



April Client Spotlight Lari Quintero

I have always been an active person and worked out. However after starting my career as a Nurse Practitioner, I found myself having little drive or energy to continue to work out consistently. I gained about 10lbs and felt completely unhealthy.

After about a year and a half, I was fortunate to be able to obtain a more flexible schedule which allowed me to begin getting myself back in shape. I started back to the gym with my usual running and cardio (like most women) which I enjoy, but I wanted more. I was a little intimidated by the weight room at the gym and wasn't quite sure what I was doing.

After some personal research and watching women who lifted weights routinely, I followed recommendations to start lifting weights and decreased my endless time on the treadmill. I immediately saw results, however I knew I would not push myself, that's when a friend suggested I get a trainer.

I was fortunate to have started training with Aaron and he is great! I really wanted to add definition and become stronger. He has guided me through this process and provided me with valuable knowledge about strength training and weight lifting techniques.

I feel like I have a plan and have more structured work outs. I look and feel so much stronger! He has helped me to stay excited about weight training and encouraged to meet my fitness goals. I will continue to strive to BE AS FIT AS I CAN BE!

The Importance of a Good Vocabulary by Carol Chandler-Wood

Improving your vocabulary is one of the most important academic investments you can make, however, it is often overlooked. Most of us use slang words and phrases, simple words, and at times even improper grammar when we speak and write. Good vocabulary is sometimes ignored and is considered to be somewhat "out of style". Young people and those seeking college or job acceptance need to be careful about their choice of words because a broad vocabulary will enhance their communication skills, thus causing them to be a more effective speaker, a better conversationalist, and a more convincing leader. We have probably all been judged by our vocabulary many times recently without even knowing it!

Whether we realize it or not, every time we speak, we use our language to immediately tip others off about how educated, competent, and successful we are. It's not surprising, therefore, that studies have shown that a **powerful vocabulary is directly linked to success, status, and income.**

Benefits of a strong vocabulary are:

- Grants you greater respect and credibility
- Boosts your career
- Improves your communication & equips you to easily express your ideas
- Improves your writing
- Improves your confidence with words and conversation
- Improves your spelling
- Empowers you with advanced reading and comprehension skills
- Improves opportunities for promotion and career progression

Brain Teaser "Double-Speak Proverbs"

Read the descriptions provided below and try to guess which proverb (old saying) they each represent.

1. If a large solid-hoofed mammal becomes available to you without compensation, refrain from casting your faculty for seeing into the oral cavity of such a creature.
2. He who locks himself into the arms of Morpheus promptly at eventide, and starts the day before it is officially announced by the rising sun, excels in physical fitness, increases his economic assets and celebrates with remarkable efficiency.
3. A body of persons abiding in a domicile of silica combined with metallic oxides should not carelessly project small geological specimens.
4. A canine which gives vent to his sentiments by a series of vocal efforts, rarely finds use of his bicuspid.
5. A chronic disposition to inquiry deprived the domestic feline carnivorous quadruped of its vital quality.
6. A mobile section of petrified matter agglomerates no bryophytes.
7. If primary failure is imminent, new attempts should be made repetitiously.
8. Never situate the conveyance and its accouterments forward of the perambulating, ambulatory equine.

*Tell me, I forget.
Show me, I remember.
Involve me, I understand.
~Chinese proverb*

Upcoming Events (Contact us for information)

| | | | |
|------|--|------|--------------------------|
| 4/11 | Spring Sprint 5k | 4/19 | Healthy Heart 5k/10k |
| 4/12 | EA Sports Riverside Dash | 4/25 | American Mud Race |
| 4/16 | IOA Corporate 5k | | Lake Mary Trailblazer 5k |
| 4/19 | It's Just Yoga Health & Fitness Festival | | Run for the Trees 5k |

February Brain Teaser Solution

A grandfather and his grandson have the same birthday date. For six consecutive birthdays the grandfather was a multiple of the grandson's age. How old were each at the sixth of these birthdays?

| Grandson | Grandfather |
|----------|-------------|
| 1 | 61 |
| 2 | 62 |
| 3 | 63 |
| 4 | 64 |
| 5 | 65 |
| 6 | 66 |

