

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

Special Interest Articles

3 Ways to Help You Stick With It...

Put a *spark* back in your sex life!

Smoking...A Mystery to Me!

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3 Ways to Help You *Stick with It...*

For your workouts to really be beneficial, you should work out at least 3 times per week. Sometimes though, busy schedules (either our own or our children's) or just plain laziness can get in the way!

Here are some ways to help you stick to your workout:

1. Pay someone! The idea here is, if your paying someone, you'll be sure to take every opportunity to get your money's worth. Either hire a trainer or pay

yourself even! Every time you make your scheduled workout...put \$5.00 in a "wealth account" that earns interest or a "rainy day" fund!

2. Make an appointment! Schedule it like you would a meeting or date! If there's time marked off on your schedule for it, you'll be more likely to take the time to do it! Or make a date with your spouse or friend for a walk in the park, a tennis match, or even a trip to the gym and then out to eat!

3. Change it up! If you get bored with your routine, you're less likely to stick to it! Switch it up! Do boot camps, do jazzercise, take a dance class, try water aerobics, play a game of racquetball...SOMETHING DIFFERENT! Your body will get used to the same old thing and stop responding as well!

Keeping your fitness routine "fresh" is the best way to stay interested!

JUST DO IT! BE FIT!

Put a **SPARK** back in your sex life!

Regular physical activity can help you be healthier all the way around. Some benefits include: Improved mood, help with combating chronic diseases, stronger heart and lungs, improved sleep, and even a **new *spark* in your sex life!**

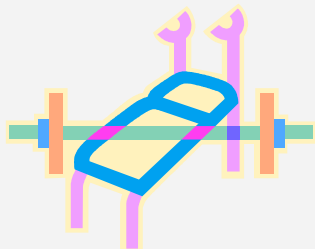
Yes, regular exercise can leave you feeling **more energized** and **looking better**, which can have a positive effect on your sex life!

Exercise also **improves circulation**, which can improve sex as well. Men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise, especially as they age. Also, it has been said that weightlifting can increase testosterone levels, which can also lead to an increase in sex drive. (Be sure not to over-train though...that can lead to a decrease

in sex drive!!)

For a jump start in your new outlook on exercise...sign up for our 12 Week Fitness Challenge! It starts in April and ends in December. Choose any consecutive 12 week period within that time, and become a fitter, healthier you!

E-mail us for more information!
challenge@phfclub.com





"It's our responsibility to our family that we make sure we are prepared."



Your kids will R-O-A-R for more!



"The exercise, fitness and wellness industry is one of the fastest growing in the U.S."

ARE YOU FINANCIALLY PREPARED?

According to the Theory of Decreasing Responsibility, your need for life insurance peaks along with your family responsibilities.

When you're young, you may have children to support, a new mortgage payment and many other obligations. Yet, you haven't had the time to accumulate much money. This is the time when the death of

breadwinner or caretaker could be devastating and when you need coverage the most.

When you're older, you usually have fewer dependents and fewer financial responsibilities. Plus, you've had years to accumulate wealth through savings and investments. At this point, your need for insurance has reduced

dramatically, and you have your own funds to see you through your retirement years.

It's our responsibility to our family that we make sure we are prepared. Whether it is purchasing term life insurance, or setting up some type of investment fund or even writing up a last will and testament! If you'd like to have a free financial needs analysis, please e-mail jerri@phfclub.com

Jungle Muffins!

1 1/2 cups whole wheat flour
 1 cup oats
 1 teaspoon baking soda
 1 teaspoon baking powder
 1 teaspoon cinnamon
 1 cup raisins
 1 cup banana
 1 (8 ounce) can crushed pineapple
 2 tablespoons canola oil
 2 eggs

1/2 cup sugar
 1/2 cup brown sugar

Combine flour, oats, sugar, baking soda, baking powder, salt, and cinnamon in medium mixing bowl.

In another bowl, combine eggs, oil, pineapple and bananas until well blended. Stir in raisins. Add liquid

mixture to flour mixture, stirring to blend evenly.

Spoon mixture into muffin cups, lined with paper or sprayed with cooking spray.

Bake at 350 degrees for 10-12 minutes.

FITNESS...A growing INDUSTRY!

New trainers are now joining our team! How about you...are you interested in being self-employed, helping people, enjoying tax breaks and making your own hours?

The exercise, fitness and wellness industry is one of the fastest growing in the United States. According to the US Department of Labor (2005), overall employment in fitness

and wellness is expected to grow faster than average for all occupations through 2012, as an increasing number of people spend more time and money on personal fitness, physical activity, and wellness services and more businesses recognize the benefit of exercise-based wellness programs. The Department of Labor projects the employment category of

fitness trainers, instructors, and leaders to increase by 62.1% by 2012, making this employment category one of the highest projected increases.

For more info on joining our team go to http://www.phfclub.com/join_our_team.html



SMOKING...a mystery to me!

Smoking is **the largest preventable cause of death** and disability in developed countries according to the National Cancer Institute. So, why people do it is a **mystery to me!**

In plain English, if you smoke it not only goes into your lungs, it also goes into every part of the body, even breast milk. It constricts blood vessels preventing blood from carrying a full load of oxygen; it causes genes and other cells to grow abnormally and too rapidly, affects organs negatively, brings down the immune system increasing the risk of infections,

damages lungs and may also speed up the aging process. PLUS they cost an arm and a leg now! If you smoke a pack of cigarettes a day, you could save about \$180.00 a month! Invest that money in an interest bearing account and at 10% (avg. interest rate of stock market over the life of the stock market) and you could have **\$14,054.83 saved** in 5 years! **Now if that's NOT incentive to stop...I don't know what is!** For interesting info on quitting, check out: <http://www.whyquit.com/whyquit/>



Kids FITNESS Camp!

We are planning to host a summer fitness camp for kids this coming summer and wanted to know if any of you would be interested?

Camps would include Team Sports where they would learn about cooperation, good sportsmanship and how to work as a team, Group Activities including a nutrition class, as well as Theater, Etiquette, Arts and Crafts, Crazy about Books and more, and a Group Bible Study! Studies have shown that kids who attend Bible study are better behaved, better adjusted,

have better self-control, better social skills, and better approaches to learning than kids who do not.

The camp is for boys and girls ages 7 to 14 and costs are as follows:
 Registration fee: \$75
 Full Day per week: \$100
 Half Day per week: \$75
 One Day: \$35

If you have any interest in enrolling or want more information please e-mail: jerri@phfclub.com

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