

Happy October,

I hope your fitness is going well. There is a lot happening in the valley in the fitness direction so step out into something new and achieve the goals you are after. This month, I will inform you of a couple of classes that will be starting soon, we will look at what is happening with Baxter Fitness Solutions and we will look at hypothyroidism. Before that, let me just fill you in on how the triathlon was.

The triathlon was a lot of fun and it went well. We had one successful client team with me swimming, Lea Johnson cycling and Page Murilla walking. We thought it would take us 3 hours and we completed it in 2 hours 13 minutes. Congrats to Lea and Page for stepping in and taking on that challenge. June Mather, an avid swimmer, was a swimmer on another team which did really well. Good job June!

I really appreciated Lea at the end of her ride. She had the biggest smile on her face, her eyes were glowing and with pure depth, she looked at me and said “thanks for letting me do this!” Wow! That was a gift I will treasure for a long time. Thank you Lea.

Starting this Tuesday, October 5<sup>th</sup> at 6:30 PM, Linda Willis will be offering her Weigh In Program. If you are struggling to loose weight, check this program out. It has helped some of you out there so I know it works. I will also be taking this series to really get a feel on what Linda has to offer. Let me know if you want more information.

Jenny Slawta will be offering an Osteoporosis Prevention and Treatment Seminar this Saturday, October 9<sup>th</sup> from 1 – 4 PM at SOU. If osteoporosis runs in your family I would recommend you taking this seminar. It is going to be filled with knowledge plus hands on activity. You will be able to take home exercises you can do on your own. Let me know if you want more information. Attached is a flier from Jenny, feel free to print and post it.

Moving on to Baxter Fitness Solutions and what my future looks like. But first, let me send a thank you to all of you who came to check it out last Friday night. I really appreciate your support.

For the future - I really don't know what is going to happen, but this is what I see right now. Baxter Fitness Solutions for 50 and Beyond will have it's grand opening on Saturday, October 9<sup>th</sup> from 8 – 4 pm feel free to come and check it out. Starting Oct 10<sup>th</sup>, I will be running Fitness Solutions Monday through Friday from 9:30 – 12:30. I will see clients before and after these times, unless you have specifically spoken to me. Please remember I will still be seeing clients at the Y in the afternoons and possibly at 8am on some weekdays.

Let's look at prices. For the month of October the enrollment fee will be waived, for any of you at the Y that come and join Fitness Solutions. The monthly fee is higher here, so talk to me if that fee makes it impossible for you to join. Andy Baxter has the fitness

training price at \$25/half hour. You will continue to pay the current price you are paying. I will not raise the price for current clients.

Next month I will give you more details on what Baxter Fitness Solutions has to offer. As some of you saw, the machinery is different. I will speak more on that next time.

Ok, lets move on to hypothyroidism. My doctor has been telling me since 1999 that I possibly have hypothyroidism. I am finally starting to listen to her and am reading a book called Thyroid Power, written by Richard Shames, M.D. and Karilee Halo Shames, R.N.. This book has a little quiz in it that I would like to share with you. Take the quiz below and see what your result is. There is no right or wrong.

Do you....

- have unusual fatigue unrelated to exertions?
- feel chillier than most people, often needing to wear socks to bed?
- dress in layers because of needing to adjust to various temperatures throughout the day (sometimes too hot, sometimes too cold)?
- have feelings of anxiety that sometimes lead to panic?
- have trouble with weight, often eating lightly, yet still not losing a pound?
- experience aches and pains in your muscles and joints unrelated to trauma or exercise?
- have increased problems with digestion or allergies?
- feel mentally sluggish, unfocused or unusually forgetful, even though you're not old enough to have Alzheimer's?
- know of anyone in your family who has ever had a thyroid problem (even yourself at an earlier age)?
- suffer from dry skin, or are prone to adult eczema?
- go through periods of depression, and/or lowered sex drive, seemingly out of proportion to life events?
- have diabetes, anemia, rheumatoid arthritis or early graying of hair? Does anyone in your family?
- experience your hair feeling like stray, dry and easily falling out?
- experience significant menopausal symptoms including migraine headaches, without full relief after taking estrogen?
- have a history of whiplash or other neck injuries (which may have damaged your thyroid)?
- have significant exposure, now or in the past, to chlorine, bromine, or fluoride (which compete with iodine in your thyroid)?
- feel utterly exhausted by evening, yet have trouble sleeping?
- do you wake up tired?

The Shames state: "If you answered yes to four or more of these questions, you could be one of millions of people with an undiagnosed or under-treated low thyroid problem." If this is the case for you, I encourage you to go out and buy this book. Take control of your life and find out whether or not you have this condition. The book does go on to

talk about other issues that might be the problem. There is also a more elaborate test in the third chapter to help you find out if you do have hypothyroidism. If you have any questions, check it out.

Do I have hypothyroidism? I am still reading the book and will let you know down the road.

Ok, fall is here, aren't the colors gorgeous... I will be out of town from October 18-25. I am flying to Santa Fe for a late 82<sup>nd</sup> birthday party for my father and to see most of my siblings. I look forward to seeing you and hearing how things are going for you. Have a great Halloween if by chance I don't see you. Until November, continue to see the beauty of yourself and realize that you so deserve the love, attention and nourishment you are giving yourself. Remember, we can't love anyone until we love ourselves.

Carol Lee