



Phat Chicks



“Tough times don't last, tough people do.”

Gregory Peck

So INCREDIBLE to laugh and sweat with all of the amazing new people who came out to Phat Fit for the **FIRST TIME** this week. **Congratulations** on making the INVESTMENT in YOU! So Brave! So Phat!

PHAT FOOD FOR THOUGHT:

MOVEMBER!!! By now, you may have heard of it...Movember challenges men to change their appearance and the face of men's health by growing a moustache. The moustache becomes the ribbon for men's health, the means by which awareness and funds are raised for prostate cancer. The most significant outcome of the Movember campaign is the awareness of prostate cancer and a men's health message that is being collectively generated. Prostate Cancer Canada (www.prostatecancer.ca) uses the Movember funds for the development of programs related to awareness, public education, advocacy, support of those affected and research into the prevention, detection, treatment and cure of prostate cancer. So inspiring!

PHAT TIPS:

The Long Sleeve T's from our line of **PHAT WEAR** are in! They will be available at Phat Fit. Pink, blue, black, brown and white, \$30/per. Oh man...you're going to love them!

Do you know someone who lives PHAT? Someone who embodies happiness, strength and a wicked attitude towards life? Someone who is working towards enhancing their well being?

Nominate them to be our next PHAT CHICK or PHAT DUDE!

Head to www.phatchicks.ca to fill out the on line **nomination form**.

PHAT FIT SCHEDULE:

Monday, Wednesday, Friday- 9:30 a.m.

Tuesday, Thursday- 6:30 p.m.

Central Arena

PHAT ADVENTURES:

Let's start thinking about goals for fitness and fun...we can do them together!! How about this one...<http://www.events.runningroom.com/site/?raceId=5128> OR this one...<http://www.events.runningroom.com/site/?raceId=5128>

BE STRONG. BE AMAZING. BE PHAT.



