



Fall Kick-Off – October 1st-5th

Fall is here and we are kicking off a new season with a TON of fun activities! All week long you can enjoy FREE fitness classes, wellness assessments, shake samples, \$100's in prize drawings, membership specials and so much more! Visit inchargefitnesscenter.com for full details.

Here are just a few of the activities being held at InCharge Fitness:

Tuesday, October 1st

1pm-3pm – Choice Therapy will be doing free injury screenings, balance testing and answering questions about their incontinence training through physical therapy.

5:30pm – Join Registered Dietitian, Kelly Jo Zellmann as she talks about “Getting Over Your Plateau”.

Wednesday, October 2nd

5:30pm-7:30pm – Meagan from Massage on the Go will be giving chair massages for only \$5!

Thursday, October 3rd

8am-10am – Choice Therapy will be doing free injury screenings, balance testing and answering questions about their incontinence training through physical therapy.

5:30pm – Susan Butler will be presenting on Herbalife’s 24 and Lifestyle products and how they can aid in your healthy transformation.

What is your fitness story?

Have you been struggling with your weight? Are you training for a race? Have you recently made a fitness breakthrough? We want to hear from you! You’re not the only one going through fitness struggles or having fitness successes so, we would love to share your story with our members and hopefully inspire others. Please email your story to info@inchargefitnesscenter.com.

Thank you in advance for your courage to share!



Exercises That Won't "Crack" You Up

By Wendy Potratz



A few weeks ago my 54 year sister, Karen told me her doctor recommended she begin "weight bearing" exercises to prevent a decrease in bone density. Our older sister has already been diagnosed with Osteopenia (a bone mineral density that is lower than normal but not low enough to be classified as osteoporosis) so Karen was concerned. Both my sisters have recently started participating in and enjoying Zumba classes so Karen asked her doctor if Zumba was a good "weight bearing" exercise and her doctor said, "No". Unfortunately, Karen's doctor was wrong. A weight bearing exercise means an exercise in which you are bearing your body's weight on your feet and legs, as your muscles and bones work against gravity. Zumba certainly fits into this category. Some other examples of weight bearing exercises include: jogging, walking, aerobics, and dance. My guess is that Karen's doctor had never heard of Zumba or she did not know exactly what type of activity it was. I believe that if Karen would have explained what was involved in Zumba then she would have agreed that it was a good exercise for preventing decrease in bone density.

Membership Specials

Refer a Friend Special

If you refer a friend to sign up for a 6+ month membership during the Fall Kick-Off we will add a FREE month to your membership!

This offer is only good from October 1st-5th.

InCharge
Fitness

**3 Month
Membership
for \$99**

*tax not included. Offer expires 10/31/13
and is not valid with any other offers.

619 5th Street NW, Bemidji • (218) 444-8138

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6+ Month
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