

Sports Fitness Monthly

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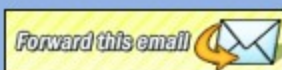
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SPECIAL PROMOTION



September is our sign-up campaign. You can receive up to 50% off your membership fees as you help us bring on new members. One way to do this is to pass along this e-mail newsletter to your family and friends.

What better way to keep yourself working on your fitness goals than by having your friends around you? Use this link to forward this e-mail to your friends, then we can thank you personally -



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Dear Jonathan,

After ten years in business we finally understand. You want more from your membership than the times we spend training together. You want to be kept informed of health and fitness-related research and ideas. We hear you, and have created this monthly newsletter so that you'll get a monthly shot of ideas.

We want to continue to be your resource for health and fitness. In addition, we want to highlight members who have made great strides in their fitness goals. Don't be surprised if we come talking to YOU!

Sleep and You

America is Sleep-Deprived, Are You?

Kelly (38 years old) was a regular at the gym. She was close to her ideal weight and very consistent in her workouts. But something was wrong. It started one day when she had trouble completing her routines. It progressed to the point where she was too tired to move. "I feel like I did when I first started working out," she thought to herself.



After a few weeks, she realized she had not been to the gym for quite a few days and it disturbed her that she was still so tired. About this time, she read an article about sleep that shocked her. The article mentioned a gradual eroding of America's sleep quantity over the past century. Combined with the new stresses of our modern society, the combination is producing some terrible symptoms, in addition to more accidents and illness.

Kelly had always prided herself on her diminished need for sleep, getting only a few hours each night. Could it be catching up to her?

Find out what Kelly learned as you [read the rest of the story](#)

Muscle-Man of the Month

Josh Williams

You've probably seen him around when you've come in for your training sessions. Josh has been a member for three years and has certainly shown us all how to bulk up.



How does he do it? "It's all mental," he says. Well, there's a lot more to Josh than his mental strength. Check out those pecs!

Congratulations, Josh, for showing us how it's done. By the way, Josh says he's available, ladies!

We welcome any suggestions or ideas for our new newsletter. Happy reading!

Sincerely,

Bill Carson
Program Director
Sports Fitness

Juice Shop Item - Free

As a thank you for subscribing to our newsletter, we are giving you a discount to be used at the Juice Shop. Simply print this off and bring it with you, or just tell the cashier you are a newsletter subscriber and receive one free menu item. Thank you!

Offer Expires: September 15, 2008

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