

Solo Fitness[®] 2001

We hope you had an enjoyable and happy holiday season. January is the month of New Years Resolutions and most likely the month for declaring new fitness goals, priorities and commitment to a healthy and active lifestyle. That's quite an undertaking especially when it's cold, icy, windy, and dark at 5pm. How can anyone fit this in and how can we help?



The Solo Fitness staff

Solo Fitness[®] Staff:

Lisa Hoffman, MA
President

Certified Personal Trainers:

Kathy Cole
Britt-Louise Gilder
Anne Lilly
Michelle Marroquin
Ali Martin
Fran Milde
Ellie Renfield
Seth Swoboda

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Solo Fitness has been constantly growing and changing these past 10 years. To keep up with all of your hectic and demanding schedules we have now grown to nine highly motivated and educated trainers. We're able to work when you're able to work.

Solo Fitness[®] Facts

- Our goal for our website (www.solofitness.com) has been to design a monthly magazine-style website with informative articles, facts and tidbits. And it's here! So, please check us out monthly to get the latest on **The Solo Fitness News**.

- Announcing three new highly specialized and fabulous personal trainers: Britt-Louise Gilder, Michelle Marroquin, and Fran Milde. Welcome to the Group!

- On Sunday, October 22nd, trainers Seth Swoboda and Anne Lilly participated in a 5K Walk and Fitness Forum called **Minds in Motion**: a fundraiser for depression awareness. Sponsored by Women's Sports Foundation and Pfizer, the walk was kicked off with a demonstration/warm-up to get everyone ready for the 5K walk. It's a good reminder that exercise and movement can be helpful for those with mood disorders and depression. We thank them for their participation and representation of **Solo Fitness** at this event.

Attention SnowBirds - those who are in the Palm Beach area this winter -We are developing **Solo Fitness Florida**. Terry Gooch, a transplanted New York personal trainer, is in sunny Florida for her long distance bicycle training and available for your personal training. If interested, please call us for more information. Don't miss a workout... we can help you keep fit in Florida!

Since we're talking about the warmer weather - the summer is only 5 months away and we're in the process of developing **Solo Fitness**

Hamptons. We are working on being able to provide you with a trainer for your time out at the beach. Most likely the days will be Mon-Fri. If there is interest, we'll be there. So let us know soon! It's never too early to plan for the summer.



Seth and Anne preparing to undertake the 5K Minds in Motion walk.

Warmer Warm-ups

Training the Trainers

On November 15th we had our monthly **Training the Trainers** workshop. The workshop was led by Yoga Instructor Leslie Journet. All the **Solo Fitness** trainers came together for a comprehensive 2-hour class on using yoga-based methods for personal training. New methods and insights into the

science of movement and alignment can lead to fresh ideas on personal training techniques. And it's not only the **Solo Fitness** trainers that benefit from the yoga training; our clients reap the benefits too! Our continuing education leads to your continuing good health.