

## How Did He Do It?

Lou Fiorillo, our Club Fitness and Activity Director, started to diet just after Thanksgiving so he could get back into his jeans that were “busting” at the waist. Everything was going well but he struggled dropping those final 8 – 10 pounds. He was also looking for a plan that he could feel comfortable recommending to his clients who were trying to do the same. After some research, Lou found a plan by Philip Goglia of California.

The plan is a 21 day “Quick Start” plan aimed at his clients who were looking to shed those lingering 10 to 15 pounds. Lou decided to try it out to see if it was something he could recommend to his clients, as well as, help him reach his fitness goals. The results were exactly what he was hoping for!

Lou ended up dropping 11 pounds in those 21 days including three percent body fat. He was so impressed with the plan that he researched Goglia’s regular 12 week plan for those clients who were interested in a long term weight loss plan.

### Anyone Interested ? – Join Us At The Fitness Room OPEN HOUSE

Now, Lou would like to share this nutrition plan with other members. On Tuesday, March 9 and Wednesday, March 10, Lou will present this Quick Start Program during Fitness Room OPEN HOUSE which will run from 5 – 7 pm. Then, those interested, can sign up to go through the plan along with Lou. Members will meet with Lou on the following three Tuesdays for support, to compare notes, and to monitor how their plan is going.

Join the group so that by April 1, we can shed those 10 plus pounds we put on over the winter... Just in time to buy that new golf apparel! Please sign up by calling the club as Lou will need to know how many handouts to bring. Remember, the informational meeting will be during the Fitness Room OPEN HOUSE on the 9<sup>th</sup> and 10<sup>th</sup>. The actual nutrition plan will start the following week.