



# PHAMILY PHITNESS

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**INSIDE THIS ISSUE:**

HAPPY NEW YOU.. 1

.GET A CHECKUP. 1

FITNESS TIP. 1

WRITE IT DOWN. 2

**FITNESS TIP!!!!!!**

Start slow and easy, in  
Order to prevent over  
Soreness .

## HAPPY NEW YOU!!!!!!!!!!

Greetings PHAmily,

As we are now past the holiday season, let us look where we are and be committed to transforming our lives this year. Brothers, I am challenging each one of you to be the BEST you that you can be.

There should be no excuses for able bodied men to continue with destructive behaviors. We love to talk about being Masons, but I say let us be BUILDERS.

Starting NOW, our triangle must contain all sides, physically, mentally and spiritually. It is up to us to reclaim the prestige and honor we once had.

## GET A CHECKUP.

There is nothing worse than unpleasant surprises. Having said that, a full checkup is a great way to tell those around you, how much you love them. Getting a jump on those medical conditions that are hidden underneath, can prevent a larger and costly situation later.



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Bro. Cola' holds a degree in exercise science, as well as numerous fitness and nutrition certifications. His goal is to bring about a better quality of life in addition to a realistic approach to overall health. He hails from SilverLeaf #457 in Conyers Ga.



## **Men's Health**

Bro. Rickey B. Roach #40- Chairman

PM Carlos Hudson #58- Member

WM Kenneth Golden #28- Member

Bro. Javier Cola #457- Member

## **WRITE IT DOWN.**

One of the best ways to keep on track, is to write down the foods you eat, along with how they make you feel. For example potatoes made me sluggish, or they made me energetic. Also keep a record of your workouts and how you are progressing with them. This will motivate you as will have a visual support system.