

# FIT4U

## JANUARY NEWSLETTER

1/31/18-Issue II

### OUR MISSION STATEMENT:

Fit 4 U is a diversified athletic firm in Upstate NY. We offer a variety of products to worldwide markets. Fit4U aims to be the leading fitness supplier and continuously introduce new items into our product line and we are dedicated to bringing you a variety of fitness and lifestyle products. We specialize in bringing affordable equipment and activities into every teenagers life.

### WEEKLY UPDATES:

Fit4U has recently just launched a major line on their website. As of January, Fit4U will released their Olympic line. They are planning to sell worldwide and hopes that there's something for everyone no matter where you live. Fit4U wants everyone to get excited for the 2018 Winter Olympics and is selling products from clothing to sports equipment. Fit4U is also having a promotion this January for whoever buys the most can earn a \$25 gift card to Five Guys.

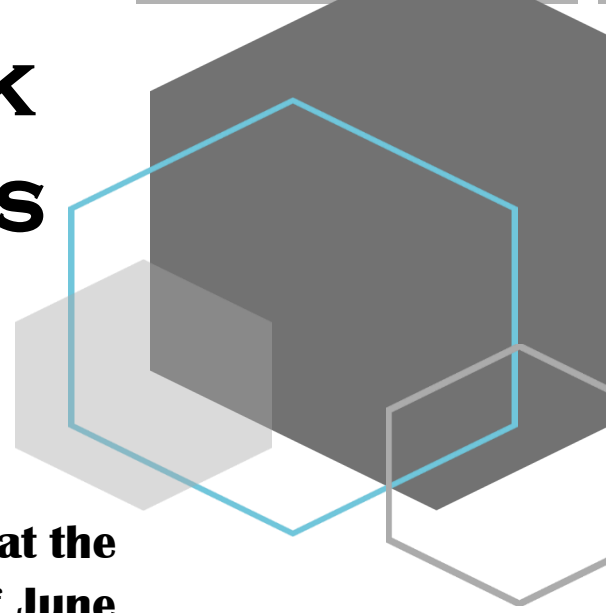
#### TOP THREE FIT4U PRODUCTS

1. **Vespa priced at \$400.00**
2. **Tom Brady Jersey valued at \$325.00**
3. **Soul Cycle Membership \$34.00 per month**

*Check out page 3 of this newsletter for more about the Vespa!*



# HOW TO STAY ON TRACK WITH YOUR NEW YEAR'S RESOLUTION



**Half of the people who make a good resolution at the New Year have given up on them by the end of June or sooner. It's not necessarily going to be easy to succeed, but here at Fit4U we work hard to make your dreams a reality.**

1. **Timing** - do it in the morning. One study found that simple habits form more quickly in the morning than evening. Researchers believe this may have to do with the level of the stress hormone cortisol which tends to be the highest when you wake up.
2. **Keeping Track**- use an app, or diary or even a chart to track your weekly progress. People who monitor their behavior tend to do a better job than those who don't.
3. **Recognize your excuses**- it is crucial to recognize your excuses. Making excuses is a way for us to find a reason not to do something so when you realize what they are you can just ignore them
4. **Tell Others**- telling others like your family members or friends is a great to stick to your goals. Telling your goals to people you love will make you more likely to stay with your goals. So find a buddy and keep each contacting each other on how you're doing with your goals.



# JANUARY'S BEST SELLING PRODUCT



Vespa: The Vespa will get you anywhere, and everywhere your heart desires. For only \$400 you can have reliable transportation and something to keep you busy even during the most boring of times. Change your lifestyle and buy a sleek new affordable Vespa!

For the month of January, we began to have a product of the week. When we first started we chose a Vespa. The Vespa is priced at \$400. Our inspiration for making it the Vespa was at the tradeshow it was our most popular product. We also have a promo code which is STAYFIT and if you use this promo code you get 15% off any purchase from our website. We have a new product line which is Olympics. At the moment we have a promo code for 15% of anything in the Olympic line. By using this promo code, you get 15% off. USA. Also we have been giving out real gift cards to Applebee's and Five Guy's as a prize to give to the person who buys the most from our website.



# JANUARY EMPLOYEE AND SALES PERSON OF THE MONTH

## **Jamylin Goggin: Customer Service**

### **January Employee of the Month**

#### **What is your favorite class? Why?**

Jamylin's favorite class is VE because she gets to be creative and work with others.

#### **What are your future goals?**

One of her future goals is to go to college and major in something related to business.

#### **What is your favorite hobby? Why?**

Jamylin's favorite hobby is Rowing for Pittsford Crew. She enjoys it because she gets to work with a team.

#### **What do you like most about being an employee for Fit 4 You?**

She likes being a part of Fit 4 You most because she gets to work with other people.



## **Lauren Cybul, Haily Shelp, Jess Aldred**

### **January Sales People of the Month**

Currently the competition for sales person of the month is fairly close. Lauren Cybul, Haily Shelp, and Jess Aldred are at the top of the sales board. Each of our employees that have made sales will receive commission. Each employee will receive ten percent of their total sales for the month.

Since December, the Fit 4 You Western Branch has lead in sales over the Eastern Branch. The Western Branch is hoping to keep their streak through January and at the moment it looks like they will since their new Olympic line is taking off.



# GET IN SHAPE WITH OUR ATHLETIC EQUIPMENT ITEM OF THE MONTH

## The Kettle Bell

This new way of working out is a very important thing to becoming a healthy and successful athlete while training for the U.S Olympics or your high school sports team. These kettle bells workouts will help you with your upper-body and core strength and will really make a change in your body.

So go buy one from Fit4U.

### Challenge yourself and try these Exercises!

**Exercise 1.** Kettlebell Push-Ups 15 reps

**Exercise 2.** Russian Kettlebell Swings 15 reps

**Exercise 3.** Kettlebell Goblet Squats 15-20 reps

**Exercise 4.** Kettlebell Lunge press 10-15 reps

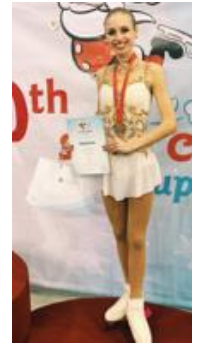
**Exercise 5.** Kettlebell Russian Twist



# UPCOMING EVENTS

Written by: Jackie Hughes and Sammy Thomolaris

With the Olympics starting February 9th, athletes from around the world are getting ready to head to South Korea and represent their country in various sports. There are four new added events this year; freestyle skiing, big air snowboarding, speed skating and mixed doubles curling. Although South Korea has come across some financial struggles and construction delays, they are now ready for the winter games to begin! Be on the lookout for two local athletes that are in the Olympics this year. Morgan shield (skiing) and Paige Connors (ice skating).



# FIT4U NEWS

Written by Jenna G

Here at Fit4U we pride ourselves on maintaining a wonderful healthy life style. Each employee stays fit by staying active within our high school sports and clubs. A few of the bigger events at Pittsford Sutherland High School Are Pink the Rink, and the Rainbow Classic!

Pink the Rink is the annual hockey game played at the Ritter Ice Arena at the Rochester Institution of Technology. The game helps to raise breast cancer awareness and the money produced from the game goes toward finding a cure. The school even provides the hockey team with pink jerseys and pink hockey socks as well. This game is the biggest game of the year, as everyone from high school and their families go out to cheer on the team.



Just like Pink the Rink, the Rainbow Classic was created to raise money for a cause. Ryan McCluski and Katelyn Pasley had passed away a few years ago. Not many people know, but Todd Julien, the varsity Mendon basketball coach was the person to come up with the idea. This game is the biggest game of the year for basketball as the two rival Pittsford teams face each other at the University of Rochester. The money from the game goes to Golisano Children's Hospital in order to help create a better and more inviting environment for children at this hospital. This year the entire varsity Sutherland's girls' basketball team took a visit to the hospital to see the amazing job that has been done so far. "It was truly a wonderful and eye opening experience to see just how one game could make a huge difference within a child's life," Jenna Gmerek, one of the varsity basketball players had stated from the experience.



# 2018 NEW PRODUCT LINE: USA WINTER OLYMPICS!

To start off the New Year, we would like to introduce to you to our new seasonal product line

## **The 2018 USA Winter Olympics!**

We are selling 18 high quality Winter Olympic inspired items. Fit4U is also selling tickets to the 2018 Winter Olympics at the price of \$575 per ticket.



**We hope you enjoy 2018 and continue to purchase from Fit4You and remember  
“Don’t Quit get Fit!”**

