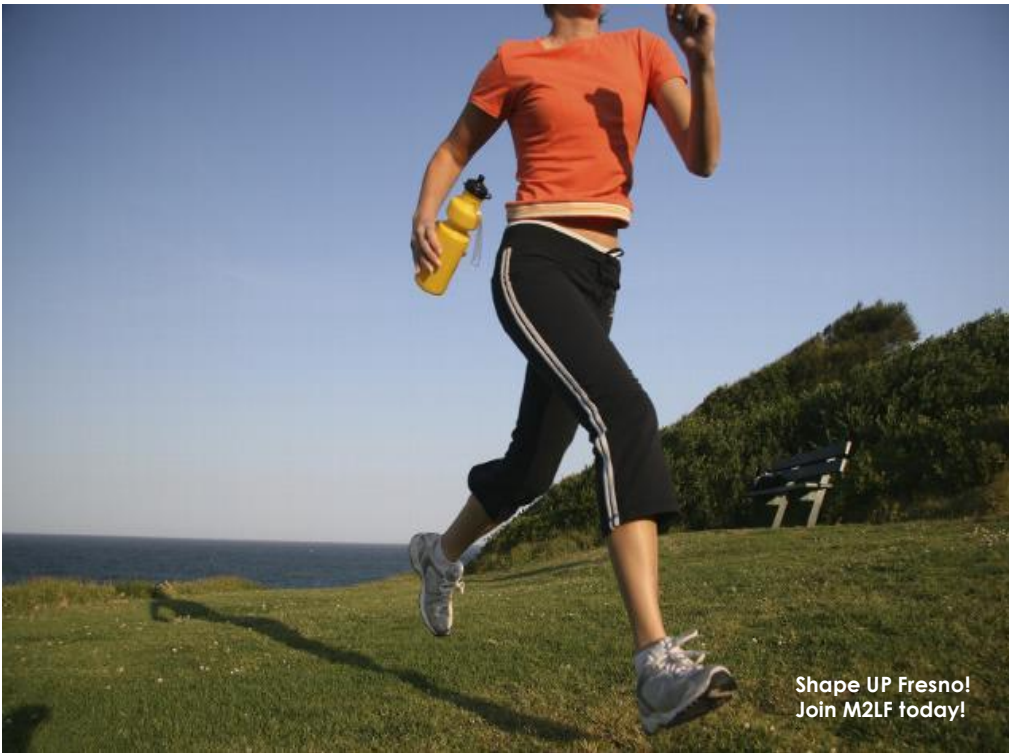


# M2LF April 2009 Newsletter

[www.moveit2loseitfitness.com](http://www.moveit2loseitfitness.com)

559 307 1408



Shape UP Fresno!  
Join M2LF today!

## Word of the day...INTENSITY!

At **Move It 2 Lose It Fitness**; our goal is simple...to get you in the BEST shape of your life. Our fitness programs are more than just a series of movements and resistance trainings, they are designed to fatigue your muscles and build a stronger, leaner, more powerful you! M2LF can't do it alone...your intensity level and commitment will ultimately reflect your progress, results, and success. The next time you take a walk, turn that mild walk around the block into a brisk and quick power walk. Kick up the intensity in everything you do, and notice the dynamic results you can really measure!

Remember...you have to **Move It 2 Lose It!**

It has happened to us all...waking up in the middle of the night hungry or even worse going to bed with your stomach growling! **M2LF** suggests a tall glass of Non-Fat Milk. The Calcium in Milk helps your muscles to relax and will also help you fall asleep feeling satisfied. Milk also increases the amount of tryptophan in the blood, this helps promote sleepiness.

## Shape UP Fresno!

- Meets Every Saturday
- Lose Weight!
- Enroll the Whole Family!
- Call 559 307 1408  
Today To Enroll!

"I have failed over and over and over again in my life. And that is why I succeed."

**Michael Jordan**

