

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

Ultimate Fitness

MARCH 2010



Member of the Month: Julie Jacobson

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!!!



Exercise: Julie works out 3 days a week here at Ultimate Fitness. She is a huge fan of Haley's UBW classes every M-W-F here at the club. "Haley is full of energy and really motivates me!" She also has included Spin into her routine. "I always leave UF feeling good about myself!"

Julie is about to give birth to a baby girl, yet still comes into UF for a total body workout. "I want to be healthy for me and the baby!" she noted. When Julie exercises throughout pregnancy, she also has found that her body bounces back much faster post baby. "Fitness has always been an important

part of my life," she said.

Diet: Julie enjoys multiple small meals throughout the day instead of three huge meals. "It gives me energy!" she said. She is a huge fan of a balanced breakfast and lots of water, too. "We don't even keep soda and juice in the house!" She eats when she is hungry and listens to her body. Sounds like a great plan!

On Motherhood: Julie is expecting her THIRD child any day now! She has found fitness and total wellness to be an integral part of motherhood. "Mom's must take the time to take care of themselves separate from their husbands and kids; I am a better mother and

wife because I take the time to take care of ME!" she explained. "I have so much more energy for my day and children when I take time to exercise and take care of myself. Most moms' just forget about themselves and you just can't do that." Julie aspires to teach her children healthy habits through her consistent actions. Good idea! Congratulations, Julie!



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**BARGAIN
BODY FAT
IS BACK!**

Sign up at the front counter to have you body fat tested for only 10 bucks! Body fat testing will be done throughout the second week of March (8th-12th) by Paul Momsen. Reserve your spot today!

PERSONAL TRAINER SPOTLIGHT!

Bernie specializes in rehabilitation and weight loss. Working closely with Dr. Ryan Stilson, she not only has the skill to get you in the best shape of your life, she has access to a world of knowledge regarding your health. Call Bernie today for a free consultation or visit the front counter! 707.373.0915



How we test for body fat at UF!

The skinfold estimation methods are based on a skinfold test, whereby a pinch of skin is precisely measured by calipers at several standardized points on the body to determine the subcutaneous fat layer thickness. These measurements are converted to an estimated body fat percentage by an equation.

Description	Women	Men
Essential fat	10-12%	2-5%
<u>Athletes</u>	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-24%
<u>Obese</u>	32%+	25%+



Dr. Ryan Stilson, DC

Dr. Stephen Rasmussen, DC

Call (707) 649-2106

To Redeem Your FREE (1) Hour Massage and to set up your New Patient Exam & Consultation. Ask for Traci & tell her you are being referred by Ultimate Fitness!

Chiropractic Spine Clinic

Dr. Stilson & Dr. Rasmussen
Invite You to Have a FREE Massage on Us!
The Doctors at the Spine Clinic want to say *"Thank You!"*
to our Neighbors* at Ultimate Fitness!!

**FREE (1) Hour Massage
With Paid New Patient Exam**
Expires: 03/31/10**

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.