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"Tough times beget tough people. Are you a loser, merely a survivor or an all-encompassing conqueror? Plan to train accordingly."

Fast facts:

Fat guys don't need to train calves.

Studies show that exercising while standing on a BOSU does not enhance sports balance unless your sport involves standing on a half dome filled with air.

The Personal Training Newsletter

Also available online at WWW.HTSW.NET

As always, the committed purpose of this newsletter is to provide factual information (not marketing hype) to help you **train smarter and get better, faster & safer results.**

Farewell to a friend

Dear Heather,

Thank you so much for nearly 10 years of excellent service at HealthTrack. Over these years, many members have expressed their gratitude for all of your dedication to helping define and achieve their individual fitness goals. Heather has touched many lives at HealthTrack and has made many long term friends.

Hired as Heather Kammerman in 1998 from Wheaton College, she spent her early years personal training, instructing group fitness classes and leading the running/triathlon training clubs. Heather is well known for her professionalism and ability to compassionately relate to every client regardless if they are a teenager or a senior. She has shown her leadership not only on the fitness, but as race director for the MITCS (to benefit the MS Society), and as Youth Leader at her church during her limited personal time. We have witnessed her personal growth and shared many fun memories like: the staff camping trip to the water park in the Dells, kayaking the Peshtigo River, dressing up for Halloween, practicing dance choreography in the hotel room, sunning on Miami Beach, and cheering her on to win her first medal in the MITCS. All the best to you, Bjorn and Kemba on your new adventures in Michigan.

Best Wishes Always,
The Fitness Team