

## MARK THE DATES:

**Thanksgiving Day!**  
Thurs, Nov 28th we have holiday hours of 6 am - 1 pm.

**1st Annual NPF Holiday Feast Week**  
12/17-12/21

**Retirement Party for Gail Barth**  
1/18/14

**November Drawing Winners!**  
**Eva White!**

Winner of \$50 Kapande Cash.

**Carol Holt!**

Winner of Kapande Cash Parking Space.

**John Golden!**

Winner of two "healthier side" entrees from **The WHIPPLETREE Restaurant.**

(Thanks so much to Jeff & Denise McDonald for this wonderful monthly donation!!)

**Luise Brooke!**

Winner of a Customized Facial w/ Jessica Dismuke, our in-house esthetician.

**Cathy O'Connor!**

Winner of 30 minute Chair Massage with Sheri Blackledge.

**NPF Classifieds:**

Need a babysitter? NPF Member Jim Brown has a 14 year old daughter looking to do some babysitting. **If interested, please call Morgan at 303-653-1057**

**Wanted:** Trampoline in Good Shape - please contact Heather at 720-331-1645 if you have one you'd like to



**"Show up, be who you are and do what you do." -Mack Newton**

**Accountability weighs OUNCES, regret weighs TONS**  
by Nick Kapande

Recently, I shared a story about a student of mine from years ago. This person has suggested she would like to work on her weight - and her friends have suggested she come back to my class. She has told her friends she can't come back to my class because she doesn't want to get weighed in. I don't get it - she wants to lose weight, and she can't do it on her own, but she doesn't want to be held accountable. How does that work? You have to own your number. So what if you're overweight. As Mr. Newton says, "We're a work in progress, are we not? We're all trying to get better, collectively and individually." So if I weigh someone in, I weigh someone in, so what? It's not where you are coming from that matters - it is where you are going that counts. Aren't we here to do one thing? Get healthy, get fit, get our mind right. So why not do that? If you're up, you're up, if you're down, you're down, but you're never going to get better if you aren't held accountable. I can only help you - if you show up. Come to class and stop worrying about being weighed in. We all have things we are working on. Pilsung!

**Attention TKD Students & Parents**

We will be distributing holiday guides from Century Martial Arts to TKD students and their families beginning on November 1st. There are LOTS of great gift ideas for your developing student. If you would like to purchase some items for your child, please be sure to submit your order to Heather **BEFORE NOVEMBER 28TH** - so we can get everything ordered and delivered in time for the holidays. If you aren't sure what to purchase, or need help with sizing, please contact Nick or Heather. We can help. Thanks so much!

**Please help us offer Silver Sneakers @NPF**

We would like to offer our members the opportunity to join the Silver Sneakers athletic program. To offer Silver Sneakers at NPF - we need EVERYONE'S HELP. We have applied to participate, and we need as many people as possible to call and nominate Nick's Pro Fitness. It is a very easy, quick thing to do. All we need is for you to call 1-888-423-4632 and give our name (Nick's Pro Fitness) and provide our zip code (80439). That's all everyone needs to do - this can be done by any member of the Club or any member of the community - anyone can call to nominate us - this can be done no matter what your age, and each person can repeat the call every month and nominate the Club again and again. We want to get as many people as possible to nominate us every month until we get accepted. Please, please help us so we can offer this very valuable program to our fabulous qualifying members. - and please spread the word to friends and family in town too - we know there are folks out there who want to become members at NPF - and Silver Sneakers would give them the ability to do so. If you have any questions or comments, please reach out to Heather at [www.heanick@nicksprofitfitness.com](mailto:www.heanick@nicksprofitfitness.com).



**This Month at Nick's Pro Fitness!**

**10 Day Fitness Challenge with Brian DeBaets**

**Mon - Fri, Oct 28- Nov 8**  
**5 - 6 am AND 5:15 to 6 pm - ONLY \$99**

Join Brian for a 10 Day Fitness Challenge. This boost to your workout program is perfect for ANYONE and will serve the beginner, intermediate and advanced participant. Modifications will be provided for anyone who needs them. Previous participant, Janie says, "Recently I did the 10 Day Challenge and not only did I lose 5 pounds in 10 days, right before Spring Break, which was the goal, but Brian made it fun for all of us. I'd recommend it to anyone who wants to lose weight, and also have



give up.

### **Help Homeless Veterans:**

NPF is collecting new and gently used coats and clothes for homeless veterans. We are also asking for new socks and new underwear for them as well. Collection bin in front lobby - **need donations BEFORE 11/6.**

### **New Yoga Classes: Barkan Hot Yoga & Yoga Nidra Leslie Wagner:**

Congratulations to our wonderful Leslie Wagner for completing her additional Yoga training in the Barkan Method of Hot Yoga. **Please join Leslie on Thursdays from 8-9:15 am for her new Barkan Hot Yoga Class.** This class offers a slower approach to Hatha yoga. Postures are held a little longer and modifications are encouraged when needed. The room is still heated, but not as hot and has soothing and inspiring music so yogis can focus on the mental and spiritual aspects of the practice. After many requests, Leslie will now offer a **Yoga Nidra class on Thursday evenings from 6-7 pm.** Yoga Nidra (or yogi sleep) is a sleep-like state which yogis report to experience during their meditations. In this class we will stretch out the body in a few deep floor asanas and then find our way into deep relaxing yogic sleep.

their health and well-being improved." Each participant will get a packet which includes a 10 Day Food Plan and outlines all the workouts. Brian will also provide everyone with the "30 Workouts" packet consisting of 30 workouts he has used over the years - even some new ones - all yielding excellent results. Complete with colored pictures. Please reach out to Brian at 303-408-7644 for additional details.

### **Help Heat Get a Protective Vest**

**Sat, Nov 16th from 10 - 12 pm**

Recently activated officer, Heat, needs a protective vest. Help us get him this vest at a fun demonstration with live, canine officers Heat, Petra and Broc. These dogs will demonstrate training techniques and bite demos. Come join us for a raffle, bake sale, prizes and more. Grand prize - 1 year Club membership to NPF, massages, doggie gift baskets and MORE!!

**Call Sara Schmidt at 303-895-1999 for additional details.**



### **Ashtanga Partner Yoga Workshop with Griffin!**

**Sat, Nov 16th from 1-3 pm**

Allow Griffin to help you deepen your understanding of Yoga as we practice the Ashtanga Primary Series with a partner using body mechanics to release tension and align your body. Partner Yoga uses body weight and biomechanics to maximum effect - you will leave this workshop feeling strong, relaxed and happy! Bring a friend or meet a new one at this unique **workshop on Saturday, November 16th from 1-3 pm.** Pre-registration \$20, Drop-in \$25. Pre-registration is highly recommended as space is limited.



### **Upcoming Restorative Retreat!**

**Sat, Nov 16th - Sat, Nov 23rd**

Join our very own Jessica Smith & Elizabeth Walker on a restorative retreat that will rejuvenate your spirit and help you begin a path back to wholeness. Included in this experience are: 7 night accommodations, 3 gourmet vegetarian meals a day, daily yoga classes with Jessica Smith, two massages, private intuitive life path coaching with Elizabeth Walker, daily group facilitation & more!! **Nick's Pro Fitness Members receive a \$250 discount.** Visit [www.igniteyourdivineself.com](http://www.igniteyourdivineself.com) for more information.

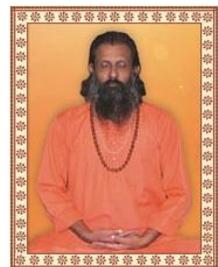


### **Sitting with Swami**

**Sat, Nov 9th from 11:30-1:30 pm &**

**Sat, Dec 7th from 11:30-1:30 pm**

If you haven't come to sit with Swami - you are really missing out. Each Month - Swami has helped students deeply explore their minds and their thinking. Every time I attend, I feel smarter, more connected to human beings and reflective on a much deeper level. One can't help being impacted by his message. It is such a profound experience. I can't express enough how good it feels to attend these workshops. Please come give it a try - I am sure you won't be disappointed. Sign up at the front desk to reserve your spot -\$25 for members, \$35 for nonmembers



### **A Message from Nick & Heather**

Fall is in the air - the trees have been breathtaking this year. All the reds, oranges and yellows have made me fondly remember how much we love this season. Our boys are continuing to enjoy school - with Dane still working hard at becoming the best baseball player possible - and Troy has been super committed to his Tae Kwon-Do training. Nick and I have been reflecting about things we are grateful for - and we always come back to the Club and our members and staff. We truly feel privileged to have this opportunity. We know we've worked hard - and we don't plan on stopping any time soon. Our efforts are rewarded every day when someone drops their weight, makes a new friend or tries something they haven't before. What a gift it is to help folks transform!! With the holidays approaching, we want to be sure we let everyone know - we appreciate you. Thank you for your continued support - and thank you, in advance, for helping NPF get nominated into Silver Sneakers - this would be a wonderful accomplishment for the Club - and we KNOW there are lots of people who would love to take advantage of this program. Thanks for believing in us, and thanks for your continued support. We are thankful for YOU, and we will continue to work hard for you every day. Happy Thanksgiving!!



- Nick & Heather