



# Fitness Layne HEALTHLINES

1295 Archer Drive, Troy, Ohio 45373 • Phone: (937) 335-7300  
[www.fitnesslayne.com](http://www.fitnesslayne.com)

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## Just Chas~

Hey ladies, we have so much going on right now. First of all, I need your help to find someone who loves to work with kids, so we can offer in-house childcare. We are preparing a room upstairs with fun things for kids to do while you work out. Speaking of workouts, I'm busy learning about how to prepare for a marathon. Have you ever thought about running or run/walking a marathon? What a great lifetime

achievement! Our plan is to meet once a week or so for a group run. We will compare our training plans from the previous week and set goals for the next training week. The Columbus marathon is scheduled for November, so we'll have to get busy. Please welcome **Lisa Hess** to Chastity Layne's. Lisa is a reflexologist, whose business "Back to Basics Health Shoppe" is located in our sunroom. Call 332-8479 to schedule an appointment!

## What's Happening~

### Encouragement Circle

Our last encouragement circle was held on May 10, 2003. If you missed it, we enjoyed Nature's Best protein drinks and Jaxon corn mush fried in Cap-Tri oil and sprinkled with splenda. It was delicious! Clients Joy Ginn, Pam Cermak, Val Baker, and Kim Pugh gave tips to their incredible success. **Go to [www.fitnesslayne.com](http://www.fitnesslayne.com) for more what each got out of the experience.**

Kim began in January after strong "encouragement" by her husband. Okay, he really talked her into it! But the transformation has been due to Kim's hard work.

**She has lost over 16 pounds and 9% fat.**

Pugh attributes her success to "doing what she was told" and taking the initiative to learn on her own. Kim followed her trainer's advice by choosing clean foods from the Parrillo Nutrition plan. She was creative in the foods she prepared, and found that having food prepared helped her eat more regularly. Performing pre-breakfast cardio until she reached her weight loss goal was vital. Now, Kim continues with regular exercise, but her cardio is not predominately pre-breakfast...

## Success Story~ Kim Pugh



Go to [www.fitnesslayne.com](http://www.fitnesslayne.com) for more on Kim

### Website

Have you checked our website lately? We've made some changes. It is divided into two sections, Fitness Layne and Chastity Layne Slone (the fitness competitor). Fitness Layne is geared to provide information to prospective clients as well as provide additional tools for success to current clients. Let your friends know they can soon join for \$12.95 per month. This membership will give them access to workout programs, recipes, and nutrition tips.

### Fitness Tip~

Some of you have chosen to take the summer off and join us again this fall. We will miss seeing you each week. To help you continue making fabulous progress, we've added a home workout program and a progress tracker to the website.

## News & Such~

### Specialty Classes

Go to [www.fitnesslayne.com](http://www.fitnesslayne.com) for more details on each of the following.

#### Pilates:

The class emphasizes work on core strength as well. Pilates is offered on Mon. evenings at 6:00 p.m.

#### Urban Stretch:

Saturday at 9:00 a.m. is the time for Urban Stretch.

#### Boot Camps:

Boot Camp at Chastity Layne's is group personal training with an emphasis on cardio-strength drills. Please contact us for information on class times and availability. Ginghamsburg Boot Camp is group personal training held on Mon/Wed mornings.

#### Marathon Training

Columbus Marathon Training will be announced soon. Don't miss this opportunity to make friends while training toward a goal of a lifetime.

Many Chas recommended Resources~ and helpful web links now on line!