



# A Step Above

## Personal Training Concepts



***Be encouraged this holiday season;  
don't lose hope;  
know you are loved!***



## Jinjer's Thoughts



Just want to say Merry Christmas and Happy New

Year to everyone! This has been a fantastic year and I look forward to a fresh new start for 2010. I can't say enough

how much I appreciate all our members support and participation in our group exercise classes and our one-on-one personal training programs.

"WHOOORAAA" cadets for all your efforts in allowing our business to be successful. May your Christmas and New Year truly overflow with blessing and I look forward to working with everyone once again in January.

Our team goals for 2010 are to eat healthier, train smarter, and live longer enjoying God's everlasting beauty. Keep your chin up, hang tough, don't give up

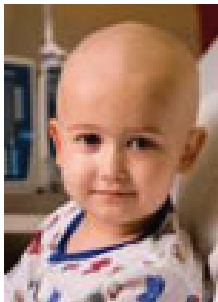
no matter how rough things seem to get. "Trust in the Lord with all your heart and lean not on your own understanding." (Proverbs 2:5) "Grass withers and



the flowers fall, but the word of our God stands forever." (Isaiah 40: 8) He gives strength to the weary and increases the power of the weak. Those who hope in the Lord will renew their strength. (Isaiah 40: 29, 31)

***Educational Fitness Programs designed to enhance mental, physical, emotional and spiritual growth.  
A holistic approach to maximizing human potential.***

## "Teaming Up For Thomas" We Did It.....Together!



On Saturday, December 5, 2009, ten runners from Rural Retreat huddled up in 27 degree weather to anticipate the start of the Memphis St. Jude Marathon. After months of training, our morning was

finally here. We let our excitement warm us, we shed our outer layers, we handed off our extra jackets and double layers of gloves, we smiled at the cameras, and we were off! We were off to tackle the 13.1 miles marked ahead of us through downtown Memphis, TN. Some of us were not sure of what to expect, but we all knew we were in this together. We came with the mission to accomplish our goal to run a half marathon. We came with the desire to be in great physical shape. We came with celebration to run for milestone birthdays. We came as St. Jude Heroes working together to raise \$4,600.00 for St. Jude Children's

Research Hospital. We came to support our dear friend, Thomas Musser, who is running the marathon of his life as he fights Acute Lymphoblastic Leukemia. I think I can speak for all of us to say we ran, we accomplished, and then we left Memphis, TN, with a whole new perspective for life, for health and for the precious time we have with our children. This new perspective is a gift I wish I could share with each and every person, but the truth is, it is something you must experience in your own heart. The best I can do is share what my eyes saw and my heart felt and hope that others will be inspired to seek out their own experience.

On this cold December day, we ran with over 15,000 runners. That in itself is absolutely amazing. We ran close, we bumped arms, we talked with complete strangers, we were a part of a huge mass moving through the streets. But as I looked closer, I didn't see just ten friends running together. I saw a police officer who is an everyday hero for our community step out and run tall and strong as a St. Jude Hero. The look in his eyes as he toured the hospital showed compas-

sion, pain and love. He seemed to take those emotions and combine them with his own physical strength to run effortlessly and admirably. I saw his wife, a health care worker who spends her days caring for others, run through pain, but never, never give up. Perhaps she was the strongest of us all as she crossed the finish line arm in arm with her close friend. When others might stop and drop out, she pushed through and found the internal strength to help her succeed. And that close friend, I saw in her an amazing picture of friendship. For thirteen miles she coached, she encouraged, she supported, she praised, and in the end, she stretched out her arms to a friend so they could step on that finish line together. I saw another dear friend who dreamed several months ago for this goal to take place. She ran in the best shape of her life. She ran to celebrate a birthday. She ran with passion and I don't think the smile ever left her face for the entire hour and fifty five minutes! I saw her husband run as an avid biker who took himself out of his comfort zone of biking to become a runner that day. He ran as an experienced and accomplished athlete, but he also ran as a supportive, loving husband who

# Thomas (con't)

witnessed his wife accomplish her goal. I saw a math professor run, but also a dedicated runner training for her third marathon. I am in awe of her dedication to keep at it, to keep training, to keep logging in the miles, all the while finding time to teach, to provide for her family, to be a loving hands-on mother to two small children. I saw a former soldier, girl scout leader, PTO president, mother, wife--her credentials go on and on! An amazing woman who has very little time left in her day to run, she pushed through the months of training and succeeded. She is an example of courage and of sheer determination. With her, I saw an extremely supportive husband who took on the job of caring for two small daughters while their mother was overseas and continues to support all her endeavors at home. He left behind a very busy job for the weekend to be with his wife and together they ran side by side. I also saw my husband run. A man who works long hours, who helps care for our four small children and then, to top it off, has to listen to me telling him to go run. He amazed me as I witnessed his training the past few months. Running became part of his day. Along with that, he lost weight, lowered his cholesterol, and has a strong healthy heart. Not just physically strong, but as I witness everyday, strong with love, encouragement and hope.

As we ran, we all witnessed the reason we came. We witnessed the true worth of all those training mile, all the knee pains and body aches. We had the privilege to run through St. Jude's hospital campus. Along the sides of the race course, with signs in hand, noise makers, and shouts of "Thank You" were St. Jude patients, families, nurses and doctors. Our very own Thomas Musser and his family shouted and cheered us on. For those brief moments we saw the masks the children are required to wear, we saw the IV poles delivering chemo, we saw the wheelchairs and wagons toting precious children fighting for their lives. We saw parents who I am sure

**Be thankful for your health and find ways to improve that health so that you may reach out to accomplish your goals.**

would gladly rather run a mere thirteen miles instead of the battle they are now running for their children's lives. I am sure, though, we saw hope--hope in the eyes of the parents, in the eyes of the children.

It is that hope that changes one's perspective in life. The ten runners from this experience all lead busy, hectic lives. Among us, we have fourteen children ranging from middle school to toddlers. We have demanding schedules and pressing deadlines. But most importantly we have hope that our small, tiny efforts will bring light to the research

of the doctors at St Jude. We have hope that Thomas will come home soon. We have hope that the sick children will be cured and will be able to run around with the same enthusiasm as our own children run.

As the year ends, and a new one begins, it is this hope that I wish for all. Be thankful for your health and find ways to improve that health so that you may reach out to accomplish your goals. You don't have to run a marathon, just take time to be grateful and to celebrate the amazing body you have been given. Have hope, have love and have health for the children in your lives, for the loved ones who support you, for the friendships that run deep and for your heart so you can share with others.

---Susan Spraker



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**Our Boot Camp Classes start back on January 5, 2010.**

**Limited space is available so please pre-register for our January 2010 sessions.**

A variety of personal training programs are also offered, please call for additional information.

A personal trainer is not a luxury. It's a preventative investment for optimal health and wellness.