

# JUE'S NEWS

August 2008



## COMMIT2FIT SUCCESS STORY

TEAM "HAWAII IN TRAINING"

**Goal:** A team effort to motivate each other to make life altering changes for better health

**Result:** Together, Leslie and Tammy lost 19 lbs, lost over 68" overall and improved their body fat by 6%!

## WINNERS OF THE 2008 TEAM CHALLENGE!

**F**or as long as I can remember, I have struggled with my weight. I was a chubby child, a fit teenager due to exercise not diet, and for the most part a chubby adult. After the birth of my second child in 13 months in 2001, I was pushing 300 pounds. With the help of my neighbor and our strict daily exercise regimen I lost 130 pounds. I was in the best shape of my life!

Unfortunately, I moved away from my neighbor and then out of state. I returned to work full-time and all that I had learned and worked so hard for went by the wayside. I gained 70 pounds back. Upon returning to California during the summer of 2007 I knew I had to change. I was a stay at home mom again and I was having a hard time

keeping up with my kids with all the extra weight. I had no energy and preferred to sleep as much as I could. I tried desperately to counteract the lack of energy with coffee, diet soda and energy drinks throughout the day. To top it all off, the reflection I saw in the mirror everyday looked like someone I could hardly recognize.

Knowing I needed a partner to keep me motivated, the Commit to Fit Team Challenge (C2F) offered in the spring of 2008 was appealing to me. I found a great partner in a new friend from my children's school, Tammy. Tammy and I met and discussed our goals and committed to keep each other on track. We followed the C2F plan, committed to the Advocare product line and participated in 3 to 5 days of cardio and strength training at a

## Upcoming Events



### Aug. 2nd

#### Seminar with Master Choi, President of the ITF

Location: Grand Sierra Resort, Reno, NV

### Sept. 4th, 5th & 6th

#### 2nd Annual Ultimate Fitness Challenge!

Kick off meetings will take place in the studio at the following times:

Thursday, 9/4 at 8pm

Friday, 9/5 at 1pm

Saturday, 9/6 at 10am

All details for the challenge will be announced in each of the launch meetings. Wear workout clothing to the meeting.

Non-members of Jue's TKD are welcome to attend and participate.

### October

#### West Coast Open (Fall)

Details to be announced

## “HAWAII IN TRAINING” (CONT'D)

local fitness club. We stumbled with our workouts somewhat in the beginning so we engaged the services of a professional trainer for a short period of time to get us going in the right direction.

At the end of the C2F team challenge, we were shocked to find out we had won. It wasn't so much the weight we had lost but the inches we had lost were incredible. I went from a size 20 to a size 14/16 in 90 days. The life changes that were made through the program are easily everlasting. Given my past history, this is an important factor.

Also, I don't think I could have made it without Advocare. While it is not a requirement of the program, I know it helped me. In three days, I gave up a more than twenty year, half a pot a day Peet's coffee habit by adding Spark to my morning routine. I didn't even notice the coffee was gone and honestly I didn't make a conscious effort to give it up, I simply stopped drinking it one day and never started again. I also gave up the diet sodas and energy drinks in the same time frame. My entire previous caffeine intake was replaced simply by one serving of Spark every morning. I cut my caffeine intake by hundreds if not thousands of milligrams to 120 milligrams a day in three days!

Since the C2F Team Challenge, I have not had this much energy and felt so good in decades. While I have not yet reached my overall weight loss and fitness goals, I am well on my way to them. I know I wouldn't be where I am today without the C2F Team Challenge, Advocare and my partner.

*Editor's Note: Leslie and Tammy have already made their commitment to continuing their fitness journey and plan on competing in the Ultimate Fitness Challenge!*

## Beat the Summer Heat wave -



No matter where you live in the USA in July, you are probably keenly aware that we've havin' a heat wave. In July '08, temperatures reached well into the 90s and in some cases above 100°, a trend expected to continue across the country.

The National Weather Service issued excessive-heat warnings in several states, and health officials urged people and pets to stay inside air conditioning. "People don't realize it but heat is generally the number-one killer" among weather-related causes, said Ben Miller, a meteorologist for the National Weather Service.

To help in surviving the heat with some measure of comfort, [Dr. Ken Goldberg](#), an esteemed member of our [Scientific and Medical Advisory Board](#) has this advice:

Not many people really enjoy the hot summer days, but some sure seem to put up with the heat better than others. Ever wonder how?

To read this article in its entirety, go to:

<http://supplementalscience.wordpress.com/>

## ULTIMATE FITNESS CHALLENGE 2008

Do you want to test how strong you are? Do you want to push yourself physically to the next level? Do you want to lose weight or go down a clothing size?

The answer to these questions is the 2nd annual Ultimate Fitness Challenge! Your competition is yourself - based on YOUR abilities and how far YOU can push yourself!

Come to any one of the 3 kick-off meetings to find out all the details of this inspiring and exciting challenge!

Sign up sheets for all three meetings are now available at the studio. Sign up and reserve your spot today!

Note: This challenge is open to non-members of Jue's TKD so bring a friend along!

## Contacting Jue's TKD

### Policy for changes to Billing

We require 30 days written notice to make any changes to your billing. This includes change of credit card information and cancellation of month to month memberships. Prepaid memberships are non-refundable. Notices may be mailed to the studio at 5460 Sunol Boulevard, Ste. 8, Pleasanton, CA 94566 or sent via email to [teamjue@mac.com](mailto:teamjue@mac.com)

### Keep in Touch

If you would like to communicate with members of the studio, there are several clubs available --

[www.juestkd.com/php](http://www.juestkd.com/php)

### Employment Opportunity

Recruiting manager for a billion dollar company is looking to build a team in the Northern California market. If you are an entrepreneurial individual who is looking to make a career change or need to supplement your income, contact Grace at [teamjue@mac.com](mailto:teamjue@mac.com).

### Safety First

We don't mind if you bring your children to the classes when you work out. For safety purpose we need them to stay off the work out area. Thank you.