



THE LOOP

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VOLUME 1

OUR MISSION

"TO PROMOTE THE QUALITY OF LIFE THROUGH OUR KNOWLEDGE AND UNDERSTANDING OF PHYSICAL AND MENTAL TRAINING WHILE DEVELOPING RELATIONSHIPS THAT ARE BUILT ON TRUST AND PASSION FOR A LIFE OF PHYSICAL FITNESS."

QUICKFIT GROUP TRAINING PROGRAM

STUDIO 360 IS NOW OFFERING GROUP TRAINING: 2-3 PEOPLE AT A TIME, HUSBAND AND WIFE OR FRIENDS ALL WORKING TOGETHER ON THEIR SPECIFIC FITNESS GOALS

One Year Anniversary for Studio 360

By William Visher

This past September marked the one-year anniversary of Studio 360. On September 10, 2007 the doors officially opened for the area's first and only personal fitness training studio. Several new programs were initiated and a couple of milestones were reached during his first year. The first was surviving the first year. According to Hair, "Most small businesses (about 76%) don't make it past the first year. I am glad to still be here, especially in this economy. I am very grateful for all those who support me." The first major program was the "Biggest Loser" contest in February. It recognized a client who lost almost 50 lbs. in ten weeks (see article below). Later in May, Studio 360 challenged participants to a four-week outdoor "boot camp" that met locally at Civitan Park. A client goal of 50+ members rounded out the first year nicely. It was shaping up to be a very good premier year. In the coming year, Justin hopes to continue to offer personalized service and make a difference in the health of people here in the Dalton and the surrounding areas.

Angie's Story

I guess I should start by saying that I have always been a competitive person, so when I heard about Studio 360's Biggest Loser competition it was the extra push that I needed.

After having my second child, and having been on bed rest for the last two months of my pregnancy, I had packed on a lot of extra pounds. By the time my son turned 5, I knew that I could no longer blame my weight gain on having children, but I still could not get the will power within me to stick with a consistent exercise program like I had always been able to do in my teens and twenties. At my yearly physical at 35 years old, I was told that my cholesterol (among other things) was high. I asked my doctor to delay starting me on medication and let me try to watch my diet and lose some weight. Fast forward to 1 year later - no weight change. He gave me 3 months more to do something about it. That's when the ad caught my attention for the Biggest Loser Dalton.

I emailed Justin several times and decided to go for it. As I handed him a \$400 check, I told him I was going to win the competition! If I was going to put money on the line, I would do it!

I gasped as Kim took my measurements and weight, wishing I had skipped breakfast. I had not been in front of a camera lens for many years - ashamed and in denial of the weight I had gained. And so, the journey began.... The group at Studio 360 was so supportive and encouraging. As the weight started to drop, Kim and I talked food vs. calories and I began making better choices for myself and my family. Being accountable to Kim to show up for my workouts helped a great deal on the days that I wanted to go back to bed. After 10 weeks, I was 47 pounds lighter and felt GREAT! But summer was on its way and I knew with the kids getting out of school it would be hard to keep my schedule (I was now devoting 2 hours each morning to "taking care of me" time and sticking to no more than 1500 calories a day). I tried, for two weeks after school let out, to stick with my workouts, but finally decided to make a resolution within myself to take the summer off. My goal was to get in exercise as often as I could at home (on the bike that I had won during the Biggest Loser competition) and not to gain any weight over the summer. I didn't have to lose any,

but at least to maintain what I had accomplished. I am happy to say, 2 months later, I had lost 5 more pounds – finally I had lost over 50!

I am back on track to lose the last 40 pounds and maintain the weight loss with the help of Allison and Justin. (When I showed up on the first day that school started, things had changed and jaws dropped that I was back on that very day.) I am feeling great and look forward to sticking to my resolution to take care of MOMMY! Oh, when I went in to have my cholesterol rechecked, having lost only 35 pounds at the time, I was well below normal!!

When Justin asked me to write this up and I am not yet at my goal weight, I wasn't sure what to say or where to start, but now, I have even more people that will keep me accountable for what I have said. You have to WANT it and you have to DO SOMETHING about it to get it, but the rewards are endless – both inside and out! YOU can do it too! See you in the gym! If you are there in the mornings ~Angie

Nutrition Line

Carbohydrates (from “hydrates of carbon”) or saccharides (from the Greek meaning “sugar”) are one of the organic compounds that occur in foods and living tissues. The most common kind is sugars, starches, and fibers.

Carbohydrates can be found in a variety of foods including bread, beans, milk, popcorn, potatoes, cookies, spaghetti, soft drinks, corn, and cherry pie. However, the best sources of healthy carbohydrates are fruit, vegetables, and whole grains.

A few suggestions to add more good carbs to your diet:

- Begin the day with whole grains (whole wheat, whole oats, etc.)
- Use whole grain bread for lunch or snacks
- Instead of potatoes try brown rice, bulgar, wheat berries, millet, or hulled barley
- Try whole wheat pasta (there are half whole-wheat flour and half white flour)
- Beans are a great source of carbohydrates as well as protein



