

Hello again,

Emailed out on Wednesday, May 07, 2003

This is a hard email to send you, but it must be done and it would have been best had I done it a week ago, but it wasn't, so here we go.

The Y has increased the price for members to have Personal Fitness Trainers. It has been \$30/hour for many years and they decided it was time to raise it to \$35/hour. This increase began May 1st, which is why it would have been nice to let you know sooner. Members who are currently with trainers will continue to pay the \$30/hour until June. In June, the Y would like to have everyone paying the \$35/hour. If this increase is a problem or is difficult for you, please let me know.

I meet with clients in their homes and I will soon be having clients come to my office. The price for this is \$40/hour and will stay at that price. If you have been receiving this service at a different fee and this increase becomes an issue on whether or not you receive the service, please let me know and we can look at the issue.

I don't want any clients to stop working with me because of this increase so please communicate with me. I feel it is very important that you stay fit and I want to do all I can to help you achieve that. Anything is possible in this world! ✍

A tid-bit on the health scene from an article entitled "Are Low-Carbohydrate Diets the Key to Weight Loss?" by Barbara A. Brehm:

"The best way to lose weight is to get plenty of physical activity, and consume reasonable portions of nutritious food. People seem to lose weight on almost any kind of diet, but it is often a temporary loss that is regained once the dieter resumes "normal" eating habits.

People who lose weight and keep it off almost always exercise for one hour or more each day. Exercise burns calories and helps to rev up a sluggish metabolism. Exercise contributes to long-term health not only by preventing obesity, but by reducing risk hypertension, type 2 diabetes, heart disease, osteoporosis and colon cancer.

A good diet contains carbohydrates, protein and fats. Healthful sources of carbohydrates include fruits, vegetables, whole grains and legumes. Health-promoting fats are found in vegetable oils, avocados, mayonnaise, nuts and fish. Bet even "good" foods can cause obesity when consumed in excess. Balancing energy intake with energy expenditure is the only road to lifelong weight control and disease prevention."

Keep up the good work you are doing! Remember, "If we don't take care of our bodies, where are we going to live?"

Carol Lee Rogers