

LARRY NORTH

FITNESS



Work It

The big picture...

Our capabilities as human beings have grown at incredible rates. Practically every part of our lives is being made faster, easier and cheaper. So why are we still so baffled about our diet, nutrition, and overall health? Why when learning how to lose weight and keep it off, do we continue to make the same mistake over and over again: *Starve ourselves then gain the weight back, starve ourselves then gain the weight back.* We do the same thing again and again, yet expect different results. Has time stood still as it relates to fitness and nutrition? Or are people truly believing that someday losing weight and getting lean muscles will be as easy as a snap of the

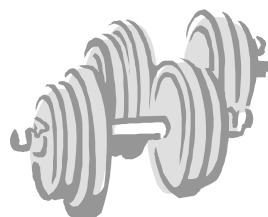
fingers?

If I can do it, so can you!

With all my constant traveling to speak across the country, I made it a point to work out in each city I visited. I asked every hardbody I could just how they achieved their physique. They all said the exact same thing: *They all eat every 2 1/2 to 3 1/2 hours.* They combine high quality proteins with carbs, they reduce their fat consumption to the best of their ability, they do cardiovascular exercise 4-5 times per week for 30-45 minutes. And each one lifts weights religiously at least 3-4 times per week for no more than 60 minutes per session.

With our changing society – moving at warp speed – if

you're not taking the necessary steps to take care of yourself, you're going to lose out. The treadmill has been turned on and it's moving fast. If you can't stay on then you're going to get thrown off. You can't wait for overnight success. You *must* work for it. Seek and you shall find.



Larry's Lessons

- **Drink Water!** - Many people get so caught up in their workout that they forget to replenish the fluids they're sweating out. It's okay to slow down, or even stop to take a drink; just don't gulp it down too quickly or you may cramp up.
- **Use your time wisely** - If you only had thirty minutes, three times a week to devote to exercise what would your workout be? Cardio, weights, both? It depends on your goals. Let's assume your goal is to firm and tone, then most definitely your time would be much better spent lifting weights for thirty minutes.
- **The little things count** - Take the stairs instead of the elevator, concentrate on taking longer strides when you walk. Whenever you feel like taking a nap, take a walk. You'll find you are more refreshed from the light exercise than from the light sleep.

Health Clubs

Highland Park— Mondays and Fridays at 5:30 p.m. new trainer Michael Benavidez has reinvented the kickboxing class. Be prepared to learn new moves, sweat, and burn 500 plus calories. Following the kickboxing class, stay for one more hour of continuous muscle toning and intense strength poses in Lisa Whittmore's Power Yoga class.

Preston Royal— We are so excited to welcome new General Manager Joe Long to the club. Feel free to stop by and meet him. If you are

someone who wants to increase your strength, agility, and quickness, then the new class Matrix is definitely for you. It is an athlete's course and provides non-stop cardio.

Rockwall— Don't forget about the Art of Exotic Dancing class on Tuesdays at 7:15 p.m. Also, a new spin class just began; the first class starts at 5:30 a.m. and there are several other classes held throughout the day. So come by and check it out!

Southlake— We want to thank all of those that came out to our Member Appreciation day on July 16. There were several vendors from the area that were able to distribute some free samples. It was a wonderful success.

Fort Worth— Beginning August 1, Larry North Fitness is launching the first ever Body Make-over Challenge. The program lasts three months and will closely follow Larry North's Slim Down for Life.

Houston— Congratulations to Fitness Director Randi Spector who participated in the Branch Warren Figure competition and won first place in class B. Trainer Miguel Cuevas won first place in the Branch Warren Classic Novice heavyweight division and he also won first place in the novice overall competition. To check out pictures go to <http://www.musculardevelopment.com> then click contests, then Branch Warren Classic.

Upcoming Events and Larry's Speaking Engagements

- Slimdown America – Catch Larry give some life changing lessons on his radio show Saturdays on AM station 660 KSKY from 3:00–4:00 p.m.
- Crystal Cruise—Join Larry as he sets sail aboard a luxurious tropical passage cruise through the Panama Canal. Enjoy 11 days with Larry and attend his seminars on mind, body, and spirit wellness. Learn weight loss secrets not covered in his two books *Get Fit*, or *Living Lean*. Stop by one of the clubs to ask for more information.

Quote of the Month

“Success is not about how many gyms or how many members we have, it is about successful clients who lose weight and keep it off by taking advantage of our comprehensive health and fitness programs” - Larry North

Recipe of the Month: Simple Fruit Sorbet

Cool yourself off this month with a refreshing fantastic dessert. Serves 4:
 - 4 cups frozen fruit (strawberries, raspberries, or blueberries)
 - 1/4 cup of sugar
 - 1/4 cup skim milk
 - 2 tablespoons Grand Marnier or your favorite liqueur (can be done without)

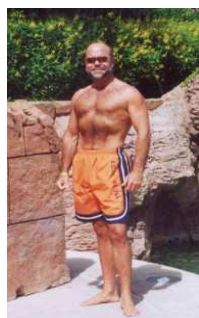
Puree the berries in a food processor. Transfer to a blender, add the other ingredients and puree again. Stir to make sure you get an even puree. Continue blending until smooth. Serve immediately.



Member Profile: Michael Stanley



Before



After

Last September I was on my way to a routine insurance physical and a stress test, just a couple of hours and then I'd be on my way. But six hours later and a lengthy consultation with my doctor I was shocked with my results. I had high cholesterol, calcium deposits in two arteries, and I rated extremely poor on the treadmill stress test. The doctor said, "Do not be discouraged, being thirty nine years old and way out of shape, you will have plenty of time to save up for a double bypass if you don't change your lifestyle. Depressed and discouraged I knew something had to change. I work near downtown and had noticed that a Larry North Fitness had opened and with some encouragement from my wife I decided I might stop by. It had been almost ten years since I had last worked out at a gym, wow things had changed. The staff at Larry North were sincere and most helpful and I immediately felt at ease. I was really getting excited about working out, but really did not have a clue about where to start. They explained about Larry's nutritional program, which consisted of six meals a day. I wondered if that would really work. I was informed about personal training and the advantages associated with training and the advantages associated with training with a certified instructor. I decided I would give it a try and I joined on the spot, which was one of the best decisions I have ever made in my life. Armed with my XXL gym pants and shirt was ready for my first personal training session. I lasted less than seven minutes on the elliptical trainer and I thought I was going to die. Everyone was so encouraging though and said that I was doing great. My current trainer Lynnette Quinn, is very dedicated to her profession and quite knowledgeable with over twelve years of experience. Her commitment to excellence along with the entire staff here at Larry North has made my journey a lot easier. I have lost twelve inches from my waistline and fifty-one total inches in the last year. Lynnette has me on a four-day workout routine, thus allowing me to concentrate on specific muscle groups instead of an overall full body workout. She keeps it challenging to say the least. My cardio consist of forty-five minute workouts, four to five times a week. Each week Lynnette changes up my routine with different exercises, which helps to keep it interesting. As a result of your help I'm seventy-two pounds lighter and feel like a new person; therefore I would like to express special thanks to you Lynnette, You are the best! I would also like to thank Erick for the opportunity to share my success and to Jimmy Mak and his entire staff at Larry North for their kind words of encouragement. May God continue to bless you all.

Sincerely,
 Michael Stanley

Employee Corner

We are so proud to have Ken Davis as the new Fitness Director in Fort Worth who has coordinated every detail of the Body Makeover Challenge. He says, "The Program is really a call to action for people who continually struggle with weight management issues, body image issues or just want to improve their health." He plans to get responses from people all over Fort Worth in hopes of making a difference in the community's overall health. The program is a great opportunity for anyone looking to get into shape and willing to work hard. Every month there will be support meetings that include Larry North and the other trainers. The participants must meet with their trainer a minimum of twice a week and also do some exercise on their own time. "It becomes a total lifestyle change," says Davis, "Nutrition and eating are just as important as exercise. The main thing Larry wants is results." And results seem inevitable to all those who stick with the program, but a grand prize with an estimated worth of 2000 dollars will be awarded to the participant with the most progress, along with second and third place prizes. The program runs from Aug. 1st to Nov. 10th. For more information, contact Ken at ken@larrynorth.com, or call the Fort Worth club at (817) 336-6784.

