



Business Networking of Woodbury
General Meeting Minutes
7/25/18

Members Present: Aaron, Mike, Tracy, Steve, Jerry, Joe, Lee, Liz, Bill, John, Mark
Members Absent: None. Guests: None.
Greeter: Lee

News & Events in Woodbury

- Membership committee last week, guest day is 3 weeks a day
- Great event last night Mark, Jenny Bill and Andrea won the tourney w/ a -6

Prompter: Dr Aaron - how to have a healthy lifestyle while working

- avoid liquid calories drink more water
- Plan meals ahead of time
- Snack healthy
- Workout
- Stay active
- Supplement (get vitamin d, calcium and iron)
- Sleep!!! 7-9 hours

Headliner: Jerry - Tribe Fitness

- Journey began about 7 years ago when Jerry's wife brought him to a kettle bell class
- Losing Weight - changing eating habits
- Opened gym because he wanted to bring the change he found by working out to others (and the drive was getting to them)
- After working out for a while you will notice you have more energy
- Stopped eating white foods - sugar, pasta, potatoes and nothing processed
- Group fitness, makes things more fun, keeps people motivated and accountable
- 5:30 Monday, 7:30 Wed, 8:30 Saturday's
- \$99/month (friends and family) \$159 will be the rate down the line

30 second commercials

Next Week:
Greeter: Steve
Prompter: Jerry
Headliner: Liz