

# M2LF December Newsletter 2008

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

559 307 1408



You have to Move It 2 Lose It Fresno!

## Shape UP Fresno!

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

"Excellence is the gradual result of always wanting to do better."

**Pat Riley**  
**1945 –**  
**NBA coach**

## 2009 New Year Goals?

**Specific:** Write your personal goals down and refer back to the goals you set for yourself. Be specific as possible, such as drink water in the place of soda at every meal, or start a M2LF fat burning program on Jan 1<sup>st</sup>, 2009.

**Measurable:** Have M2LF measure your success, as you work towards your goals.

**Realistic:** Goals must be real, do not set a goal that has you losing 45 pounds in one month, not only is this dangerous, but you are setting yourself up to fail.

**Attainable:** How are you going to attain your goals? By following a M2LF fitness plan you will succeed!

**Time:** M2LF will tailor a timeline for your fitness goals.

**Over eating during the holiday season happens, but don't worry M2LF is here. Eating fruit like apples will help fill you up and give you a boost of energy!**

