

PowerHouse Health & Fitness, (281) 383-9947 or e-mail [info@phfclub.com](mailto:info@phfclub.com)

## Special Interest Articles

Get fit! In as little as 12 weeks!

Has our food supply made us FAT?

Learn how to put your money to work for you!



## 12 Week Fitness Challenge

Just the other day I was asked, "How long does it take to get buff?" I thought about it, and I told the man that he would be able to see a big difference in **as little as 12 weeks!** He was impressed! Then he asked if he would have to work out every day. I answered "no"; it only takes 3 to 4 workouts per week. His next question was how long the work outs would have to last, he suggested 3 hours. My reply was only about 1 ½ including cardio.

He was surprised! He said that if **everyone knew that it only took 5 to 6 hours a week, more people would do it!** I tend to agree with him. If you can find time to watch movies, go out to eat, sit on your bum on the couch and talk about nothing, then you have the time to get fit!

Now, a **perfect way to get started** is our "12 WEEK FITNESS CHALLENGE"! It starts in April and ends in December. You can choose any consecutive 12

week period within that time, and **our certified trainers are here to help you be a success!** Of course there are rules and regulations and **PRIZES** as well! But the biggest prize will be the **NEW YOU!** You'll look better, feel better and be in better overall health than when you started! **Decide today to take the first step and e-mail us for more information!** [challenge@phfclub.com](mailto:challenge@phfclub.com)

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## Just Do It!

So many people today want to **improve their lives and be healthy, but simply don't do it.** I've been one of them from time to time. So I definitely know how it is! What I've found is that **most everyone knows that they need to eat right and exercise to stay healthy,** but excuses seem to come *really easy!* We can think of all kinds of reasons why we "can't", but when we get sick we **sure do find the time and money, as well as make the effort to go to the doctor.** We also make sure we take our medicine like we're supposed to, even

if we can't seem to take a multi-vitamin on a regular basis! **Sad isn't it!** My philosophy is this...I'd rather **spend the time and money to be healthy, than be sick and spend money to try to get back to a state of health that's only so-so,** only to eventually get sick again! And it's not only about not getting sick, **it's about feeling good on a daily basis,** being able to sleep better, dealing with stress better, being in a better mood, being able to look in the mirror and know that you're doing what you can to live **a life that's**

**fulfilling!** After all, we're all put here for a purpose, and if we're sick and have no energy, **how much can we really accomplish?** When I start feeling like I don't want to work out...I have to make myself STOP and think to myself, "**Don't think about it, just DO IT!**" That way the excuses are left behind and I can go ahead and **do what I need to do and feel good about it,** instead of feeling the guilt that we all feel when we don't do what we know that we should!



*"By using the rule of 72, you can see why it pays to fight for every extra percentage point of interest you can get."*

## What is the "Rule of 72"?

Do you know the Rule of 72 and how it works? The Rule of 72 is **an easy way to approximate how long it will take your savings to double**. Just divide 72 by the interest rate you earn to determine the number of years it will take your money to double. It shows the way **money can grow so much faster with a higher rate of return**.

By using the Rule of 72, you can see why **it pays to fight**

**for every extra percentage point of interest you can get**. Check out your rates & then use the Rule of 72 to compute how fast **YOUR savings will double!** For instance, a one-time contribution of **\$10,000.00 doubles five more times at 12% than at 3%**. (See chart to the right!) It's important that we know how money works, **so we don't have to work for it, we can simply let it work for us!**

# Yrs.	3%	12%
0	\$10,000	\$10,000
6		\$20,000
12		\$40,000
18		\$80,000
24	\$20,000	\$160,000
30		\$320,000
36		\$640,000

I learned this from a financial services company that believes in educating their clients! If you'd like to learn more, contact us @ [info@phfclub.com](mailto:info@phfclub.com)

## We're Growing!

Some of the things that we currently offer are:

**Certified Personal Training, Boot camps, Health & Weight Loss Courses, Supplement Lines, INSPIRED Fit Kids Summer Day Camp, Corporate Health & Wellness Programs, Yoga or Pilates, Mommy & Me B-Fit, Nutritional Services, Online Training** and just about anything else that's related to

fitness!

If you'd like more information about any of our services, PLEASE CONTACT US NOW!

OR, if you are a reliable, friendly and honest certified trainer (or want to be); we would like to consider you for our team!

If you're interested in an opportunity with us,

please send your name, contact information, experience (if any), certifications (if any), and any other personal or professional information you'd like to share with us to [jerricornier@yahoo.com](mailto:jerricornier@yahoo.com)

**We're willing to listen to your ideas! Just let us know what you have in mind!**

## FAT? Is it your fault, or not?

You may or may not have heard of them, but the Wholefood Farmacy is a company that claims that **the American food supply is largely at fault for our countries obesity problem**. Their goal is to "untangle the myths about weight

loss" and **teach people the truth about how your body works**. They offer many organic and whole food meals & snacks, as well as products for weight loss and detox. All products are natural and whole. **An awesome company with**

**an awesome message!** To learn more about the truth from a video clip, simply click the link! **It's worth the time!**

<http://www.breadoflife.wholefoodfarmacy.com/2005/wtloss1.asp>



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in partnership with Powerhouse Health & Fitness

[www.phfclub.com](http://www.phfclub.com)

## New Boot Camps...

We have new boot camp times opening up in April!

You can now get a full workout in as little as 45 minutes a day, 3 times per week! Get fit the old fashioned way...HARD WORK! For beginners as well as fitness buffs alike!

Only \$15 per session...WOW, what a DEAL!

Current camps are held in

Fall Creek, Eagle Springs and Walden! We are in the process of opening one in the Greenspoint area as well!

**Not close enough for you?** Let us know where you're located and we'll see if we can get one started a little closer to YOUR home!

For further information contact us @

[agnelsie@yahoo.com](mailto:agnelsie@yahoo.com)

## She's Steppin' Out!

Jerri has been a pillar of our organization since it began in 2002. She is a dedicated wife and mother of three. She began her journey to becoming fit in 1999, when she realized she wasn't getting any younger. Her goal was to simply look and feel younger and healthier. Now she looks forward to helping others achieve those same goals! She is now leaving a full-time position in an office to pursue a career in fitness! She enjoys helping women and children especially. Jerri has experienced being overweight, being out of shape, as well as packing

on a few extra pounds due to pregnancy. She now maintains her weight and health by a healthy diet, cardiovascular exercise, and resistance training. She is a member of the National Health and Wellness Club, is certified in Personal Training and Sports Nutrition, is licensed in ministry by Berean Tabernacle Baptist Church in Liberty, Texas, and is licensed by the Texas Department of Insurance.

To see some of her pics click:

[www.myspace.com/jerri\\_thepowerhouse](http://www.myspace.com/jerri_thepowerhouse)

# Contact Information

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