

## If there was a gym for the soul, what would it look like? Who would go?

Time to realize that working on inner morality is just as important as working on outwardly appearances, and lifting spirits is just as important as lifting weights.

Ponder this: Are you holding up your end of the bargain? Living up to your commitment to another person? Respectful of expectations held by another?

Wouldn't it be great if every relationship we encountered along life's journey came with some sort of water-tight contract? We'd all sleep a little better at night if this was actually the case, right? Even in relationships that *do* come with a traditional contract (marriage, business partnerships, etc.), sometimes those vows and arrangements are taken lightly, even ignored completely over time. Have a business partner? A teenager? A spouse? New gal pal? A caregiver? If you're a partner to someone who you rely upon and who relies upon you, I encourage you to read on – especially if things haven't been exactly kittens and rainbows lately.

Whatever happened to that Golden Rule? You know, "*Treat others the way that you want to be treated.*" Is it in need of some polishing? It's such a simple little thing; only ten words in fact. Heck, I know the human race is peppered with imperfections, and I understand that there is really no such thing as an "ideal" person. Perhaps it's because we all have less and less time to be introspective – to really hold up a mirror to our souls, our character, or our sense of morality. Maybe there's just too much noise out there to distract us from what is important. Is everyone too busy downloading apps? Tweeting? Posting updates on Facebook? I think we've all been drinking too much Google Juice. **Wouldn't it be nice to order up some trusting friend-**

**ships ON-DEMAND instead of the last Entourage episode? How about if we could all download kindness or loyalty? What if we all ran on compassion, rather than Windows?**

And whatever happened to that thing called trust? Did that go the way of the Betamax? Hey, I'm not ragging on tech advances; it's just that I've noticed a fundamental shift away from traditional values like commitment, loyalty and devotion. It's left me wondering WTF? And I'm *so not* LMAO. We all need to be more *LinkedIn* to the real feelings of others! How do we all find a way to cope while keeping our original agreements and commitments in tact? How can we maintain the integrity of



Current photo taken November 2009 by Joe Chielli

the relationship through all the noise and challenges?

### Take this short quiz:

1. When was the last time you made a promise to someone and let them down (intentionally or unintentionally)?
2. When was the last time someone let you down?
3. When was the last time someone let you down and you confronted them about it?
4. Have you ever sabotaged your own likelihood for success, fearing potential failure?
5. Have you ever entered into a relationship/partnership knowing full well that you could not hold up your end of the bargain (but did anyway, thinking you could slowly become that person over time)?
6. Have you ever terminated a relationship because deep down inside you thought you weren't good enough, smart enough or passionate enough? Or the opposite, have you stayed in a relationship even though you knew you were with someone that really didn't measure up to your reasonable standards?
7. Are you gung-ho at the beginning of a relationship/partnership, but fade in excitement/enthusiasm over time?
8. Has the number of failed partnerships outnumbered the successful ones in your adult life?
9. Do you have a mentor or are you a mentor to another person?
10. Do you openly acknowledge your personal character flaws and talk candidly about ways to improve this behavior with the individuals in your life that mean the most? If not, why not?
11. Do you embrace two-way communication or run from your failures (or potential failures)?
12. Have you ever found yourself in a relationship of some sort in which you could simply not walk away, even though you knew it was toxic and flew in the face of your own values and principals?

I know these questions aren't so easy and I also realize that many variables contribute to how you shape your responses. But in answering them (even quietly to yourself) did you give your inner soul a workout; did you break out in a bit of a sweat? Is your conscious panting? In other words, are you feeling sore and achy on the inside? Whether we get burnt, or we're the one doing the burning, maybe we should all take heed at the very beginning of a relationship. At first, a woman might not notice the strange and annoying idiosyncrasies of her brand new fabulous partner, but then over time these flaws kinda-sorta bite her in the butt. **It's like during the honeymoon period, love really was blind and, then all of a sudden – Bam! It got contact lenses.** Next we foolishly ask ourselves, *“Why is this happening to me? Why didn't I see it before?”*

You may need to take a step back and reassess. Think about what you've promised, and how you are going to get back on track and deliver on that promise. Maybe terms and boundaries need to be more clearly defined? Maybe both parties were just caught up in the romance, novelty and excitement of what “could be” and now, sadly, it's evident that you need to walk away and go in opposite, yet prosperous directions.

**If the relationship is worth salvaging, find that precise quality that attracted you to your partner and make that your number one focus.** Identify his or her strengths and empower them to completely own that portion of the relationship – especially if *their* strength is *your* weakness. Then, recognize what your partner first saw in you (that sparkle, that openness and non-judgmental nature) and *bring back* the positive things about yourself that made your partner smile and believe in you. Time has a nasty way of turning us all into lazy creatures of habit. Months may pass and partners realize they haven't said, “I love you,” bosses realize they haven't said, “Good job” and parents haven't said, “I'm proud of you.”

There's an old saying: *“What you put in, is what you get out.”* So if you're not giving 100% of yourself to your relationship, partnership or friendship, then how can you expect other participants to do the same? And (not to get too deep but) if you aren't saying, “I love you,” “Good job” or “I'm proud of you,” maybe it's because you have a negative perception of yourself, therefore the idea of offering praise to others just confirms your own lowly self-image. (Geez, I wonder if Dr. Phil needs a sidekick.)

Maybe there is a gym for the soul? Come to think of it, perhaps it's a place where “life coaches” serve as personal trainers for the psyche. I've never really had my own personal life coach, probably because I'm very independent. Yeah, I'm that Alpha gal who has always chartered her own course, even in choppy waters. Let's face it, a life coach is a bit of a luxury and it's not covered by Keystone. So, if this is the case for you, I say be your own life coach! We're all adults. We all make decisions and choices every day. Learning from these decisions is what makes us human, helps us grow and learn. **It's like we all have to turn our fat (baggage and bull\*&#!) into hard muscle (integrity, pride and achievements).**

Heck, I know I'm rambling a bit, but this subject is so important to me and I know it strikes a chord with many PF readers in different ways. Perhaps the sentiment of holding up your end of the bargain can best be illustrated in a few stories. Can you relate to some or all of them?

#### LOVE AND MARRIAGE:

*Katie and Gus wedded seven years ago (itch, itch) and recently pulled out their wedding vows one cold winter evening (on their Anniversary) to reminisce, share a few tender moments and enjoy the comfort and private memories by the fireplace when suddenly...*

*“You know Gus, it would have been a lot easier if your vows read a little more accurately, like: “I promise to never miss an Eagles game on TV, and sit on the couch all day, every Sunday, while you cook, clean, and take care of the kids. I vow never to lift a finger and just sit on my butt all day. I promise to always leave just ten drops of milk in the carton and continually try to find just the right pair of sunglasses so wifey doesn't notice my stares at other younger women,” Katie said jokingly as Gus rubbed his chin.*

*“And Katie, it would have been a lot more honest if when you read your vows, you told me that you promised to gain 15-25 pounds shortly after rings were exchanged, and I wasn’t allowed to make mention of it. I would have respected you more if you vowed always to wear sweats to bed and swore you’d spend every hard-earned dollar that I brought in on trendy designer handbags.”*

*“Keep Lois out of this Gus.”*

While this snarky dialog helped Katie and Gus put their true feelings on the table, the underlying issues are reciprocated disappointment and deflated expectations. While humor is used as a device here, the bottom line is that Katie and Gus are communicating and airing out their discontent, which may in fact help them truly see the areas they need to adjust. Perhaps agreements and compromises can be made. Katie could spend less dough on designer accessories and Gus could miss a game or two to spend time with Katie. And if you love someone, you work on the relationship, because it’s not just about you.

#### BUDDIES AND GIRLFRIENDS:

*Karen and Patti were friends since the eighth grade. They shared secrets, special coming-of-age moments and confided in each other when life got difficult. One day, Karen (unintentionally) offended Patti by making fun of her boyfriend (not knowing that he was now a fiancée). This foot-in-the-mouth faux pas cost Karen the friendship because her words cut deep. I was always judging her decisions, and often raining on her parade due to my own discontent with my own life. The two didn’t talk for a decade until one day out of the blue...*

#### YOU’VE GOT MAIL:

*“Hi Patti, I know that we haven’t talked in like forever and each year at your birthday I cry like a baby. I miss your friendship and your spark. I realize I wasn’t really holding up my end of the bargain of being your BFF and I want to make it up to you. Say yes or I will tell your Mom that in the sixth grade, I had to use pliers to untangle your braces from Seth Peterson’s.”*

*“Hi Karen! It’s been years! I can’t even believe you remembered Seth! I’m actually Facebook friends with him now – no pliers needed. I’m glad you reached out. I over-reacted to what you said about Joe back then and as it turns out, I’m no longer with him and could actually use my BFF back.”*

*“Great! Let’s get together for Martinis and Madonna Sat. night. I’m sure we can get into the groove again! Call me!”*

This is a case where technology actually saved a relationship. We all know that confronting someone from your past is the hardest part. No one wants to be rejected. Somehow, in land of virtual forgiveness, it’s less intimidating. No voice to over-analyze, there is time to pause and think about what you’re going to type next. The surprise of hearing from that individual made it easy for Patti and Karen to reunite and learn from the smudges of the past. A lot can happen in a decade and they both determined

that harsh feelings were ancient history. Patti and Karen did meet up and vowed to be a bit more sensitive and less judgmental when discussing love interests. New boundaries were set and a relationship was updated.

#### PARENTS AND TWEENS/TEENS:

*“We talked about tattoos, Ryan!”*

*“Listen mom, I’m sixteen. In two years, I’ll be eighteen. So we can argue about this for the next two years, or you can just accept it. It’s my body.”*

*“You wouldn’t have a body had I not put you on this earth. And listen, I thought you and I had an understanding! We talked about this and piercings and crazy haircuts just six weeks ago. We made an agreement. You get to skateboard in your empty pool as long as you abide by our rules. Which meant no tattoos? Don’t you remember? You promised your Dad and me that you’d honor this! What happened?”*

*“Tina happened, Ma. She thought a tattoo would look cool so I just —“*

*“You just wanted to impress a girl? What happens when Tina decides she likes boys that jump off bridges, you gonna do that too?”*

*“I get it. I’m sorry. I should have told you but I knew you’d say no.”*

*“Well, let’s just move on from this, but the next time you decide to do something permanent to your body, think about whether or not you’d still want it in 10, 20, 40 years. Know what I mean?”*

*“Yeah, I get it. Tina didn’t really like the design anyway.”*

In this instance mother and son “duke it out” but in a respectful, loving, caring way. They both acknowledge that a mistake was made, but no one is hung out to dry and the consequences of Ryan’s tattoo is a permanent reminder that he disappointed his Mom – and she thought that was enough. In parenting, there are no contracts, just discussions around the dinner table (and these days, even those dinnertime talks are hard to come by!) Kids will be kids and all parents need to remember that they were once kids. These relationships swirl around a specific kind of love – unconditional love.

#### IT’S JUST BUSINESS:

**Donald Trump says it best: “It’s not personal, it’s just business.” But what happens when partners Jerry and Blake go from start-up to a melt-down.**

*“Dude, I thought you were going to do the payables and receivables this week. We’re really behind.”*

*“I would except I do everything around here! New business development, marketing, proposal writing, hiring and firing. I*

*don't know how to fit it all in! Maybe you can help this week Blake!"*

*"Well, we agreed that we'd do certain tasks and you know Quicken isn't my thing. And for the record, you don't do everything. I'm the one that keeps clients humming and that means billable time. I'm the one that finds the solutions and does the daily problem solving. I'm in the trenches every day doing what clients pay us for! You're supposed to be in charge of the back office stuff!"*

*"How can I be in charge of that with everything else that has to get done!"*

*"Well, if there are no invoices going out, then there's no money coming in. So we've got a problem. We talked about this dude, and you agreed that this was a comfortable arrangement."*

*"Yeah but all my other responsibilities at the time were unforeseeable. Don't you get that—or are you too busy with your two-hour, two-martini client lunches?"*

Okay, So Blake and Jerry had an agreement at the beginning of their business venture and be it a handshake or tasks on paper, all office aspects were clearly delineated. But, things come up, problems have to get resolved and what you agreed to at the beginning might be in need of some altering, as reality sets in. It's clear that there's some animosity brewing and talking it out is the key. Frustrations and resentments stem from feelings of deflated expectations. If your partner isn't meeting your expectations, best to nip it in the bud. That's right. Communicate! As circumstances change (and they will), revisit those initial agreements and talk about the challenges before you erupt into a crazed state. No one wants to be viewed as weak, or a failure, but it will only get worse if you're not truthful to your partner, or yourself. Then the lies and cover-ups start to pile up like those leaves you can no longer ignore in your driveway. Talk about issues when there are fifty leaves on the ground, not 500. See what I mean?

\* \* \* \*

I follow famous motivational speaker, author and acclaimed life-coach **Tony Robbins**. I'm not a seminar attendee addict or lecture junkie, but I like listening to him on TV and various radio programs. Something he said really struck me. **"If you do what you've always done, you'll get what you've always gotten."** I think this simple sentence is just brilliant. To me it asks, "How the heck are you going to improve, unless you make a change, take a risk, face your fears and strive to be the man or woman you know you can be?"

If your relationship is running on fumes, do something about it. As a Mom, a wife, a businesswoman, a sister and crazy do-it-all type-A person, I can tell you – no one is perfect, and certainly not me! I have hopes that others also have high moral and ethical standards. As I get older (and maybe a wee bit wiser), I've learned to fall back on that Golden Rule. As long as others treat

me the way that I treat them, I'm cool. Sometimes even that is asking too much, I know. The Jami of yesterday would probably say WTF and just purchase a one-way ticket to I-never-want-to-see-you-again. Today's Jami is a bit more patient and aware of the long-term benefits of a truly meaningful relationship.

I'll tell ya, I often think about Carrie, Miranda, Charlotte and Samantha (Yep, you know, our gals from "Sex and the City"). If you truly examine their characters, they are *so* different. A free spirited, "fashionista" journalist; a neurotic semi-jaded naturalist; a manicured, wispy, privileged, kept woman and an unabashed, unedited sexaholic vixen – yet this quad sticks together through it all. They cry together, laugh together and learn from each other in profound ways. Was it the Cosmos or was it the conversation? I'm going with the conversation (but a Cosmo sure can help.) And, while I know that these characters are fictitious, to me they are very real. They represent perseverance, forgiveness, acceptance and love. (Personally, I can't wait for the sequel). When life gets tough, they huddle. When life's curveballs are too much to bare, they have each other—and out of that comes an organic (or orgasmic) strength that helps them carry on...until the next disappointment.

**If there was a gym for the soul, I think it would be found in the compassionate and caring heart of another human being. And that gym's doors would always be open – 24/7.**

That gym would help us find a way to cope, keep our basic, original agreements intact and keep the integrity of the relationship a top priority through all sorts of change.

*"There's one sad truth in life I've found  
While journeying east and west -  
The only folks we really wound  
Are those we love the best.  
We flatter those we scarcely know,  
We please the fleeting guest,  
And deal full many a thoughtless blow  
To those who love us best."*

~ Ella Wheeler Wilcox

Dr. Phil's no dummy. I came across these steps on his website recently and decided to re-publish them for this issue because I think they're very poignant.

They are especially relevant if you respond to stress or disagreements with typical patterns of avoidance, rage, denial and retreating. These attributes can be barriers to calm, impactful communication and can create **even more** of a rift between you and your partner, loved-one or business colleague. I think the steps below are simple, yet effective.

**• Give or receive input.**

Be open to receiving input from your partner. You have to be willing to test and be tested. You don't have to say everything you're thinking, but everything you *do* say has to be accurate. If your partner asks you if you're upset, and you are, you have to

*Continued on page 10*

be willing to say, “Yes.” It’s important that both partners know they are going to be told the truth.

• **Reflect content and feelings.**

After receiving input from your partner, verify that what you are hearing is what your partner is actually saying. You’ve got to say, “What I hear from you content-wise is...” Then, to make sure you understand what he/she is feeling, you can say something like, “The feeling I’m getting from you is resentment/anger/hurt, etc.”

• **Accept feedback and respond.**

If you are the person who is giving the input, you have to clarify things if your partner isn’t hearing what you are honestly trying to say. If you are the person receiving the input, you can respond once you know what you are responding to. Now that you are clear on what your partner is really saying, you can accept the feedback.

• **Stay in the moment.**

Stay with the issues at hand. Do not discuss past history at any time during this process.

• **Do not leave.**

Do not leave the discussion until it is completed. To keep it from dragging on, you can negotiate a time limit beforehand so that both of you know how long the conversation will last.

All the above bullets have been abstracted from Dr. Phil’s website at [www.drphil.com](http://www.drphil.com) - “Communicating with Emotional Integrity” (<http://www.drphil.com/articles/article/317>) - All rights reserved.

Here’s wishing you and your loved-ones a very warm and wonderful Thanksgiving Holiday. And hey, watch those carbs!

All the best,

**PHILLYFIT** *Bash!*      The 2<sup>nd</sup> PHILLYFIT *Workout-a-thon!*

Please join me at the 10th PHILLYFIT Bash and Workout-a-thon. This is my way of putting PHILLYFIT sponsors in touch with you (in person)  
*See pages 20-27 for more info*

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



**T**he 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 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 three or as a large as our entire group. (Some team members are not featured in this photo). Call 215-396-0268 or contact [editorial@phillyfitmagazine.com](mailto:editorial@phillyfitmagazine.com) for pricing details and to schedule a CHALLENGE.

Published by: Jalynn Concepts, LLC

Publisher: Jami Appenzeller-Yancey

Art Design: Buxmont Media

Copy Editors: Heather Hoehn,  
Bev Appenzeller

Distribution Manager:  
Jim Appenzeller

Cover Photography:  
Photo of Mayor Michael Nutter by Joseph Del Palazzo. Photo of Dr. Drill Instructor by Bill Mason Images. Photo of tennis girl Jennifer Shulkin provided.

Publishers Page: Jami's hair by Amy Chandler, Fresh Hair Studio in Southampton, PA. Photography by Joe Chielli, Make-up by Alexandria at Church Street Studios in Philadelphia, PA

Editorial Research:  
Beverly Appenzeller

Calendar Of Events: John Beeler

Ad Sales:  
Jami Appenzeller  
jami@phillyfitmagazine.com  
Rita Henry  
ritahenry@phillyfitmagazine.com

Philly's Fittest Photographer:  
Bill Mason

All inquires are welcome...  
Call us NOW! 215-396-0268  
Fax: 215-396-0288  
www.phillyfitmagazine.com  
jami@phillyfitmagazine.com

Advertising Deadlines:  
Reservations for the  
Jan/Feb 2010 issue:  
Ad Copy Due By: December 5, 2009  
Payment Due By: December 10, 2009

PhillyFIT Magazine is a news magazine with emphasis on health, fitness and leisure. PhillyFIT Magazine is printed bi-monthly, distributing 50,000 magazines to more than 2,000 locations in the Philadelphia, Bucks, Delaware and Montgomery Counties. Address all submissions of advertising, calendar entries, photos, inquiries and letters to the above address. PhillyFIT Magazine does not assume responsibility for unsolicited materials. PhillyFIT Magazine will assume that all unsolicited materials are being submitted for possible publication and should the material be published, no fee is due to the submitting party. It is our understanding that the submitting party holds models' releases on photographs submitted. Physicians' Pages are paid advertisements. PhillyFIT Magazine does not knowingly accept false or misleading advertising or editorial content, nor does the Publisher assume responsibility should such advertising or editorial appear. PhillyFIT Magazine reserves the right to edit letters to the editor and other submissions for clarity and space availability, and to determine suitability of all materials submitted for publication. Before implementing any exercise or diet modification mentioned in PhillyFIT Magazine, readers are advised to consult with their physicians. No reproductions of printed material are permitted without the consent of the Publisher. All rights reserved.

**Hey Jami,**  
We received our mags today and I just finished reading your Pub Page, from the Sept/Oct issue about you and your sister's 31 year "absence." It was incredible. I actually felt all the "weight" being lifted off you with each paragraph. Great job...amazing.  
Fernando Paredes, CPT, NASM, NSCA

**Jami,**  
OMG! Your article about you and your sister was amazing! I brought PhillyFIT with me down the shore, to my folks place for the weekend, and everybody in the house was grabbing the magazine and checking it out!

You rock!  
Sincerely,  
"Mr. Mike" "Taz" Andrus

**Hi Jami,**  
I really, really enjoyed your story on Raw Food. Your enthusiasm on the topic has made me want to try even harder to eat better and choose raw veggies, fruits and nuts over other foods. I was wondering if you might be able to email me the recipe for the Raw Sweet Potato Pasta Salad your friend raved about. It sounds like something I would really enjoy.  
Again, thanks for getting me excited about Raw Foods!

**Hey PhillyFIT~**  
The Workout-a-thon was my first PhillyFIT event...it was GREAT! Amazing! Thanks Jami!  
Wendy Talis  
AFC Jenkintown

**Good Morning Jami,**  
Just wanted to touch base and say thanks again for a great function (Workout-a-thon) on Sat night. You did an amazing job!! We had a fabulous time and made a lot of great contacts. Can't wait till the November 15th PhillyFIT BASH now!  
Tony and Renee Girifalco  
Mona Vie

**Jami,**  
Thank you for a great time at the workout marathon! What a great idea and fun time! I met some great people. I plan on making it to the PhillyFit Bash Nov 15th! Thank you for a great experience! Keep

doing what you're doing, you're great at it!  
Donna Monaghan  
Balance Fitness

**Hi Jami,**  
Nice Workout-a-thon event last evening! Our team thoroughly enjoyed the workout and the healthy meal! Some are grumbling about the soreness (smile) today, but that is all part of the territory! We have the November 15th BASH date blacked out and we will help you make it bigger and better than ever! See you there!  
Val Skripek  
Dr. Drill Instructor  
Boot Camp

**Jami,**  
Awesome Workout- a- thon event yesterday! My body feels like I was hit by a truck, HA! I am so sore, but it was well worth it!! Count me in on the next PhillyFIT Bash too!  
Michael Volpicelli

**Dear Jami Appenzeller-Yancey and Editorial Team,**  
I love your magazine and never miss your events! I enjoyed participating in a demonstration here in Bucks County at the 8th PhillyFIT BASH.  
I'm writing to suggest that you consider featuring Zumba Fitness in an upcoming issue. As an instructor, internationally ranked USMS swimmer and formerly deconditioned Philadelphia lawyer, I have experienced the benefits first hand and can attest to the effectiveness of the Zumba Fitness workout. I also have classes which are filled to capacity and can attest to the benefits enjoyed by my students. Please consider a feature on this phenomenon that has swept 77 nations and is approaching its 10th year. It is no fad and has helped millions regain their health and their smiles. Thank you for producing such an excellent and informative magazine - keep up the great work!  
David L. Topel

**Jami,**  
We were honored to compete for the Hottest Workout title and our group genuinely enjoyed the evening. I found myself getting into workouts that I never thought I would have interest in or the guts to try. It felt wonderful to be there with the support

of my fellow DDIP'ers and our mission was fulfilled. It has been said that "It's not where you are, but who you're with." I'd say that sums up the workout-a-thon, as we were in good company.  
Semper fidelis,  
Dr. Drill

**Dear Jami,**  
I am a long-time reader of the magazine and have always enjoyed and admired your honest sharing of yourself in your Publisher Page editorials. You have out-done yourself this month-which is understandable since what you were expressing came from so deep a place. Thank you very much for all you do. We've never met, but I believe that your husband Lloyd is a very lucky man!  
God bless,  
John

**Dear Jami:**  
I have been reading your articles in PhillyFIT Magazine and I really like what I read. You are a good writer and you have really touched my heart with your article in the Sept/Oct issue about re-bonding with the family.  
With best wishes,  
Victoria  
Millennium Day Spa

**Jami,**  
Thank you very much for publishing the very nice and extremely well written article by Charles Peoples about our field hockey club W C Eagles. We have been overwhelmed by the number of people who have read this article and mentioned or e-mailed what an outstanding piece it is and how proud they are to be associated with our club. I have also received a number of inquiries from parents who would like to have their daughters train with our club. Once again, thank you very much for including this article in PhillyFit and if I can be of any help to you or your magazine please do not hesitate to contact me.  
Much appreciated.  
Jun Kentwell  
Director of Coaching  
W C Eagles

**STEP OUT OF PAIN WITH A ROSSITER SYSTEM WORKOUT**



**TAKE CHARGE OF YOUR PAIN RELIEF WITH THIS SUPERIOR STRETCHING METHOD UNDER THE WEIGHT OF THE COACH'S FOOT!**

**PAIN RELIEF IS MINUTES (Not Weeks) AWAY! MAXIMUM EFFORT YIELDS MAXIMUM RELIEF!**  
Rossiter System Stretches Are Quick, Powerful And Effective In Relieving All Types Of Chronic Pain - Headaches, Neck, Shoulders, Upper And Lower Back, Herniated Discs, Sciatica, Tendinitis, Carpal Tunnel Syndrome, Knee Pain, Plantar fasciitis, And More.

**GUARANTEED TO LEAVE YOU FEELING LOOSER IN JUST 1 SESSION!**  
**SAVE \$10**  
**ON A ROSSITER SYSTEM WORKOUT!**  
OFFER GOOD UNTIL DECEMBER 31, 2009



**BENSALEM MUSCLE THERAPY**

**JANICE E. MALLOY, RN, MS, CMT**  
MUSCLE AND SOFT TISSUE PAIN SPECIALIST  
1950 Street Road, Suite 318  
Bensalem, PA 19020  
215-244-1999  
bensalem-muscletherapy.qpg.com

**UNLIMITED YOGA \$99 / MONTH**

**Sankuary**  
*Only The Experience Matters*

**GIVE THE GIFT OF WELLNESS THIS HOLIDAY SEASON**

- Discounted Spa Packages
- Gift Certificates Available

*Treat yourself or someone you love!*



- YOGA • REFORMER PILATES
- ZEN CYCLING • ENERGY WORK
- MASSAGE • INTEGRATIVE NUTRITION
- MEDITATION • TRIBAL BELLYDANCE

**MONTHLY REIKI SHARE**

**25% Off**  
All Bodywork & Massage  
Exp. 12/31/2009

1117 S. BROAD ST., LANSDALE  
**215.393.YOGA**  
www.sankuaryspa.com