

The B-defined Times

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Innovative Personal Training & Wellness

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4801 Courthouse Street, Suite 122 Williamsburg VA 23188 757 345-6801 www.b-defined.com

**FALL BOOT CAMP BEGINS
TUESDAYS AND THURSDAYS
SEPTEMBER 21-OCTOBER 28
WINNER 2010 HEALTH JOURNAL
READERS CHOICE AWARD !!**



Bridgit just returned from California's 2010 IDEA World Fitness Conference and has brought home some new moves. This fall's boot camp will not disappoint! Call or come by the studio to sign up.

Next Nutrition Seminar Wednesday August 25 "Food and Mood"

Our last seminar filled up very quickly. We have still a few spots available. Call the studio today to sign up.

On July 28, we had our first Nutrition Seminar "Food For Thought".

Valerie Huckstep, B-defined's Registered Dietitian spoke on the truth about what and how you eat. Attendance was over capacity and the topic content very well received.

Mark your calendar
September 29 Seminar
"Menu Magic" ... eating out,
menu lingo, hidden
ingredients.



Meet the Spryns. "The boys and I have a new perspective on fitness."

We came to B-defined early in 2010 with the goal of becoming more fit. We were fortunate to be teamed up with Anna Bennett, a personal trainer with a great smile and an even greater ability to motivate. Anna has a remarkable blend of knowledge, enthusiasm and creativity wrapped around the heart of a drill sergeant. No matter how difficult the task, with humor and encouragement she would get us through the hours spent together sweating, straining and working.

Harris and Mitchell have benefited from working with Anna. She tailored our program to complement the sports they were playing, reinforcing the benefits of cross training.

At last count, we have lost a combined 65 lbs—equal to an average eight-year-old—and are preparing for our first 5K. The boys and I have a new perspective on fitness and a strong foundation to build upon. Most importantly, we have a friend who has helped us develop skills we can use for a lifetime. Thank you, Anna! - Greg, Harris and Mitchell Spryn.

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the Health Journal.

**FIVE YEAR
ANNIVERSARY PARTY
RECORD ATTENDANCE!**

Thank you to all of our clients, to Jocelyn Oldham for her beautiful music, to our dedicated staff both at our studio and at the Health Journal. It was a great evening. To see all the photos, click on



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