



SWEAT EQUITY



WHERE FITNESS IS KEY!

Sweat Equity is now a quarterly newsletter



KEVIN ELLIS

Quitting when life gets hard

Too many times in this life I have run across people who, when life gets hard, they quit. When life becomes a little uncomfortable they quit. When things don't go exactly their way they quit. Let me ask you a question, does that quitting make you a better person or just give you another excuse on why you don't want to do or achieve something? If inventors quit every time a new invention failed would we have the light bulb? Would we have automobiles? Would we have planes? Would we have computers?

Now have successful person ever quit in life. The bottom line is that quitting is only done by losers. I said it, losers. We can all make up excuses on why we can't do certain things but that is all they are, excuses. Success comes from overcoming

adversity and not saying "quit" but "I can and will". We can achieve anything we put our minds to achieve you just need to believe that and then go and get it.

I know some of you my say, "but what about if you physically can't do something because of a blown knee or heart issue or whatever?"

Then you just modify it! You try and find alternative ways to achieve the same goals and there are alternative ways. For example;

If you want to run and you have bad knees, then get better shoes or walk at a much faster pace. Run on a softer surface or run in a pool. There are many things you can do.

If you have a bad heart, then go to the point where your body will let you and then back off a little and try and stay in that pace.

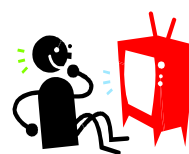
or if you are doing a project and run out of money, then ask around. I can assure you that you can get the same parts or books for little or no cost. If you ask, people will try to help you.

America has gotten fat as a nation. We are one of the biggest nations on the planet and I am not proud of that nor should you be. It is embarrassing when you go overseas and you can spot an American just by looking at their physical stature. It is embarrassing when we think that modern medicine can replace hard work and moderate eating. God made these bodies to work and food to be enjoyed. God did not make these bodies to sit around, watch television and eat. Look at our great grandparents, they would be embarrassed if they knew and saw where we are today.

I can go on but I think you get the drift. What you put into something is what, in the end, you will get out.

OWNER/CPT

For American to get back to the way we were, we need to put the excuses away and **focus**. We need to stop living in the past and our past accomplishment and look ahead. We need to remember that we were at once a thriving nation but because of our stupid laziness we are now second at best. We need to take responsibility for our laziness and not rely on someone else and change our ways. Then and only then will we become the nation we once were.



Which picture better describes your life-style?



SENIOR MOMENTS

Hi my name is Joni and I have been an associate here at Parker's Place since Kevin opened his doors.

I started as a housewife looking for a part time job in the fitness industry, and ended up a certified personal trainer specializing in fitness for the older adult. (45 & older) SFOA I have since added to my certification knee & hip replacement, breast cancer, & stability ball group classes.

In choosing personal training it was natural for me to want to work with our aging population. The joy and satisfaction that I receive from enabling our aging population to continue to be active in their own lives is immeasurable. Personality, compassion, patience and knowledge are all qualities that a trainer must have, but even more so when working with an aging adult. It was also natural for me to want to continue my education by getting certified

certified to work with breast cancer survivors. I myself had breast cancer 4 years ago, and struggled to get back into the routine of working out. Taking the classes required as well as having the experience myself has only added to my compassion and dedication. In the last twelve years I have had a heart attack, quadruple by-pass, a stroke, lost my thyroid, and breast cancer. To say it's been challenging would be an understatement, however, I choose to live in the day. Worrying about what happened yesterday, or what is going to happen tomorrow is a waste of today. Going through all those health journeys has given me the chance to change my outlook on life, to prioritize and to not sweat the small stuff. (Well most of the time). I have a wonderfully supportive husband who has been with me since our senior year of high school and we have two beautiful girls. Our oldest Stacy is 33, and

PARKER'S PLACE BUDDY TRAINING!

Buddy Training program is designed to help people stick with a plan by making them accountable to their buddies. You build your team! Who motivates you? Who do you have fun with? Sign them up, bring them along. One person on the team needs to be a member here at Parker's Place. If one person signs up for 10 sessions the cost is \$200.00 If two people sign up the cost is

\$100.00 per person, three people sign up it's \$67.00 per person. Add that fourth person and it's \$50.00 per person. That's four people and one trainer for one hour per week for ten weeks! Each group will set a schedule with the trainer of their choice. The group has to work out with each other; if one of the individuals of the group cannot make a session,

JONI CPT/SFOA BILLING/MEMBERSHIPS

our youngest Lindsay is 28. Lindsay (a former Parker's Place employee) has given us three wonderful grandchildren, and a son (in-law).

In my free time I enjoy spending time with my husband Tom. Together we travel, see movies, ride our bikes and babysit the grandkids. We also enjoy attending church and bible study together. Reading, volleyball, crocheting, music, and girls night/ weekend out are also high on my list.

My philosophy has always been "exercising is empowering to your body, mind and spirit, weight loss is a bonus".

Join me on Mondays, Wednesdays and Thursdays for my total body workout classes that last approximately one hour and are modified to your fitness needs. See schedule for class times!

CLASSES

Monday 9:30am

Monday 3:15pm

Monday 4:15pm

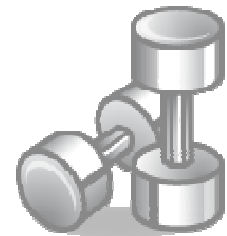
Wednesday 3:15pm

Wednesday 4:15pm

Total Body workout including Cardio/weights/ stability ball, Medicine ball and stretch bands

JOIN US

All ages welcome



He/she cannot make up the session. If your scheduled workout day falls on a day when Parker's place is closed or your trainer is ill, a make up session will be scheduled.

Non members can only attend their scheduled work out session, however day passes at \$7.00 per day are available. It's a great way to get fit and have fun!

Don't know three other people that share your interest in fitness? Sign up at the front desk, we'll help you find your workout buddies! See Kevin, Joni or Mark for more details!

Don't meet your buddy for lunch, meet them for crunches!



Mark

“Skuman”

Hello New and Established Members,

My name is Mark Skumatz and I am a Certified Personal Trainer at Parker's Place. I have been working here for 4 years, the last 2 being full time. Before Parker's Place, I had been working in another field for 20 years and then was laid off. That experience caused me to evaluate my personal and professional goals. I decided that I needed a change in my life. I knew I wanted to work with people and to help people improve themselves. Ironically, I was called back and returned to my old job but continued to look into a new career. I started working at Parker's Place in the evenings and on Saturdays as a personal trainer while continuing to work my other full time job and while studying for my AFAA Personal Trainer certification. I did become certified and now work full time Monday through Friday at Parker's Place. My schedule is Monday, Tuesday, Wednesday and Friday, 1pm until close and Thursday, 5:30am to 2:00pm. Here is a little information about myself. I am from the Lake Country area. I grew up in Nashotah and graduated from Arrowhead High School. I lived in Okauchee for 5 years and then in Oconomowoc for the past 13 years. My wife, Chris, and I have been married for 16 years. Chris works as a Research Associate for the Medical College of Wisconsin and has been there for 20 years.

We have 4 children; Mackenzie is 11, Zachary is 9, Logan is 7 and Katherine is 2 years old. I like old movies and TV shows (ask me for some trivia), home improvement projects and spending time with my family.

I am very much a people person and look forward to meeting the new members. Over the past 4 years I have enjoyed contributing to the success of the Weight Loss Challenge participants and have had the pleasure of leading the Saturday morning bike rides around Lac La Belle and through Okauchee. I am very approachable if you would like to talk about getting some help on how to get motivated or if you need some different ideas for workouts. I lead three classes during the week (please see our schedule at the front desk). I also help out with our fabulous group of seniors that continue to show me that it is never too late to start getting in shape. Please let me know how I may help you have the best experience possible and how to get the most from your time in our club.

Keep going strong,

Mark



A little about Kevin “Excellent” Ellis

I am a

Certified Personal Trainer

Owner and founder of Parker's Place Weight Loss Challenge

Nutritionist and Dietician consultant

Spokesmen for Health and Wellness in corporations

National Rotary member

Executive Board of Directors at Shore Haven

USSF referee for Soccer

Co-founder of Get Fit Club (for dog/cats and their owners)

I have three children Corbin, Parker and Sydney.

I've been married to my wife Julie who is co-owner of Parker's Place for 17 years

In my spare time I enjoy running (sprints) biking, hiking up nature hill, the movies and especially spending time with my family.

I am originally from New Jersey and am a graduate of Rutgers University.

Parker's Place was a dream of ours, thank you so much for making it part of our reality!



JULIE ELLIS

Hi, my name is Julie and I have been married to Kevin for 16 years. I was born and raised here in Oconomowoc but after graduating from Mount Mary College with a BA in Home Economics I moved to New York City, which is where Kevin and I met.

Together we have three beautiful children Corbin who is 13, Parker who is 10 and Sydney who just turned 7 All three of our children are in the Oconomowoc School district

where I have the privilege of being a substitute teacher.

Between raising three children, substitute teaching and putting in as much time here at Parker's Place as I can I am kept pretty busy. I have also joined the 2009 Weight Loss Challenge to help out with the nutritional aspect.

I have some really great web sites that are available to all

CFO/MEMBERSHIPS

free of charge, that are a great asset to making that life style change. See me for details

In my spare time, I enjoy watching our children participating in their chosen activities, having date night with Kevin, the movies, and having worked in the garment industry in New York I enjoy shopping!

Kevin and I are very thankful and blessed being a part of Parker's Place and are grateful for each of you for being a part of our dream!



YOGA

Hi my name is Claudia Sartorius, RN OMC and I have been practicing Yoga since the early 70's and have been teaching it since 1985. I studied with the Himalayan Institute and with Iyengar teachers, but I bring to Parker's Place my own style which I describe as eclectic. I've spent many years developing it by teaching and practicing.

I teach more of a simple and therapeutic style. It's great for people with back, neck, feet and joint problems.

In my spare time I enjoy relaxing at home with a good book and my cat Hurricane. I also enjoy nature walks at Nashotah Park, the movies, journaling, spending time with my daughter Rosie who is 17

CLAUDIA

years old and, having tea with a good friend. I love teaching yoga, and working with people one on one to help them improve their lifestyle.

See me or the front desk for more information about classes that are available!



Health statistics show that about one in four North American adults are considered obese. This epidemic, however, is not limited to our continent nor is it confined to our species. Our pets are following in our footsteps!

A study done in 2007 by the Association for Pet Obesity Prevention (APOP) showed that 43% of all dogs are classified as overweight. What's worse, an additional 10% of all dogs are considered obese!

An overweight pet is more

prone to heart problems, high blood pressure, lameness, early arthritis, and more serious illnesses, like diabetes and abdominal cancer. A ground-breaking study actually details how dogs who free feed live an average of two years less than pets with limited calories.

So what can be done? Hallett Veterinary Hospital has teamed up with Parker's Place Total Fitness to create a weight loss program for owners AND their dogs! This unique program will focus on diet and exercise so that par-

ticipants can acquire the tools that will help them improve their health and the health of their dogs. The kick off date is scheduled for April 25, 2009 with a 5K run/walk and will run through the month of August.

The cost for the program will be \$2,500 and includes food for the dog, initial and monthly veterinary visits and blood tests, one-on-one personal training at Parkers Place with a diet program for the owners of those dogs.

For more details, please visit our website www.hallettveter.com or call Kelly N. 262-569-0801

