

# GIVING THANKS

To me, Thanksgiving should come more than once a year. Celebrating this important holiday only on one cold day in November seems a bit underwhelming. I petition to have Thanksgiving at least once a month. I'm sure the Pilgrims (and the people at Butterball) would be just fine with this new concept. Why? I have got to be the most thankful woman in America. Never did this resonate more than when I was on the dais, receiving an award at the March of Dimes Star Chefs Gala back on December 5th. It was the Excellence in the Community Award and I was recognized for my commitment to the health of the greater Philadelphia region. It was a night that I could have only dreamed would happen to me, to PhillyFIT, to my team.

This blond really does have more fun. And while I've come to realize that I do get stereotyped from time to time, I never let other peoples' pre-conceived notions get the best of me. It's quite clear what I am all about once I've had the chance to meet someone face to face. My "fun" comes in the form of networking, and helping new friendships to cultivate. A new found friend of mine, amongst so many that I met at the March of Dimes "Chef Auction" was Jeffrey Cadorette (the auctioneer at that fun night). Something he said really touched me...

*"Jami has the energy of a PECO substation. She does for her magazine what a laser does for diffused light. She gives it a focus, a power and an intensity that is contagious."*

Initially, I hesitated to put this quote in because I'm not one for self-congratulatory fluff, but Jeff really summed up my feelings well. My life and this magazine are so intertwined, I feel so lucky to finally be doing and sharing what I love. Becoming involved with the March of Dimes has allowed me to "pay it forward!" And meeting people like Jeffrey only confirms my optimism in life. I am known to live my life with my heart on my sleeve, often 'shooting from the hip' and striving to help make a difference. I can't do any of that without the help and

support of others and the motivational words of those who can "look beyond the blond!"

Gazing out into the filled ballroom, my eyes kept gravitating towards one area; my parents, Jim and Bev, and my sons, 17-year old Derek and 8-year old Darion. They were smiling as I tried to keep it together behind the podium. I also focused on the neighboring table. The *PhillyFit* staff had journeyed out on a snowy night to support this important cause and to give me the confidence to rid myself of any jitters prior to taking center stage. I felt so privileged, so fortunate. My life has been somewhat of an uphill battle, juggling the responsibilities of being a single mother and the obligation to make ends meet for my kids. Hardships only served to motivate me. I think singer Ashlee Simpson nails it, "Everyday is a new day, I'm reminded of my past. Every time there's another storm, I know that it won't last. Every moment I'm filled with hope 'cause I get another chance."

The award meant more to me because it helps show my sons that if you try hard enough, anything really is possible. ***If there is passion and confidence, I don't believe fear exists.*** At one point in time, most of us have probably been there. To quote famed author and motivational speaker, Zig Ziglar: "*Luck is merely when Opportunity and Preparation collide!*" I feel like I have grabbed life's brass ring and having my biological family and my *PhillyFIT* family by my side only makes these times more gratifying, more real. If you're interested in joining this effort, please log on to [www.marchofdimes.org](http://www.marchofdimes.org) and click on *how you can help*.

**PhillyFIT goes LIVE! Upclose and personal...** If you missed the last *PhillyFit* Bash in Jenkintown back in September, don't fret. Our next big event kicks it up a notch! Get ready for a rockin' interactive party that will be hard to top. Mark your calendars for Sunday, **January 29<sup>th</sup> - 1:00 -5:00 pm at Spring Mill Manor in Ivyland, PA (173 Jacksonville Road)**. Expect powerful lectures, (from folks like Rick Burkholder, Head Athletic Trainer for the Philadelphia Eagles); and a showcase spectacular of over 150 local businesses, all kinds of fitness demos and dancing, mingling, meeting and lots of cool new products to sample. Proceeds will go to support the March of Dimes and the local SPCA chapter. So, come on out! We've got just the cure to fight those winter doldrums, for the entire family!

**So, what's your New Years' attitude going to be?**

*I AM!*

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PHILLYFIT January/February 2006

# letterstothe**pub**lisher

Hi Jami!  
I found a great instructor (possibly two) with our ad on your website already! Thanks!  
**Kelli Ruch,**  
**Horsham Fitness Club**

Hello Jami,  
I heard about your PhillyFIT bash from the Barnes & Noble folks who attended your last one! It sounds fantastic! I'll be at your next one! I love your magazine and you do a fantastic job!  
**Karen Webster, The Body Works Studio Co-Owner**

Jami,  
You are the best editor I ever worked with because you are present, responsive and enthusiastic .....tis the truth. And the quality of your magazine is excellent.  
**Doris Jeanette**

Hi Jami,  
I love your magazine, all the articles are awesome. PhillyFIT is so good for Philadelphia and the surrounding suburbs. We need to shape these people up

and PhillyFIT is in the forefront. I work at Kinetix Fitness club, in Fairview Village, personal training when I am not speaking. We get your magazine there, and I look forward to reading the new issue today.

I also wanted to thank you again for all your support for my cause. You have helped me to help others, you are a sweetheart. If there is anything I can do for you, please just let me know. Take care and remember...  
**NO EXCUSES, NO LIMITS**  
**Denny Chipollini**

Dear Faith and Jami,  
It was wonderful being part of your planning session for the BASH two weeks ago. Jami, your energy was amazing and I hope to help you materialize your vision. It is my pleasure to be on board for this event and for the phillyfit challenge team! My health regimen is what keeps me alive and I believe that your magazine delivers that message.  
**Marjorie Deoie, MD**  
**12th St. Gym**

PhillyFIT,  
Even though you focus on health for all ages, may I suggest more on kids fitness and diet options? And how parents can better work on this within the family? We need the help!  
**Laura Redden**  
**Doylestown, PA**

Jami...  
I wanted to thank you so much for the beautiful cover photo and article you did on me in this month's magazines. I have gotten such a nice response and everyone commented on how beautiful the pics are and how well written the article is. Thank you again for thinking to include me.  
**Lynn Doyle, CN8**

Dear PhillyFIT,  
What a great magazine and website! Just wanted to say that your magazine is FABULOUS! Exactly what Philly needs – a resource guide that makes fitness accessible and less intimidating to the average joe and jane. I'm so proud to be a fellow Goddess with you! Keep up the good work.  
**Tearsa Coates, Member of Philadelphia Goddess Congress**

Dear PhillyFIT,  
I definitely would like to continue being involved with your magazine. I loved it before I started advertising in it, which is what made me want to get involved in the first place! And of course you are such a pleasure to work with! (I really mean that). You and your staff are always friendly and professional.) I am really looking forward to Jan 29 (the 3rd PhillyFIT BASH)!  
**Nita Keesler**  
**Back in Balance Massage**

Jami,  
My friend Dr. Danoff told me something of your business and background, I sought out your magazine, and then your web site. To say I am impressed is a rare understatement from me. Impressed most of all, when I read your story. Best of luck with your career, (although its clear that luck is the residue of your efforts). If I can be of any help, please contact me here.  
My best to you and your sons!  
**Lou Tilley**  
**Host, Executive Producer, "Out Of Bounds", CN8 Sports**

## We challenge you... to challenge us!

The PhillyFIT Magazine Challenge Team is throwing down the gauntlet, and accepting any and all challenge offers. If you have something new and unique in the world of health and fitness and would like our Challenge Team to put it to the test, tell us about it. We'll take your challenge.

Our team knows no limits. If you have a something related to health, fitness, nutrition, healthy dining... whatever, invite us to take your challenge. We'll send our crew to your location to test your product or service and our experience and results will be written up in an upcoming edition of PhillyFIT Magazine. You might beat us ... we might beat you. Either way, you can expect great exposure – and FUN for all.

Our team brings to the table a wealth of experience and wide range of backgrounds. We are available in teams of two or as a large as our entire group. (Some team members are not featured in this photo). Contact [editorial@phillyfitmagazine.com](mailto:editorial@phillyfitmagazine.com) for pricing detail and to schedule a CHALLENGE.



Joanna Chodorowska, Nutritionist  
Steve Brown, Triathlete  
Charles Peebles, Trainer  
Gwen Foster, Czar  
LaTonzia Bills, Aerobics Inst.  
lower left:  
Gerald (Chris) Christopher, trainer  
Dr. Marjorie Dejoie  
Emilio Roman

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