips from Amber on her weekly blog (www.moxyfitness.com) or check her out at www.new-life-nutrition.com.