



# HAPPINESS IS A HABIT

*Cultivate it.*

**Hey, Hello, Bonjour, Buenos Tardes/Noches!**

**Be You Not Them.**

What have I been doing? Lots!! So much so that I had to rethink a lot of things that I wanted to accomplish. Summer was just peaceful and quiet, but I got things done. Weeding, Weeding, Landscaping, Weeding. By the way, did I say Weeding? Tried to grow grapes. Not successful except the ones with seeds. We wanted seedless. Seedless didn't make it. Hehehe UH OH!!

Enough about that.

**Good Energy is Contagious.**

WOOHOO!!! I'm back in the Swing!!

Got back in mid-August and it feels nice to be back. Lots of changes have been made to the classes. I have spent the summer learning new formats developed by Crunch Fitness. EVOLVE. Evolve Attitude, Evolve Ability, Evolve Active. This is a program for active older adults. I'm trying to relearn the software to combine songs and timing to set up with the new formats. There is no longer the Silver Sneakers Boom program.



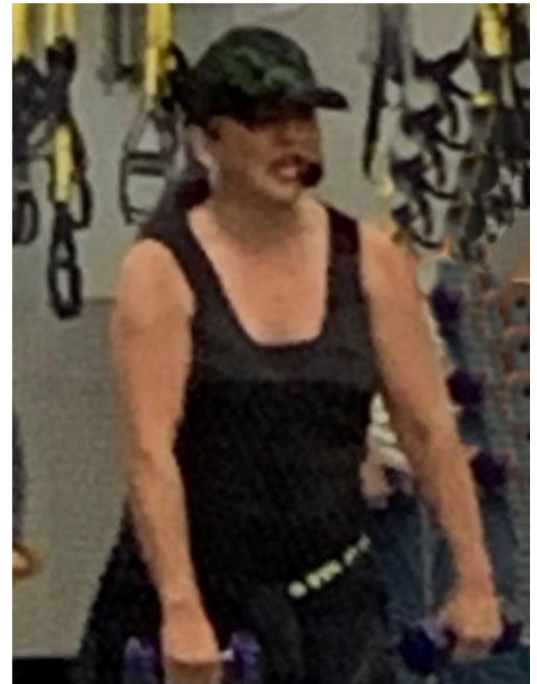
**You'll never  
change your life  
until you change  
something you  
do daily. The  
secret of your  
success is found  
in your daily  
routine.**

# I TRAIN WITH PATTI K

NEWSLETTER FOR UPDATES IN NEW BOOMER  
ACTIVITIES, NEW FORMATS AND EVENTS

**The Real Battle begins when your Mind starts Thinking about Donuts and Deadlifts at the same time!**

Personal Training is now part of my repertoire this Fall. I have been asked many times for some one on one, so take advantage of the new start. Times are open. My availability is limited to Tuesday and Thursday from 8:30am to 2:30pm. You can use 30 minutes or 60 minutes, all up to you. It is the best way to personalize a workout and nutrition plan for you. I am more about teaching a person on how to lead a healthier life and be on their journey. I believe we all can find happiness by learning to live without worries and maintain the functions of our daily lives. There is even a bundle for a small group training available.



**The Party begins when you Arrive.**

I have a workshop coming up, WOWW Event. Working Out With Weights. It's for beginners who want to use weights/weightlifting in weight management. This is an opportunity to find out the truth in losing and maintaining weight loss. If you have ever lost weight and gained it again and again and again. This is your chance to find out how to stop the roller coaster ride on dieting and exercise.

I will lecture on:

- How to shred belly fat fast/ How to Lose weight fast
- Which exercises help with Weight Loss
- Best HIIT Workouts
- Best Nutrition as we age: How much Protein do I need?



Lunch will be provided.

West York Crunch 905 Loucks Road, York, Monday, Nov. 6, 2023, 12:30pm. Please RSVP by October 30, 2023: 717 850 9393

BTW, If you have a club or organization looking for a speaker, I am available. Email or Text me.



### **Events and Class Schedule at West York Crunch Fitness:**

- Mondays, Wednesdays 10:30am, Evolve Ability/Active, 11:00am Evolve Attitude.
- Monday October 16, 2023 Breast Cancer Zumbathon 7:00pm
- Monday October 23, 2023 Zumba Sub 7:00pm
- Monday October 30, 2023 Halloween Party (Prizes for Costumes and Treats)  
10:30am-12pm and 5:00pm to 7:00pm
- Monday November 6, 2023 12:30pm Group Fitness Room

As we age together, I am always looking for new ways to maintain the energy that we have today. I look forward to seeing you again and working with you to find happiness. We all deserve to be happy. Let's do it together!

Hugs, Peace and Love, Patti K XXOO