

Christina Terry 2006 Trainer of the Year

Christina Terry took personal trainer of the year honors at this year's annual holiday and awards party.

The award is presented to the trainer who performed up and beyond expectations for the year.

Her outstanding performance throughout the year made her the clear recipient for the award. "Christina is a real team player, she puts the Addie's Studio team ahead of herself", said Addie.

In addition to her award Christina was selected as manager for the new UTC facility. She started her new position on December 4th.

Jon Garro 2006 Trainer of Champions

Jon Garro earned the Trainer of Champions honors.

The award is presented to the trainer who scores the highest on our monthly exercise physiology exams. Jon scored the highest on nearly every exam.

He goes into 2007 as the reigning champion. We will all have to wait until next December to see if he can retain his crown!

5th Annual Remodel Your Body™ Contest!



RYB '06

It's that time of year again! Time to get motivated and lose those extra holiday pounds. Remodel Your Body™ is our annual contest that benefits the Multiple Sclerosis society. The objective of the contest is to see who can *relatively* change their body the most in an 8 week period.

There is a \$20 entry fee. The winner will take home a voucher for personal training in the amount of 1/2 of all the entry fee's collected!

Beginning body fat measurements will be taken between February 5th-9th and conclude with final body fat measurements taken between March 26th-30th..

There will be a BBQ on March 31st to celebrate everyone's success. Addie's Studio will donate \$1 for every lb. of body fat lost to the MS society.



Let's extend a warm welcome to our new clients:

Sam Dawson
Greg Chronopolos
Renee Rosenblatt
Rachel Chapman
Randy Kilburn
Brad Surak
Jamy Ouellette
David Conde
Dave Muscat
Art Harris
Jamie Apodaca
Norma Huhn
Jeff Burriss
Barry Lebowitz
Alex Gigglerberger
PJ Barnes

We look forward to helping you achieve your goals!

Upcoming Events

January 20th-
MS Wellness Works

February 5th-
Remodel Your Body™ begins.

Happy Birthday!

Dale Baker	Jan. 4th
Helen Faye	Jan. 7th
Tiffany Struhar	Jan. 8th
Linda Hammond	Jan. 15th
Jamie Apodaca	Jan. 16th
Suzanne Gilmour	Feb. 8th
Frederique Dwarvin	Feb. 8th
Bonnie Burruss	Feb. 11th
Barry Lebowitz	Feb. 11th
Barbara Elliott	Feb. 12th
Nancy Strong	Feb. 13th
Malcolm Parle	Feb. 14th
Lee Varon	Feb. 14th
Tanya Blane	Feb. 18th
Eric Jones	Feb. 22nd
Julie Ellard	Feb. 26th
Mike Lowary	Feb. 27th
John Burke	Feb. 28th
Phyllis Jones	Feb. 28th

Addie's Studio UTC opens!

The San Diego chamber of commerce helped celebrate the opening of Addie's Studio UTC with a ribbon cutting ceremony on December 9th. Chef Julie Ellard catered the exciting event. Attendees included members of the Chamber of Commerce, Business Networking International, friends, and family.

Why a studio in UTC? *"We felt that residence living in the UTC area lacked a specialized fitness facility of our kind. Our goal is to provide a level of fitness training not yet seen in this area", said Addie.*

The doors officially opened to the public on December 4th. Addie's Studio-UTC is located at:

8935 Towne Centre Dr., Ste. 105
San Diego 92122

65 Pairs of Shoes!

Because all of you are so generous, Addie's Studio was able to collect 65 pairs of shoes this year.

We will be donating all of the shoes to the American Cancer Society where proceeds from the shoes will go directly to their charity. We will also be matching every pair of shoes that were donated with a brand new pair of socks!

On behalf of the entire staff at Addie's Studio, we would like to thank everyone who took the time to rummage through their closet to find that extra pair of shoes that will help someone in need.



Can that cola to strengthen bones!

In addition to having no nutritional value, soft drinks like colas contain caffeine and phosphoric acid, the latter of which may adversely affect bone mineral density (BMD). In observing 1,414 women and 1,125 men, researchers found that cola intake was associated with significantly lower BMD at the hip site in women—but not in men. Researchers concluded that the intake of cola is associated with low BMD in women.

American Journal of Clinical Nutrition '06

TrainerSpotlight



Jon Garro joined Addie's Studio-Pacific Beach in 2005. His expertise in the exercise field has been of great value to all of his client and his fellow trainers.

If you are not trained by Jon then you may not know a whole lot about him. Below are the basics.

Hometown: Mattapoisett, MA

Certifications: B.S. Exercise Physiology, Certified Strength & Conditioning Specialist (CSCS).

Something Nobody knows about me:

I once had the initials of a girl I liked shaved into my head!

My burning desire: To provide the knowledge and inspiration for people to reach their ideal fitness level on their own with the guidance from me. Hit the Super Lotto and travel the world carefree!

BRAINTEASER TRIVIA

Without being called,
They come at night.
Without being stolen,
they are lost in the day.
What are they?

Look for the answer in our next issue.