

WOMEN'S "FIT & WELL" MONTHLY

PUBLISHED BY THE SCULPTAFIT STUDIO



DEC. 2016 ISSUE 3

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Festive Fitness

BY KACI CYR

We are now in full swing of the holiday season, which means we are surrounded by temptation that will cause our progress to stop and/or reverse into the opposite direction of what we are working so hard for. This is a time of year where we all must buckle down and set our determination, dedication, and motivation as our utmost priority. It will be critical that you are all sticking with your SCULPTA sessions, but also getting in some D.I.B.S. Here are a few ways to get in a little more exercise and also stay festive for the holiday season.

1) *Enchanted Christmas Village*: this is a magical, and delightful, experience that brings Christmas to life. You

will be surrounded by over a MILLION lights, and you are all guaranteed to reach your daily step goal!

2) *Adventure Landing WinterFEST*: ice skating, snowfall, s'more roasting (for the kids!), and carnival games and rides. You're sure to get some mileage taking those babies and grandbabies here!

3) *Vilano Beach Dressing of the Palms*: this is a unique kind of decorative display where the palm trees that line the streets of Vilano Beach's Town Center are decorated by local artists, get there and take a nice walk!

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STUDIO HOUSEKEEPING

TOWELS, TOWELS, TOWELS

We need you ladies to please remember to ALWAYS bring your towels to class. We want to keep the studio as sanitary as possible and to respect each other's personal space. Additionally, if you borrow a SCULPTAFIT lender towel, please take it home to wash and bring back the next time you're in for a SCULPTA sesh.

HOLIDAY HOURS

We will be open on Christmas Eve, but will be closed on Christmas Day. Be ready to SCULPT the day after!



MY BEST NEW YEAR EVER \$2017

Everyone qualifies, this is not a competition, and this is about relative changes and improvements of OVERALL fitness and wellness.

E5 REVIEW: PRIVATE CLIENT PORTAL

It is E5 review time, and I have some good information to share with you! If you didn't already know, our last E5 was CANCELLED and we switched it up to a Q & A video to be uploaded on the private client portal. It still hasn't been uploaded because Joey's kind of a perfectionist. I may have to sneak on his computer one day to find the raw film! SO, I am here to inform you that our next E5, on December 20th at 6:30pm, will be about "How to Leverage the 'January Effect' to Maximize Your Health and Fitness Success in 2017". Make sure you attend in order to get the full experience of being a SCULTA-sista.

With that being said, the original plan for the November E5 was to upload a video to the private client portal. Many of you ladies

still either don't have access or don't know what we're talking about. THIS IS NOT THE FACEBOOK GROUP! The private client portal is the section of SCULPTAFIT where we upload D.I.B.S and videos for you all to watch, learn, and do. If you don't know what I am talking about and/or you don't remember how to get there or set up your account, please email me at kaci@sculptafit.com. I will be able to help you set up your account or send you the link!

"Your true show of gratitude for a fully functioning body is daily exercise. It's easy to take your legs, arms, hands and feet for granted - until we meet someone who is without one or more of these. Realizing that physical ability is a gift and a blessing should fuel your motivation to move and stimulate the body."

Joey



The Perfect Gift for the Holidays:

We are in the middle of the holiday season, my friends.

This may be the time you start stressing about lists: what do I need to get for my loved ones, co-workers, the mailman, SCULPTAFIT staff (hehe kidding!), teachers, in-laws I like, in-laws I don't like, it can be exhausting! So, this is what I have come to find in the last few years. The best present you can give is your time and while it might be a little strange to say, "here I am, that's your present!", I have found a few ways to do it that can make a great impact.

1. Write a (Handwritten) Letter. Tell the person how much they mean to you, what you appreciate and admire about them most, and what characteristics you believe are out of this world-one of a kind amazing. While this letter can be pages, paragraphs, or a few sentences long, the impact is immensely powerful. We often think someone knows how we feel about them, so we don't verbalize it. Give your time by showing your genuine appreciation for them through the written word.

2. Create the Experience. Buy two concert tickets (or more if inviting others), a fishing trip, dinner certificate, pottery class, book a volunteer opportunity for the both of you, surfing lessons, etc. Something you can do with them and know they will enjoy. If you don't live close by, you can do something short while visiting (going to the beach and renting a kayak or going to a park with a homemade lunch packed). It does *not* have to be expensive. If you are not visiting, send a ticket, trip, class, lesson, etc. as a gift with note stating you want to hear all about it over Skype. You are saying, "I want to experience something new or exciting together." Gift your time.

3. Put Together Tangible Memories. Have some photos from a great trip you went on? Maybe some of your children creating a masterpiece with glue and sparkles everywhere? Download those photos off Facebook, print them out, and put them in a nice frame or small scrapbook. My boyfriend and I have a memory jar- we keep playbills from shows we've gone to, ticket stubs from movies or museums, race bibs, and hand written dated notes from moments we don't want to forget.

I'm not saying you have to be super cheesy like we are, but sometimes as we age we forget the little things that have brought us joy. **5/4/16:** The first time my boyfriend, my dad, and I went out to run 3 miles together. Did I remember it off the top of my head? No. Does it bring a smile to my face every time I reach in the jar and read it? Absolutely.

Put together a tangible memory keepsake and reminisce on old good times, while continually adding new ones.

4. Research Local Charities. What hits home for the person you are trying to show you care about them? Are they passionate about animals, do they have someone special in their lives affected by a certain disease or ailment, do they have a special place in their heart for abused children or the homeless? See if the charity that is in line with their cause will accept monetary donations and/or can set up some volunteer dates for you both to do together. Around the holidays, some charity organizations will have print out cards that say "X contribution was made to our service in your name". They may have 'gifts' that they are selling, which all proceeds will go to those in need and the charity name is displayed. In our day and age, most of us are beyond blessed to have the opportunity have many material 'things', giving another shirt, to the person that already has 30, is a lot different than committing yourself to putting shirts on the backs of local children in need, in your friend's name.

At the end of the day, you are going to decide what is the best to give your loved ones. Remember- you should not be stressing about 'what to get them' but rather, what's the best way to show them you care. This season is all about love and gratitude.

Happy Holidays.

SUPERFOOD CHOCOLATE BARK



- 200 Grams Dark Chocolate
- ¼ Tsp. Vanilla Extract
- 2 Tbsp. Pistachios (Shelled and Halved)
 - 2 Tbsp. Goji Berries
 - 1 Tbsp. Desiccated Coconut

1. Line a dish with baking parchment. I used an 8in x 8in dish, but you can use a smaller or bigger one depending on how thick or thin you want your bark to be.
2. Sit a heat proof bowl in a pan of boiling water over medium heat. Break the chocolate into smaller pieces, add to the bowl and stir continuously until it has all melted. Add the vanilla and mix well.
3. Pour the melted chocolate into the parchment lined dish. Top with pistachios, goji berries, and coconut.
4. Place in the refrigerator for 60 minutes or until the chocolate has set.
5. Store in the refrigerator for up to one week!



CLIENT SPOTLIGHT: LISA WADE

This beautiful southern bell is one worth recognition. If you haven't had the pleasure of meeting Lisa Wade, then you are in for a treat. She was born and raised right here in Jacksonville and has been in the Julington Creek area for 20 years. Even though you wouldn't be able to tell by looking at her, Lisa is a mother of three, Tyler, Alicia and Andrea, and a grandmother of two, Ethan and Maci. She lights up, from head to toe, when talking about her grandbabies, describing those angels as the joy of her heart and soul. She went on to say, "Being a grandmother is the greatest thrill of my life! I love and adore my children, but Ethan and Maci take the cake". If you yourself are a grandmother, then you understand the deep seeded love Lisa feels for those pride and joys.

The grandkids aren't the only ones who make Lisa light up, but also her supportive and caring husband, John. One thing that stood out to me was hearing the love and adoration when describing her relationship with John. It is no secret that as we age the spark may dwindle, but she still talks about how John has made all her dreams become reality. And if Lisa is as feisty, funny, and caring at home as she is here in the studio, I know they have the greatest time together. Some of those include: the opportunity to skydive, being able to drive a car in the Nascar Experience in Daytona, and the ability to buy and ride a Harley Davidson Motorcycle!

Lisa talked about how she has been very blessed in her life and retired on September 1st, 2016. Before her much deserved retirement life, however, she worked for The Haskill Company for eight years and then for a plastic surgeon for almost thirteen years. While she LOVED her job and the years she spent in the field, she truly loves being retired, which means you all have a better opportunity of sharing a SCULPTA sesh with her! Lisa is truly rocking it here at SCULPTAFIT. She has lost percentages in body fat and inches around her body and has gained more self-confidence, a deeper respect for herself, and a SCULPTA family. She is impactful on each and every person she meets and is a pleasure to have in class. There is no one quite like Lisa Wade and we

For a Complimentary Sample Session, just get in touch with Nikki at 904-891-3680 or by email: Nikki@SCULPTAFIT.com