

ORANGE TEAM



Orange team puts the team in team workout !!

Another week of fun has now come and gone, so has some weight! Our 5th Boot Camp was the most demanding so far, and also, the most fun. I am hurting in places and muscles I didn't know existed. That is great! You know you worked out when you feel it the next day! Apparently, our Team lost the weekly prize handout by .1.....Only a single decimal point! We are Stoked about that! Penny has been fantastic @ Big Bears! She changes up the workouts to keep us all on our toes! Great Job Penny! You rock! One of the treats we get to enjoy is a night of Free Pita from Extreme Pita! The staff there are very friendly and helpful. My favorite is the Rustic Italian but, a close second is the Mexicana! As far as workouts go, I have become a huge fan of the "Abdomizer" – "Super Abs". The weirdest thing about it is that I have never been fond of anything that works my abs! This Machine/Station Rocks! Anyways, that is enough for now. Until next week:



"Live long and Prosperous"

Cheers! *Chris*



TRENCHES !!

Yuck !!

Team Oranges Tip of the week

Sleep it off. To be an efficient fat-burning machine, your body requires at least eight hours of sleep a night. If you think that you're doing yourself a favor by sleeping less, you're mistaken. Give your body time to rest itself, both mentally and physically. Sleep is very, very important (if only for mental alertness for the following day). If you feel tired, that's likely your body's way of saying: "Shut your eyes, stupid!"

Holy!! Now that was a boot camp! Every muscle group was worked and reworked. Epsom salts and warm bath soak here I come! I am curious however to know which muscles will decide they would rather just stay in bed tomorrow. Each week the boot camps get a little more intense and Penny pushes us to strive for our best and challenge ourselves. I am finding that self challenge is a great thing when you have a very positive and healthy focus in mind. Once a week we find ourselves at the counter of Extreme Pita as there always seems to be a night within the week when cooking a meal seems to be way too much. I am enjoying the variety of the Pitats and I am even challenging myself to try new things on their menu, and thoroughly enjoying it. My new favorite is the "Mexicana" it has a great mix of sweet and spicy at the same time. With everything working together, the clothes are getting much looser and I am feeling terrific. After 4 weigh-ins I am down 8.5 pounds in total. I can't wait for the day I get to go shopping for new clothes and of course my Wedding Gown. What a difference I will see.... Till next time, take some time to enjoy the smallest things in life as they often add up to be the greatest!!



Helene