

JUE'S KB KORNER

March 2008



COMMIT2FIT SUCCESS STORY

MARJI

Goal: To break through the weight loss plateau

Result: Lost 9 lbs and 18" in 90 days



I joined Jue's Taekwon-Do in May 2007. I was the heaviest I have ever been weighing in at 220 lbs. I joined the kickboxing program and fell in love immediately with the class. I kickboxed 3 nights a week and I also power walked four times per week. Even with that workout schedule, the weight and inches just would not come off. Then I joined the Commit2Fit program, started using the recommended product regimen in Steps 1, 2 and 3 and immediately felt 100% different! I felt energized and I also felt that I had the willpower to do the physical part of the challenge. About a month into the Advocare products, I was eating 6 small meals a

day and the weight and inches were coming off. At the end of the Ultimate Fitness Challenge/Commit2Fit, I lost 9 pounds and 18 inches!

I am a firm believer of the Advocare products and will continue to use the products in my daily life.

Upcoming Events



Mar. 8th

10:30am - 12pm Color Belt Test

Mar. 13th & 15th

Weigh In - Team Fitness Challenge

Weigh ins will take place at the following times:

3/12 at 7:30pm; 3/13 at 10am or 8pm;

3/15 at 10am

Mar. 21st

6:00 - 8:00pm Birthday celebration for Mr. Wold at Mtn. Mike's

Gift donations are being accepted - see Kate

Sign the birthday card - see Kate

Apr. 19th

West Coast Open - Spring

Patterns and Sparring tournament to be held at Pleasanton Middle School

May 9th

3pm - 8pm Robertson Martial Arts Photography

Sign up sheets are now available - See Kate

CONTACTING JUE'S TAEKWON-DO

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 juestkd@mac.com.

Keep in Touch

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

<http://groups.yahoo.com/group/juestkdmember>

<http://groups.yahoo.com/group/advocare>

<http://sports.groups.yahoo.com/group/trivalleycycling>