

We Change Lives!

August, 2015

Volume 2, Issue 2



Inside this Issue:

Eat by Color Seminar @ Hy-Vee	2
Total Youth Conditioning	3
August Free Training & Classes	4

Ray's Special

Purchase Eat by Color AND Get Fit and Live Healthy for only \$0.99!!!!

I have dropped the price on both Kindle versions of each to only \$0.99 to put help with in reach of more people the reason I wrote them to begin with.

Book reviews improve the books rankings on Amazon and increase the likelihood that they show up when people are looking for books and health, wellness, and weightless. So a review if you feel either or both are worthy would be flat out awesome!

If you already have both print books...great...now is a chance to gift one or both for ONLY \$0.99 each!

[Here](#) is a link

PS feel free to share the link with any and all that may find the info useful...the price is right...less than 2 bucks... for about everyone.

PPS BONUS Go to eatbycolor.com and click to get 7 Eat by Color Goodies:

- **“Eat by Color” Eat Springly List**
- **The Notes used to lose 45 lbs.**
- **The “Eat by Color” Grocery List**
- **The ONLY WAY to do Cardio**
- **Guide to eating at your favorite restaurants**
- **Quick, Portable “Eat by Color” Snack List**
- **7 Days of “Eat by Color” meals right from my clients**

Hy-Vee & FitWorkz Team Up!

Join us **THURSDAY, AUGUST 27 @ 6PM** for another amazing seminar at Hy-Vee! Listen to Ray Binkowski, owner of FitWorkz and author of **Eat by Color** and **Get Fit and Live Healthy**, along with registered dietitian Lisa Brandt as they help you with the back to school menus for the hectic family schedule. In addition, learn about anti inflammatory foods and how they can help you live a more pain free lifestyle. **FREE TO ALL!** We'll meet you in the clubroom!





Total Youth Conditioning

Get off the couch and into the fun!

Total Youth Conditioning includes all the emphasis of physical education with extra attention on proper movement mechanics for running, jumping, and direction change. There will be coaching, teaching, and training on arm swing for walking and running, stride length, knee drive, bounding, and landing in a fun, active, and engaging manner. The teaching of the basic moving skills will keep kids active, prevent injury, and will enforce correct muscle groups during certain activities such as simple running, walking, landing, and stride length no matter if they're playing a recreational sport or playing in the neighbor's backyard to helping with chores around the house. Most importantly, they will remain interested in being active!



Why are simple movements like these so important to a child? You may feel that they already know how to do this, and in fact they may, but what we are realizing as a society is that more kids are stationary in their lives. 6 hours of sitting in school, only 20 minutes of recess (if the kids even move around during this time), 30 minutes of physical education which isn't everyday that school is in session, and countless hours of sitting in front of the television, computer, video games, sitting and doing homework, etc.

Keeping kids moving at a young age also helps in the classroom. The more physical activity the child does, the more brain activity that is incorporated. More brain activity means higher memory retention of information taught to the child, which could lead to better grades.

Training occurs on Mondays and Thursdays after school. We haven't forgotten about you parents! Parents get a FREE FitWorkz open gym membership. If you already have a FitWorkz membership, then it's an additional \$10 to your yearly membership. Use your free time and get your workout in as well. Treat it as a family workout time and you all come out refreshed, and ready to combat the rest of your day.



August - Eight Is Great Free Training & Classes

Click on the calendar below to view the full schedule and description of this month's free training and class schedule. Any level of membership, including trial members and non-members, can sign up for any of the free training and classes. Sign up on MindBody or at the front desk and let us help you change your life!

Eight is Great - Free Training & Classes						
August 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Core Conditioning 4:30pm	4	5 Great Balls of Fire 9:30am	6	7	8 Keep It Simple 10:00am
9	10 Crazy 8's Program 4:30pm	11	12 Fast and Furious 9:30am	13	14	15 Stop Counting Reps 10:00am
16	17 Plan for Success 4:30pm	18	19 Fit-Thirty 9:30am	20	21	22 Great Balls of Fire 10:00am
23/30	24/31 Fit Bands 4:30pm	25	26 8x8 Workout 9:30am	27	28	29 Fit-Thirty 10:00am

Free Training—
Member: FREE!
Non-member: \$10

Class—
Member: \$10
Non-member: \$20

Please sign up 24 hrs before scheduled time.



Check out our [YouTube](#) page...OVER 700 videos with workouts and Ray's Blogs.