



# Unique Fitness & Massage Therapy

www.uniquefitnessLLC.com

Quarterly Newsletter

Winter 2011

### A Message from the Unique Fitness Team



Seven successful years in business and many happy stories to tell. In November we celebrated our 7th anniversary with an Open House and were positively surprised to see so many of our clients and newcomers show up for the event and take advantage of the special offers. We would like to thank all of our clients for their continued support and wish all new clients success and determination to reach their goals in 2012.

*Claudia & Thomas*

## Kim M: If she can lose 100 lbs in just 8 months, so can you!



Over the course of the past 8 months, I have truly become a different person, both physically and mentally - I went from getting winded just walking up the stairs to being able to run 5 miles in under an hour. I love to exercise, I take multiple group classes as well as run daily. Less than a year ago I was so fatigued I'd spend hours in bed.

There is no quick fix to lose weight - I didn't use pills, or surgery, or get a shot. I ate a very healthy diet high in protein,

whole grains and healthy fats. I put in tons of time at the gym, and while not always easy, I can honestly say every minute of this journey has been worth it.

Now on to the biggest component - strength training. Tom is amazing - he will push you and if you are willing to work, you will get results. I have taken Claudia's kickboxing and kettlebell classes, and they are great and designed to get results! Strength training is beyond important - had I stuck to a cardio only routine, I definitely would have not gotten the results I did, and certainly not as fast. I am

asked on a daily basis how I managed to not have any loose skin after losing such a huge amount of weight, and my answer is always "Tom". He put me through exercises that I never would have conceived of doing on my own, and through his regiments, I have gone from a size 18/20 to a size 6/8.

I can't imagine what I would be like today if I hadn't made the decision to start a program at Unique Fitness. It was easily the best thing I could have done for myself - I have tons of energy, and it is much easier to keep up with my 9 year old son these days!

## Merlyn L.: "The doctor & therapists agreed that the individual attention and specific programs given to me by Tom had prepared me well for the surgery and insured a rapid recovery."



"A thank you to Tom for unwittingly preparing me for recent knee surgery. Five years ago I had my right knee replaced and suffered a grueling 2 month recovery. Needless to say when I realized I would need surgery for my left knee I

was not pleased.

On September 23rd I had my robotic knee resurfacing surgery performed by Dr. Robert Marchand at South County Hospital. The next day I was walking in the hospital and the following day I was walking at home. The difficulties I experienced from the first surgery, that is inability to sleep because of the discomfort, trouble bending the knee and just being terribly uncomfortable, were much less debilitating.

Why do I owe Tom my

thanks? My fast recovery astounded the therapist who came to my house the first week. I needed no walker but used a cane right away. The outpatient therapist was pleased with how well I was doing when I saw him the 2nd week after the operation. The physician's assistant at my first post-op visit was impressed by my range of motion and mobility. The doctor and therapists agreed that the individual attention and specific exercise programs given to me by Tom at Unique Fitness had prepared me well for the surgery and insured a rapid recovery."

### Massage Gift Certificates Now Available through December 23, 2011

Think of a friend or a loved one to give the gift of health and some well-deserved time of relaxation

- One (1) Gift Certificate: **\$45.00**
- Three (3) Gift Certificates: **\$129.00**
- Five (5) Gift Certificates: **\$200.00**



### Personal Training Gift Certificates

(valid for purchases until December 23, 2011)  
Give the gift of health and fitness

- Three sessions (50 min. each) **\$147.00**
- Five sessions (50 min. each) **\$245.00**



**Learn all about UCAN, a revolutionary nutrition oriented SuperStarch that aids recovery and weight loss & how to integrate it with proper nutrition & exercise**

**Free** 60-minute presentation by Peter Kaufman (UCAN ) & Claudia Botthof (Unique Fitness) on Thursday, January 12th at 6.30PM (RSVP: please call to reserve seating)



Find out how this new product benefits athletes, diabetics and people trying to lose weight and how to integrate it with proper exercise and healthy nutrition. UCAN is the manufacturer of products that are powered by SuperStarch, made from a natural product (starch) that has been altered only through the addition of water and heat and is proven through clinical studies performed by the University of Oklahoma to benefit the following populations by muting insulin response in the human body:

- ◆ **Weight Management:** Enhances fat burn. Satiety with efficient carbohydrate calories that last longer
- ◆ **Athletes:** Provides prolonged performance energy without spikes and crashes of insulin
- ◆ **Diabetes:** Delivers better glucose regulation and better insulin control

**Open House draws many Newcomers to try out Unique Fitness classes!**



Members and non-members had the opportunity to participate in introductory sessions of a variety of classes, experience a relaxing moment of chair massage or indulge in some healthy snacks.



Zumba, Yoga and the Swimming Dragon were the hit of the day and everybody had a lot of fun!

Join today, our classes are kept small (3-6 people) for individual attention to form and posture.



**Chris V. won Saturday's Raffle**



On November 5th and 6th, Unique Fitness hosted their Open House event in celebration of their 7th anniversary.

**Client of the month: October Sue C. lost 35 lbs within just a few months!**



**Client of the month: November Carol R. (69) proves that you can become fit at any age!**



Carol (age 69 1/2) is written proof that fitness benefits everybody regardless of age. For months she has been enjoying personal training at Unique Fitness to build up muscle strength and definition. Even though Carol never ran for decades she is now also determined to improve her endurance & speed: She has participated in many 5K's over the past few months. Constantly working on improving her running time, she even made 1st place in her age group during the "Run for the Troops 5K" in September. **Congratulations!**