

FOUR CORNERS HEALTH & FITNESS

“Elevating Lifestyles and Sculpting Bodies of All Ages”

The New Four Corners T-shirts Are In and You Can Purchase One For \$12

Get A T-shirt For Free : Refer A Friend To Sign-up, or Purchase A Personal Training Package

Stay Active!

The winter months are starting to approach and it will become more difficult for you to want to get out of the warm house and out in the cold to get over to the gym. It is very important that you try and stay active even though the weather can be quite a large road block for you. Take advantage of your down time and come to the gym. Also keep your friends and family active by having them join you at the gym. Remember any new clients you bring to us can earn you different rewards.

Fitness Tip of the Month

Many Americans today are becoming more and more sedentary. It can be very beneficial to your health to be more active through out your entire day. Instead of using the elevator take the stairs. When you go out shopping or somewhere park farther away for a longer walk. Instead of driving walk or ride a bike when possible. Taking these small steps each day can help to improve your general fitness over a period of time.



Did You Know...

**People can live without food for about a month,
but can only live about a week without water!**

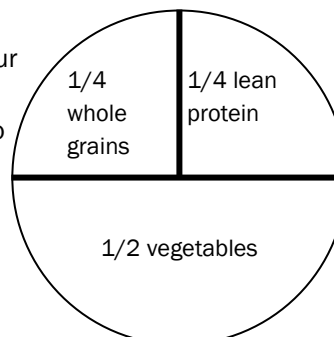
****Don't forget any members new or current are eligible for
discounted prices if they have Blue Cross & Blue Shield Insurance****

~Good Luck to all our participating members in our

Race Across PA contest!~

Dividing Your Plate

When having a sit down meal other than your snacks through out the day you will want to try and divide your plate up. You will want 1/4 to be whole grains such as a rice or pasta side. Another 1/4 you will want to be a lean protein such as a grilled skinless chicken breast. Also you will want about half your plate to contain vegetables of your choice. Try to vary the types of food you eat to get different nutrients from different types of food.



October 2008

Volume 1, Issue 2

Welcome Our New Members!

Ryan Roberts
Paul Bentzeni
Robert Ryan
Thomas Mellinger
Brian Mc Cartney
Rose Rizzo
James Discon
Steve Keyes
Andrea Celentano
Grace Calabrese
Thomas Philips
John Walker
Rob Cohowica
Patty Jaccoud
Michael Szerling
Lisa Philips
Hector Arbelo
Dan Nowosad
Mark Davenport
Jessica Walker
Russell Daniels
Connie Mc Connell
Barbara Bill
Kelly Unruh
Marv Walton
Rendell Hoagland
Stacey Miller