

LOCATED AT 120 W.
 AMERICAN CANYON RD.
 SUITE M-1
 AMERICAN CANYON, CA
 94503
 (707) 644-4110

Ultimate Fitness

FEBRUARY 2010



CHECK OUT:

► Weight Watchers

Every Wednesday night at 5:30 pm. Meetings are open to the public, so please bring your family and friends! Ultimate Fitness is the only WW site in American Canyon!!



► Diet To Go

Demo's throughout the month. Check the front counter for dates!



► Personal Training Specials!
 Buy 3 get 1 FREE!!!



Member of the Month: James Brunson

Who: Longtime Ultimate Fitness member James Brunson has been a firefighter for the City of Vallejo for 24 amazing years! Health and wellness are integral parts of his daily life that he not only enjoys, but provides him with a clean bill of health year after year! "Ultimate Fitness is one of the finest health clubs I've ever been to! Clean, spacious, and a great staff" he added. Hey thanks, James!

Diet: Lots of fresh, whole foods. James sticks to complex carbs

early in the day and adds plenty fruits and veggies into his day. Chicken and fish are his staple protein choices throughout the week. Yum!

Exercise: James is an avid Spinner here at the club, Spinning 6 days a week while he prepares for road biking in the Springtime! He loves the variety that different instructors have to offer and was also very much inspired by previous Member of the Month, senior citizen, Earline Barfield who also Spins all week long. "If she can

do it, so can I!" he said. 3 days a week you will find him on the main floor weight training in addition to Spin.

Words of Wisdom: "Be CONSISTANT!" he encourages. "But don't beat yourself up if miss a day. Just get right back into the groove!"

Inspirational!



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 One coupon per table or party. Not valid with any other offers, wine tasting nor banquet parties. Valid until Feb. 28, 2010. LSSN-UFSD-022810



Welcome Krista!

Ultimate Fitness welcomes new fitness instructor and personal trainer **Krista**. Try out her 5:30 am Ultimate Body Workout class!



Try expert trainer Mike Nelson's Tuesday morning (8:30 am) **BOOTCAMP!** Free! Be there! Be challenged!

HEART HEALTHY FITNESS TIP!

Physical inactivity is a major risk factor for cardiovascular disease, and most Americans are not physically active enough to gain any health benefits. Swimming, cycling, jogging, skiing, aerobic dancing, walking or many other activities can help your heart. Whether it's included in a structured exercise program or part of your daily routine, all physical activity adds up to a healthier heart.

According to the latest joint American Heart Association/American College of Sports Medicine guidelines on physical activity, all healthy adults ages 18-65 should be getting at least **30 minutes** of moderate intensity activity **five days** of the week.

~The American Heart Association



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Dr. Stephen Rasmussen, DC

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Available to new customers only (coupon is transferable).

**Most Insurances Accepted! In most cases we can bill NP Exam to health insurance company. Otherwise \$99.00 for non-insurance cases. New Exam Fee includes X-rays & Surface EMG testing.

*We are located Next to Ultimate Fitness @ 120 W. American Canyon Rd. Ste. M-9.