

BC FITNESS

Educating, Empowering, and Inspiring
Sustainable Fitness Lifestyles

October 2021 Newsletter

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WELCOME BC FIT NATION!

Here is our monthly newsletter. This is where we can keep you informed about upcoming events, fun activities, fitness and nutrition suggestions and tips.

If you have any questions, comments, or suggestions regarding anything featured below or regarding anything else for that matter, do not hesitate to contact us at brett.bcfitnessstudio@gmail.com or chelsea.bcfitnessstudio@gmail.com



OUR NEW INTRO VIDEO

Once the choice is made to "get fit", then what? BC Fitness offers sustainable solutions.

Watch this short video to know more about how BC Fitness is striving to break the stereotypical gym atmosphere and personal trainer persona...

500 # PARTY!

Through the hard work, dedication, and awesomeness of the BC Fitness members, we are rapidly approaching a tremendous milestone. In only 6 short months!

483#'S

As of Sept 30th

Together BC members have combined for nearly 500 pounds of weight loss. Once the milestone has been achieved, to celebrate this amazing feat, BC Fitness is going to donate 500 pounds of healthy, nutrient dense food to the Central Kitsap Food Bank.

Once the date and time has been determined we will announce it on our Facebook page and send out a email invitation to those interested in participating in the event! Email brett.bcfitnessstudio@gmail.com for more information regarding the 500# Party.



GET ENERGIZED TO PLAY MORE ENJOYABLE GOLF.

Whether you are looking to play more golf with less Advil, improve your back nine scores, or get a better strike on the ball... Take advantage of the off season to improve your energy, swing, and stamina with Performance FBS Golf.

Performance FBS Golf combines flexibility, balance, and strength in order to optimize your golf game by enhancing range of motion to keep the club on a proper path for square contact; creating more even weight distribution and help correct excessive pelvic and shoulder tilting; and developing speed and strength through the stages of club travel.

FREE CONSULT

NEW BC APPAREL!

New Styles Dropping Monthly



SNAPBACK CAP

\$22.95ea

[SHOP NOW](#)



BE UNSTOPPABLE
TANK

\$20.95ea

[SHOP NOW](#)



SILENCE THE NOISE
T-SHIRT

\$19.95ea

[SHOP NOW](#)

ICYMI - IN CASE YOU MISSED IT

BC BLOG #36...YOU CAN'T OUT RUN A POOR DIET

While exercise is important for maintaining several different components of overall health, the impact of exercise can have its limits if changes aren't made to a poor diet, especially in those trying to lose weight...

[READ MORE](#)





BC BLOG #37...SILENCE THE NOISE

Doubt and negativity whether internal or external can take on many different sounds. However, the common thread between the tone and frequency is simply just the fact that it is all noise...

[READ MORE](#)

TRANSFORMATION OF THE MONTH!



Meet the "Doyle Twins"! Aubrey Doyle and her mother Michele (as Aubrey describes as her "Partner In Improvement") have teamed up to lose over 85lbs. Learn more about Aubrey's fitness journey and signature sweet tooth killer recipe on her guest appearance of Fit By Fork...

[WATCH THE VIDEO](#)

MOTIVATION MONDAY QUOTE OF THE MONTH



"Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible."- Saint Francis of Assisi

THANK YOU FROM CHELSEA AND BRETT

After completing our first 6 months in business, we can not be more grateful for the tremendous support of our BC Fitness Family. All the referrals, recommendations, and relationships that have allowed us to accomplish our mission of bringing movement to the masses have been a dream come true.

Brett and Chelsea Clark



CONTACT US

Feel free to ask questions!

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