

Fit & Fabulous News



Early Bird Enrollment for Fit and Fabulous Fall Session

The year is flying by! And it is time to enroll for Fit and Fabulous Fall Session. The class will begin on September 3rd and run for 11 weeks ending on November 12th. The time will remain the same from 6:00 to 7:00 pm.

Present and past participants have a chance to register early before registration is opened up to the general public.

Registration begins August 1st for current and past participants and August 15th to the general public. Please take a moment and fill out pages 3 and 4 of this newsletter and return it with your check if you are planning to attend our next session.

Our highly trained facilitators, Marilou Lugo, Jesús and Daisy Nicho will work, train and strengthen every muscle in the body to help you break through weight –loss plateaus and boost your metabolism. Classes alternate between Zumba and aerobics.

Fit and Fabulous Fall Session dates are as follows: September 3, 4, 9, 10, 16, 18, 23, 25, 30, October 2, 7, 8, 14, 16, 21, 23, 28, 30, November 4, 6, 12. There is a program fee of \$25.00.

Pre-registration is required! Don't procrastinate; space is limited to 100 participants.

Please mail or deliver your **\$25.00** non-refundable registration fee to **Kim Davis at Cooperative Extension, P. O. Box 68, Goldsboro, NC 27533. (See pages 3 and 4 for the necessary forms.)**

Questions? Call Kim @ (919) 731-1525. Registration deadline is August 30, 2013 or once the target number of 100 participants have registered.

Christine W. Smith
Extension Agent
NC Cooperative Extension

INSIDE THIS ISSUE:

Fit and Fabulous Nuggets	2
Progress Reports	4
You are invited to tryout Bokwa	5
Registration Form	5
Fit and Fabulous Contract	6

Fit & Fabulous Nuggets



Yolanda Tackett

"I still struggle with trying to lose weight, however from my last physical (last year) to this year my cholesterol and glucose numbers are lower (a plus for me). I just have to keep positive and keep on exercising."

Each month we would like to highlight participants with their success stories. The positive impact Fit and Fabulous has made in your life. Be sure to do your progress report each month, recording your accomplishment or maybe even

helpful hints that can be shared with the group. It would also be great to have a running total of weigh lost by the group. Therefore, be sure to put your weight on your progress sheet each month. Keep up the great work!

Sonja Summerville

" Now I am full of energy, I can run a mile, tie my shoes without giving out of breath, stand on one foot and keep my balance, more confident in who I am, sleep better at night, no longer taking any medications. I am at peace with who I am and what I have accomplished. **Zumba Saved My Life.**

Sonja also offered a few tips:

- If you really want to lose weight and watch your calorie intake use the My fitness pal at www.myfitnesspal.com or My Plate <http://www.choosemyplate.gov> to

assist you.

- Snacks: Eat fresh fruits and vegetables in between meals (Gerber Graduates) and drink plenty of water.
- Meals: make half of your plate fruits and vegetables.
- Replace unrefined grains (white bread, pasta, white rice) with whole-grain options (whole wheat bread, brown rice, oatmeal.)
- Exercise: don't do the same routine everyday switch up and lift weights, dance, jog, run, brisk walking, biking some types of aerobics, this will burn more calories."

Pam Sheffield

"In the beginning of Fit and Fabulous 2013, I haphazardly attended classes. I did not maintain the official issued journal and lost it. The light bulb went off that this program would help me, Too embarrassed to ask for another journal, I began using notebook paper in March. Now, I eat

healthier and walk daily for 45 minutes to an hour. I have been tracking and recording my blood pressure number since June. Both the top and bottom numbers are down twenty points. My yearly physical is in August, so medication reduction is in my TBA status. My weight is down 35 lbs. I look forward to the next session."

Alan Lumpkin

"I have attended these classes for 4-5 years and I think this has been the best one yet. Here are some of my personal observations:

- I maintained my weight while building muscle.
- I became more conscious of my fat and calorie intake.
- I drink more water than I ever have in the past.
- I have pushed myself more during classes and encouraged others.
- I walk and lift weights on

nights we do not have class.

- I have just completed my annual physical and all of my blood work was great, my overall cholesterol was down to 158 from 168 last year.

This program gives people an opportunity to exercise and be health conscious at a low cost so I hope it is continued for years to come.

Thank you for this opportunity."

Dottie Morgan

"I will turn 68 next week - I have an arthritic back problem ... despite pain, on a daily basis I know the best thing I can do is to get up, moving and stretching those muscles and this class has helped me to do so. You can keep the body healthy, keep it toned, keep

cholesterol levels lower if you maintain a work out schedule. The secret to more energy and maintaining good health is proven to be in the secret of exercise. The instructors are top-notch and keep us moving."

Lorraine Faire

"I went to the doctor's office, my blood pressure read 144/70. Total weight loss was 52 lbs. The doctor told me to continue with exercise but be moderate with my knee. Con-

tinue to walk on days I don't exercise. My blood pressure was a factor, but thank God, that this program has helped a great deal."

Vandora Barrett

"The little mini (come together) sessions that we would have allow for discussion of progress and new ways to receive nutritional balance in our

everyday eating. These sessions had me rethink some of the eating I was doing, that I thought was healthy."

Brenda Bass

"This program is timely and I love the structure and support. We are a class of 15 to 19 year old to 80. Seeing an 80 year old out exercise made me push to be able to do each task I was given (or at least try.) This is my 4th year and I count on this program to get me healthy and active."

Progress report July 2013

- More conscientious of what I eat
- Exercise weekly in class and at the exercise center
- I am now taking time at the grocery store to get in some extra walking.
- Able to move more freely, joints feel better
- Sleeping better
- Eat more fresh vegetables
- Eating less bread, drink more water
- Better stamina
- Higher energy level
- Challenging and beneficial
- Maintained weight by building muscle
- Became more conscious of fat and calorie intake
- Drink more water
- Reduced snacking
- Cholesterol and A1C is down
- Expecting reduction in medications at my yearly physical in August
- Lost more inches than weight
- Have not lost a lot of weight, but my mid section is slimmer and trimmer
- Looking forward to Fit and Fabulous 2014
- My clothes fit better
- No longer going to buffet restaurants, eat vegetables for a meal.
- Joined the gym
- Happy to report she accomplished the weight goal set in January.
- Walking at the mall due to the weather
- I walk one mile every Sunday.
- It is great to exercise with a group, it make you want to do more and keeps you encouraged.
- I have enjoyed the classes and fellowship and look forward to continuing my journey to a healthier self.
- Trying to get back on track so I can reach my goal. I did not do as well as I hoped but I'm not giving up.
- I am very thankful for this program because it kept me grounded.
- I feel wonderful, I am more alert and energized!
- This class has been a pleasure, great instructors & friendly participants.
- Let me say a big thank you to Christine for the years of providing us the opportunity to keep this ball rolling.
- **Get Active! Be Active!
Do Something!**

You are invited to tryout Bokwa

You are invited to check out the latest new exercise craze that is rapidly spreading across the globe. What are we talking about? Bokwa!! Children as young as 4 and adults as old as 75 are doing Bokwa. Even if you have two left feet and can't dance, come check out Bokwa. The music is energizing and addictive and is likely the same feel good songs you listen to in your car.

Who is invited: Present and Past Fit and Fabulous Participants

When: August 5th, 2013 from 6:00 to 7:00 pm

Where: Wayne Center

Bowka Instructor: Debra Marshall, Certified Bokwa Fitness Instructor

Cost: Come try it out for FREE! See you on the 5th of August!



Bokwa Is Different!

Fit and Fabulous Fall Session 2013 Registration Form

Dates: September 3rd - November 12th, 2013

Program Fee: \$25.00

Check payable to: County of Wayne

Mail to: NC Cooperative Extension, Attn: Kim Davis,

P. O. Box 68, Goldsboro NC 27533-0068

Fit &
Fabulous!

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____

Email: _____

Contract for Fit and Fabulous Fall Session 2013



I agree that the North Carolina Cooperative Extension Service and the North Carolina Division of Public Health shall not be liable for any claims, demands, actions, or cause of action, whatsoever, to my person or property arising out of or connected with my participation in this weight-management program. I do hereby forever release and discharge the said North Carolina Cooperative Extension Service and the North Carolina Division of Public Health, its employees, agents, or servants from all such claims, demands, injuries, damages or cause of action. With this program having been explained to me and all of my questions answered to my satisfaction, I consent to participate in this weight-management program fully aware of the procedures and risks that may be involved.

Signature of participant

Date

Please Print your name

Signature of leader

Date

Physician Approval/Waiver of Medical Exam

This is a weight-management program consisting of healthy eating and physical activity, with an emphasis on your individual capabilities. There exists the possibility of certain biological changes occurring during your participation in the program. These changes include, but are not limited to: risk of gallstones with rapid weight loss, risk of fractures if you have osteoporosis, abnormal blood pressure, fainting, disorder of the heartbeat and, in rare instances, heart attack or death. Thus, prior to participating in this program it is advisable that you consult a physician. If you choose not to consult a physician, the waiver form (part B) below must be executed.

A. Physician Approval

I hereby stipulate that I am physically sound and that I have medical approval from my health-care provider to proceed with a normal routine of physical activity and healthy eating in this weight-management program.

Signature of participant

Date

B. Waiver of Medical Examination

I hereby make a knowing and informed waiver of the suggested medical exam and certify that I am physically sound and can proceed with this weight-management program.

Signature of participant

Date