



Check out our latest *WITHIN YOUR LIFESTYLE* newsletter with articles and information featuring:

- Re-Start Your New Year's Resolution Now!
- Our JAM Fitness Feature: Workout on the Road (No Equipment Necessary)
- Our JAM Wellness Feature: Eating for Satisfaction by Amy Hesse, M.S.
- Jazzercise Keeps Things Hot
- Youthful Seniors' Winter Volleyball
- JAM Rewards Program
- Amy's a Mom! Any New Moms Looking for a Coach?

This edition is dedicated to our good friend and client, **Roger Schaver**, who completed a snow shoe race in freezing temperatures on the shores of northern Wisconsin. Roger finished the 10k (6.2 mile) race in 92 minutes, 27th out of 344 competitors!

Re-Start Your New Year's Resolution Now!

If you made a New Year's resolution this year, you are one of the 50% of Americans who do so every year. Unfortunately, those who are successful at achieving their resolution are in the minority. Less than 16% of annual resolutions are met. Don't let this happen to you!

According to FranklinCovey who surveyed 15,000 of their customers, the top five resolutions were:

- Get out of Debt or Save Money
- Lose Weight
- Develop a healthy habit (exercise, eat better)
- Get Organized
- Develop a New Skill or Talent



According to an article from RISMedia, **Julie Morgenstern** of FranklinCovey says, "Most New Year's resolutions are articulated in the form of activities,



such as 'lose 10 lbs, get organized, and get out of debt.' Strengthen your conviction by identifying the 'why' behind the activity. The 'why' connects you to your bigger picture goals-the core values which give your life meaning. For example, Resolution - exercise more. Why? To boost my energy and strength. Resolution - get out of debt. Why? To gain sense of security. Resolution - spend more time with family. Why? To deepen connections. Identifying the 'why' will help you be more successful in goal setting and in keeping your New Year."

Morgenstern and Stephen Covey offer these ideas to help stick to the resolutions we've made: choose 1 or 2 realistic goals, make sure they have clear measurements and deadlines, write down your goals, set up the steps or the process to get there, tell others about your goals, track your progress, reward yourself and recommit if you slip.



JAM FITNESS FEATURE: WORKOUT ON THE ROAD

(NO EQUIPMENT NECESSARY)

Vacations! Business trips! "Sorry, just couldn't get my workout in, I was traveling." Well, when you're traveling, it's a great time to get pumped! Check out our JAM Fitness Feature by visiting www.jamprofitfitness.com and clicking on the "Instruction" link. A quick, yet effective exercise program you can do in your hotel room.



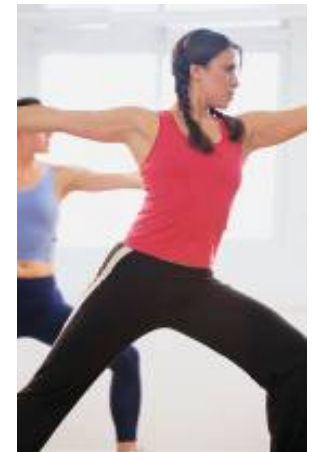
JAM WELLNESS FEATURE:

EATING FOR SATISFACTION, by Amy Hesse, M.S.

I tell all of my clients that the key to reducing body fat is to focus on nutrition- both the amount of calories you take in and the quality of the calories. Our resident expert on the subject, Amy Hesse, has put together an article that hits right at the heart of the matter. Check out her article at our website www.jamprofitfitness.com by clicking on the "Instruction" link. It will help you stay motivated to make the right nutritional choices!

JAZZERCISE KEEPS THINGS HOT

Several of our JAM in-home fitness clients are also involved in Jazzercise, so we thought we'd spread the word on what Jazzercise is all about. Jazzercise is a 60 minute class incorporating cardio, strength, and stretch moves for a total body workout. Each 1 hour workout is a fusion of dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk and classics. Every class includes a gentle warm up, 30 minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. Find a morning or evening class near you by calling Michelle Foote at 414-640-4052 or visiting www.jazzercise.com. I participated in a class in February and it was a great workout- although I need to work on my dance moves!



YOUTHFUL SENIORS' WINTER VOLLEYBALL

Fitness is a lifestyle that can be embraced at any age. This notion is quite evident at the Milwaukee 55+ Winter Volleyball League. With two matches going on side by side each hour, the gym that they play in has the electricity of a high school rivalry game. The banter makes the experience as much fun as anything. "Hey Al, what was that that flew past you?" a teammate shouts as a ball bounces past a player. "At least I didn't hurt myself," is the response, causing several other teammates and spectators to laugh. It's fun, and that's what it's all about, isn't it? Getting out there, having fun, and exercising. Whether it's exercising in your living room or walking the dog, get out there and do it! For more info on the volleyball league, e-mail: jeff@jamprofitfitness.com.





JAM PRO FITNESS REWARDS FOR REFERRALS

Want to earn a free personal training session? Many of you may participate in credit card or other programs that offer rewards to be redeemed for services. But you know that often times these involve complicated point systems and redemption processes.

At JAM Pro Fitness we want to make our offer simple – we will provide a free session for every individual or couple that you refer who becomes a paid customer. At JAM Pro Fitness, we believe in the value of our services and the benefits this brings to your health. Our satisfied customers are our best form of advertising. A free session is our way of saying “thank you” for believing in the benefits of our business. Just make sure your friends or family members mention your name when setting up their free fitness consultation.



AMY'S A MOM! ANY NEW MOMS LOOKING FOR A COACH?

Congrats to Amy and Cal on their bouncing (literally) baby boy! Rumor has it they actually had a date night for the first time since they can remember! Along with Amy's fine health and fitness education and experience, she “walked the walk” throughout her pregnancy, keeping herself in great shape, and has continued to do so all with a busy home and work life. Any moms looking for guidance (Amy feels your pain) let us know by clicking the “Contact” link on our website at www.jamprofitness.com. Amy would love to talk with you to see if her services are what you need. Thanks to all of you who are reading this and striving to better your health and fitness!

Yours In Better Health,
Jeff Mrochinski
President
JAM Pro Fitness, LLC

