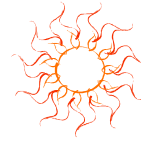




moxy
FITNESS



SEPTEMBER
NEWSLETTER
2010



It's that time of year again!!! Don't miss out on a perfect fall event (or "winter" event if it's a repeat of last year!) Check it out:

Kokanee Trail Runs

5K/10K and Half marathon
October 3rd, 2010

5K/10K start @ 10:00 a.m. (\$35)
Half Marathon start @ 9:00 a.m. (\$40)
To register visit www.tahoemtnmilers.org

***Celebrate after with family and friends at the
Camp Richardson Oktoberfest
(Food, Beer, Music and FUN!!!)



"LIFE BEGETS LIFE.
ENERGY CREATES ENERGY.
IT IS BY SPENDING ONESELF
THAT ONE BECOMES RICH."



We're back from our blogging Hiatus!!! Summertime fun kept us a little busy, but we're back in the routine and adding new posts to Facebook as well as our Moxy Blog so be sure to check back frequently for pictures, workouts, words of wisdom, etc. Also, we will be having registered dietician, Amber Wilson posting a weekly blog on nutrition!



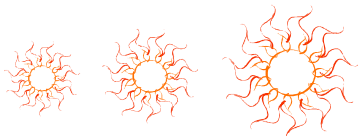
Thanks for a FANTASTIC Summer ladies!!!
".... And my week would not be the same if I did not get some quality time with some like-minded, ball-capped, pony-tailed, strong-spirited, quick-steppin' ladies. Half the time I am too winded to talk and only see the back of their Moxy jackets, or they see the back of mine.... But it doesn't matter. I just want to be in their good company."



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

www.moxyfitness.com

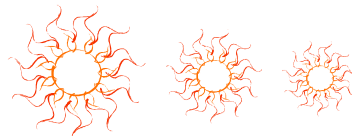




Moxy



Girl



Meet Moxy Girl **Amber Wilson!!!** We are excited to be teaming up with this Lake Tahoe native in the future for nutritional guidance, tips and advice!

Amber Wilson, MS, RD, has been encouraging others to lead healthful lifestyles for the past eight years. She combines a wealth of nutrition expertise with a passion for inspiring others to form simple and healthy habits. Amber is the founder and owner of **NewLife Nutrition, LLC** where she brings an array of knowledge and education to her practical and personalized counseling approach. Amber's experience includes a variety of nutrition settings such as nutrition private practice, adult weight management, clinical nutrition, school nutrition, corporate wellness and nutrition public relations. Amber is also an experienced health writer and is featured in the Winter 2010 edition of the *ADA Times*. Amber holds a Bachelor's degree from UCLA and she completed her dietetic program through Chicago's most renowned medical centers including Northwestern Memorial Hospital and the University of Illinois Medical Center. With a Master's degree in Nutrition Communication from Tufts University, Amber is an expert at weeding through complex nutrition science and breaking it down to basic, everyday language. Currently, Amber works closely with men and women of Lake Tahoe, Sacramento and the Bay Area to help them achieve their health and nutrition goals. Her specialties include weight loss, prenatal nutrition, sports nutrition, healthy menu planning and cooking and eating with allergies.



How did you hear about Moxy? My hair stylist— Cheryl Cobrae **Hidden talent?** It's hidden so well, I can't find it! 😊 **Nickname?** Ambs **Biggest weakness?** Making decisions **My friends and family would describe me as...?** A foodie **Salty or sweet?** Salty and sweet, I'm a Gemini **Biggest accomplishment?** Becoming an entrepreneur **When I grow up I want to...?** Live on a tropical island **Cardio workouts or strength training?** Cardio!
We look forward to having Amber as part of the team!



Did you know that coconut water is a naturally healthy and energizing drink??? Check it out:

Coconut water has been drunk by people for generations especially in tropical regions around the world to quench their thirst and to cure their ailments. Following are reasons why a person gets health benefits by drinking coconut water:

Rehydrates the body after exercise: Coconut water is an isotonic solution which replaces the fluids and minerals that the body losses during physical activity. Athletes and exercisers should drink coconut water to replace the minerals and fluids that the body losses during workouts. **Boosts immune system and fights viruses:** Coconut water contains monolaurin, an antiviral, antibacterial and anti protozoan monoglyceride that is used to kill lipid coated viruses such as HIV, herpes, cytomegalovirus, flu and various pathogenic bacteria. **Detoxifies and cleans the body of waste:** People who have kidney problems and are plagued by kidney stones should drink coconut water in addition to taking their medication. Drinking coconut water regularly helps to break up kidney stones. It also prevents urinary infection. Coconut water is a urinary antiseptic that helps eliminate poison in case of metal poisoning. **Can be used for blood transfusions in case of emergency:** Coconut water has the same level of electrolyte balance as the human blood and is almost identical to blood plasma. In the Pacific war of 1941- 45 both sides of the conflict regularly used coconut water to give emergency plasma transfusion to wounded soldiers. **Is better than processed milk and more nutritious than whole milk:** It has less fat and cholesterol. Lauric acid found in coconut water is the same as that in human breast milk. **Controls high blood pressure:** According to the journal of clinical hypertension, individuals with hypertension suffers from low-level of potassium. Drinking coconut water significantly reduces risk of hypertension. **It's nutritious:** It contains glucose which acts as sugar for energy in the body when taken; vitamin b, for replacement of worn out cells and tissue; vitamin c, to protect the body from ailment like scurvy; and potassium, to help lower blood pressure. Coconut water is low in carbon and sugar, and it is 99% fat free.