



To Your Health

News, updates and health tips from East Highlands Fitness

November/December 2014

Issue #6



Our Member of the Quarter

Scout Hollister, at the age of 17 and ready to graduate from Liberty High School, has become the subject of inspiration around here at East Highlands Fitness. Three knee surgeries, a fractured collar bone, a separated shoulder and over 3 years of physical therapy are just a few of the struggles Scout has had to overcome starting just before his freshman year of high school.

Walking around the gym with an unloader brace on his knee and his head held high, Scout has shown a tremendous amount of improvement. We cannot thank you enough for the inspiring effort you put in every day to better yourself.

Once graduated, Scout plans to head off to college at the University of California, Santa Barbara to study environmental science.

Keep up the outstanding work Scout; we know you'll be gloriously inspiring those around you wherever you go!



Upgrade Today!

Premium Membership NOW includes ALL our classes: Yoga, Zumba, Bootcamp/TRX, and Spinning Classes (which will begin in January 2015).

Also included with Premium Membership is **unlimited** use of the infrared sauna AND a 10% discount on both Personal Training and Massage Therapy.

Get the MOST out of your membership for just \$49 per month. See the front desk today!

Fall Fitness Challenge Results

Congratulations to all the participants of this year's Fall Fitness Challenge. In just 60 days, as a group, we earned a total of 1,154 stars! That's a lot of workouts! You all deserve a round of applause!

On an individual level, there were three participants that collected more than 14% of all the stars earned! Tom Ryan earned the over-all top position by collecting 56 stars! Coming in second was Isabella Medrala with 54 stars. Third place was secured by Sam Meredith who earned 50 stars! One raffle ticket for every 5 stars earned were accrued for the remaining participants. Five winners were drawn from those raffle tickets to win prizes. Congratulations to Dean Anderson, Jose Rivera, Kody Sherman, Heather Dahm and Dave Usher.



Nutritional Tip of the Month



'Tis the Season for holiday meals! Do yourself a favor and **fill at least half your plate with GREEN (salad and veggies)**! Besides giving you additional nutrition it will decrease the amount of less healthy food you eat. For dessert, remember **nothing tastes as good as the first few bites!** Stop after three!

Fitness Tip of the Month



Relieve stress during the busy holiday season by scheduling time with yourself! Do some things that you enjoy including reading, taking baths or getting a massage. Yoga, walking and bicycling only 15 minutes a day will help lower those stress hormone levels and keep your 'happy' in your holidays!

Give The Gift of Fitness

Give your friends and family something special this season that will express how much you care. Gift certificates are a wonderful solution to your holiday gift giving woes. They are available at the front desk and recipients may use them for Group Classes, Infrared Sauna, Massage, EHF gear, Personal Training Sessions and membership dues!

Spinning Classes Coming Soon

Spinning Classes will begin in January in our newly renovated classroom space. These classes will be unlimited to members who retain Premium Membership status. Punch cards will be available at the front desk.



Massage Special



- * 30 Minute Infrared Sauna
- * 60 Minute Massage (of your choice)
- * Hot Clay Packs

**Only \$50
(a \$95 value)**

Offer good until December 31st, 2014

REMINDERS!

- Zumba– Monday and Wednesday at 6:00pm at the Metropolitan Banquet Hall
- Yoga Fusion on Wednesday at 7:00pm following Zumba
- Bootcamp/TRX Monday & Wednesday at 6:00am and Saturday at 9:00am and 10:00am.
- Make an appointment with our new Massage Therapist.



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"Like" our Facebook page to find out the latest news at the gym.