

Nimkee Fitness Center

QUICK FIT TIP

JANUARY 2016

Motivation, Inspiration and Drive are easy in January . It is the busiest month for Fitness Center's all over the country. Capture that excitement by writing or emailing your feelings after a great workout or accomplished healthy habit. Come February and March when your gusto has disappeared, go through and read those feelings & accomplishments. For more tips contact Jayme 775-4696 or Jaden 775-4694 for a consultation!

Interactive Quiz/Contest:

What is one wellness goal of yours for 2016?

The first 5 people to email me their response will receive a FREE Nimkee T-Shirt!

Healthy Recipe: Italian Chicken,
Green Bean & Potato
Bake

[CLICK HERE](#) for the
recipe!

