

# HAPPY HOUR NEWS

All the latest RHINO-tastic happenings!

*Issue 5: March 2020*



Never again will I take our Happy Hour moments for granted: being yelled at by Princess to go potty, telling everyone to hurry scurry because this is an exercise class, half peace signs, inverted muffin tops, being covered in tire dirt, and the hugs we always shared so freely.

I know this is a tough time for many of you. I'm sorry I can't physically be there for you. Our team has endured so many hardships in the past.

I've witnessed your reaction to adversity. You are kind, generous, tenacious, and loving. Continue being you.

Do not hesitate to reach out for help. We will take care of each other like we always do, 'cause we're #soGood!



# FEED MY STARVING CHILDREN



On Saturday March 7th, several members of team RHINO volunteered at Feed My Starving Children. It was a rewarding experience we'll all remember.



HHF's ongoing Community Gainzz Initiative is an integral part of our mission.

Thank you, team RHINO, for using your super powers to uplift others!



Special shout out to Sean for organizing this event! Sean has already booked us again: Saturday October 10th E-mail [sean.a.burke@cox.net](mailto:sean.a.burke@cox.net) to reserve your spot.



**LYDIA**



## RHINO SPOTLIGHT



Name: **Lydia Thatcher**

Happy Hour Nickname: **Lyd or LT**

Training with Rayn: **5 years**

When do you Happy Hour? **Tues & Fri PM**

Hometown: **Tampa Bay**

Kids and/or pets? **Two fur babies**

What do you do when you're not working out? **garden, read, spend time with friends**

FAV Rayn-choreographed track?

**Captain Underpants**

FAV boot camp exercise?

**YTA and open books**

Love to hate 'em: **cardio!**

FAV Rayn-ism: **Don't forget to breathe...**

## CUSTOMIZED SHIRTS

You asked and we listened!  
Personalized Happy Hour shirts  
are now available.

To order, please contact Rayn directly.  
[Rayn@RaynFit.com](mailto:Rayn@RaynFit.com)

\*The cost is an extra \$10 per item.

\*Sorry, we can't print on the back of muscle tank.



## GRANT UPDATE

Although our research has been postponed, we look forward to conducting our study in the future.

Until then... Stay active. Stay safe. Stay home.

## VIRTUAL HAPPY HOUR NOW AVAILABLE!

- 1 Book classes via [RaynFit.com](https://www.raynfit.com) or MindBody
- 2 Request access to the RHINO REMOTE FB group page
- 3 Participate live OR within 24 hours after each class
- 4 Book regularly to maintain active status in RHINO REMOTE

**RHINO REMOTE** by **HAPPY HOUR**  
FITNESS



visit  
[RAYNFIT.COM](https://www.raynfit.com)  
for more info



# SO SOCIAL. SO GOOD.

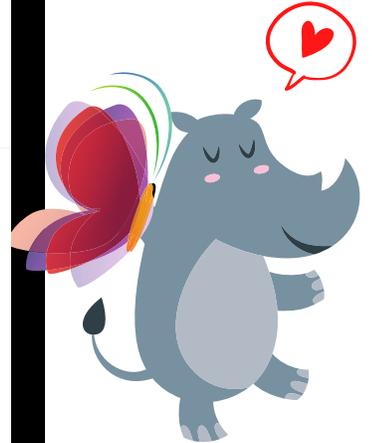
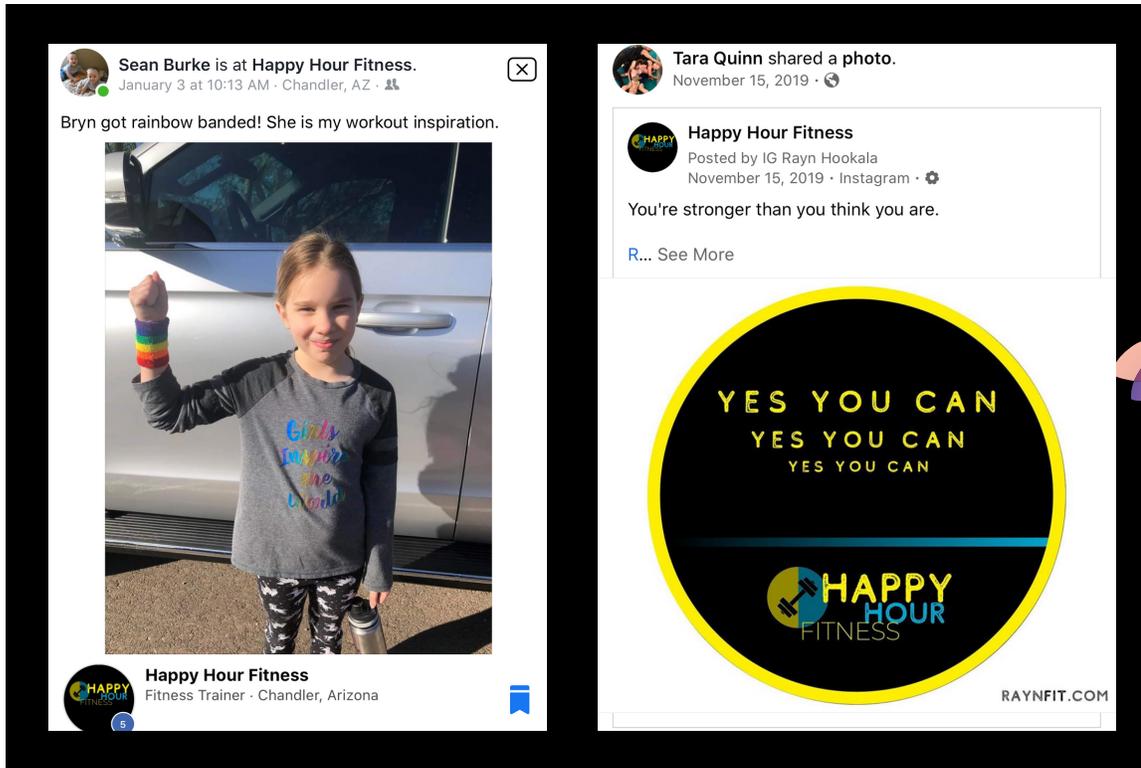
Thank you for your social media shout-outs!



HAPPY HOUR FITNESS



@\_HAPPYHOURFITNESS



## COACH CRYSTAL'S CORNER BY CRYSTAL & RAYN

Do you hold your breath during exercise?  
Or life in general?  
These are difficult times. You're not alone!

Oxygen fuels your muscles.  
So, in essence, proper breathing may equate  
to longer workouts and better results.

How *should* I breathe?  
Well, long story short, try to:

1. exhale against gravity
2. inhale with gravity

*Is this information is beneficial? What topics would  
you like to see in future editions of Coach's Corner?*



# RHINO RECIPES

## WhitWhit's mom's BROCCOLI - CHEESE CASSEROLE



Brown 1 lb. hamburger or hot sausage with chopped medium onion.

Add 2 cups Minute Rice, 2 cans Cream of Mushroom Soup, 1 16oz jar Cheese Whiz, 1.5 cups milk, 2 10 oz. packages of frozen broccoli (thawed)

Bake @ 350 degrees for 1 hour



Dusted off the recipe for my favorite childhood dish, Broccoli Cheese Casserole. In my memory, it always made me excited for dinner. When I came home for weekends from college, she always sent me back with individual portions already labeled and frozen and put into little Tupperware dishes.

However, this is the first time I've made it for my kids. So it only seems appropriate that I rename it the "Broccoli Cheese Quarantinerole."

--WhitWhit