

# SPARKLE A NEW YOU! APRIL 2015

SUN	MON	TUE	WED	THU	FRI	SAT	
				1	2	3	4
				9:45 AM SPRING FLING SUCCESS			
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
6:30 PM THE SKINNY ON DINING OUT		10:30 AM THE SKINNY ON DINING OUT		9:45 AM THE SKINNY ON DINING OUT		8:00 AM HUNTER'S HELPING HANDS 5K	
19	20	21	22	23	24	25	
6:30 PM SETBACKS ARE OPPORTUNITIES FOR A COMEBACK		6:30 PM TRADER JOE'S STORE TOUR	6:30 PM GROUP WALK	9:45 AM SETBACKS ARE OPPORTUNITIES FOR A COMEBACK	10:00 AM WHOLE FOODS STORE TOUR	9:30 AM SETBACKS ARE OPPORTUNITIES FOR A COMEBACK <i>*Conference Call</i>	
26	27	28	29	30			
6:30 PM TRAIN LIKE A CHAMPION		10:30 AM TRAIN LIKE A CHAMPION		9:45 AM TRAIN LIKE A CHAMPION		<i>*Conference Call 712-432-1500 313827#</i>	

**Spring Fling Success:** Spring will be in the air and travel and holidays are very near! We will learn tips and strategies to stay in control and focused.

**The Skinny on Dining Out:** We all eat out, order take out, do the drive thru and pick up food on the run. That's just life! Together we will explore strategies on how to successfully manage dining out so we can continue on the road to weight loss and beyond! We will also have a local restaurant owner drop by and share with us their expertise.

**Setbacks are Opportunities for a Comeback:** Have you experienced challenges in life? Can they often derail you on your weight loss journey and leave you frustrated? Did you know that challenges can be a gift? We will have a rich time sharing how we can overcome any obstacle and keep pushing towards our dreams no matter what setbacks happen.

**Train like a Champion:** Pro athletes don't train because they have to. They grew up wanting nothing more than to play their sport for the rest of their lives. To do so they had to learn how to fit it around the rest of their lives. There was school and homework. There were dates and maybe marriage and kids and all the responsibilities that came with it. They still found the time to train. We can all be Champions in our own lives if we make weight loss a priority!