

PAULLACOSTE

S P O R T S

FIT 4 CHANGE



April 3, 2015

Paul Lacoste Sports: Changing Mississippi

When I first met Paul and Clark, I weighed over 350 lbs and things got off to a rocky start on day one of my very first session. At the check in at Milsaps College you were supposed to say your name so they could check you off the list. Clark had his head down when I walked up and said, "Last name Ever, first name Great-est" - he flipped page after page and got frustrated that he couldn't find the name - so then I said, "Well, you may find it under Neely, Daryl which is essentially the same meaning." Now we all know Clark to be "The Nice One", well on day one I succeeded in turning the "The Nice One" into the "Incredible Hulk". It was so rough that I almost said screw this and walked out - and 5 years and well over a 100 lbs. later, I still haven't walked-out, thanks to Paul Lacoste Sports (PLS) and especially my fellow teammates.

The thing about working-out is that you can convince yourself that you're giving it your all. The thing about training with PLS is that you WILL give it your all because your teammates and coaches will not allow otherwise. And because you're giving extraordinary effort, you get extraordinary results.

"And because you're giving extraordinary effort, you get extraordinary results."

I honestly believe that PLS saved my life. I wasn't on any medications or having any health issues that I was aware of, but looking back on it my quality of life and potential quantity of life was low- very low. PLS changed that. Dropping the weight, keeping it off and

making a lifestyle change has actually been pretty easy. Easy because just like the other things that you're most successful at in your life - you don't do it alone. Yes, you can replicate the workouts of PLS. Yes, you can do the same drills. But nothing replaces the motivation and pushing you to give it your all like having teammates does.

"At PLS you're never alone..."

Being pushed to the NEXT LEVEL by your coaches and being in the trenches with others really brings the best and the beast out of you. At PLS, you're never alone in the deal. At PLS, no one is going to lie to you to spare your feelings. (continued...)



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At PLS, you're going to get pushed to and through the truth. And the truth is, you can go to the NEXT LEVEL. One drill, one station, one day, one week at a time. And that same attitude goes with you the rest of the day.

"You find somebody you can't keep up with, and you give it your all to keep up with them"

You find you somebody you can't keep up with, and you give it your all to keep up with them. One day you pass them, and you just don't set your sights on keeping up with the next person - you also encourage the person you caught up with to keep fighting and pass you. Sounds crazy, but it works.

PLS has provided me with a new lease on life. I'm healthier. I'm happier. I'm faster. I'm stronger. And that's not just in the physical sense. PLS is mental. Very mental. The 5:00 a.m. workout sets the tone for the rest of the day. For the most part, nothing the rest of the day is as tough as that hour, but the rest of the day is more rewarding because that hour was so tough. When it's done, you can't wait to get out of there. But when the twelve week session ends, you can't wait for the next session to start-up.

Paul often talks about the "ripple effect" of PLS; when you stick to it people will see the change in you and

they will also begin to change - even if they don't join PLS. In the past five years, my daughters have embraced healthier eating choices. The oldest even became a vegetarian on her own. My son loves to go to the gym with me and asks about drills and workouts. My girlfriend and I often do fasts or smoothie cleanses together, as well as encourage each other to eat right. And my mother, who has smoked my entire life, not only quit smoking and has stuck with it, but she purchased and now regularly rides her stationary. None of these things "just happened" - they are ripples of PLS. On some level it is all connected and attached to the PLS program and my participation in the program. The "ripple effect" is real. If you change, and stick with it, people around you will start to change too - even if it's never spoken.

"The "ripple effect" is real. If you change, and stick with it, people around you will start to change too - even if it's never spoken."

PLS can change Mississippi - I know because it changed me.

C. Daryl Neely ■



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MORA



Racing for Donation 8k Run/Walk

Saturday, April 25, 2015

7:30 AM

www.racingfordonation8k.com

Upcoming local races:

Running for Jason 5k
Brandon, MS
4/4/15

Komen Steel Magnolias
Central MS Race for the Cure 5k/10k
Jackson, MS
4/11/15

Rabbit Run 5K for St. Jude
Star, MS
4/11/15

Magnolia Meltdown Half Marathon
Ridgeland, MS
5/9/15

FLEET FEET

Sports

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Chocolate Protein Balls



Ingredients

- 1 Cup rolled oats
- ½ Cup Natural Peanut Butter
- 1/3 Cup Honey
- ¼ Cup Chopped Dark Chocolate
- 2 tablespoons flax seed
- 2 tablespoons chia seed
- 1 tablespoon chocolate protein powder

Directions

1. Stir oats, peanut butter, honey, chocolate, flax seeds, chia seeds, and protein powder together in a bowl until evenly mixed. Cover bowl with plastic wrap and refrigerate for 30 minutes.
2. Scoop chilled mixture into balls. Keep cold until serving. ■

WHO'S NEXT?

Gabriel Herring **down 35lbs**
since September!

Summer Training
Starts **May 4th**

Early Bird Special \$630
Ends **April 20th**

SIGN UP NOW

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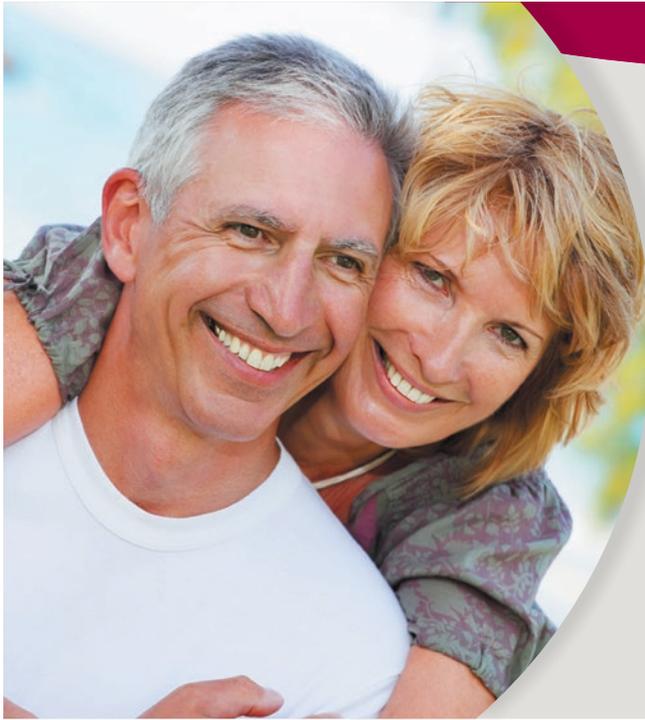
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Lying Gluteal Bridge

1. Lie on your back with your knees bent and your feet flat on the floor. Place your arms at your sides, palms facing down.
2. Squeeze your glutes and slowly raise your butt off the floor until your body forms a straight line from

your knees to your shoulders. Hold this position for 3 to 5 seconds, then slowly lower yourself to the floor. Tip Press with your heels, not toes, when you begin to press up.

THIS MOVE WORKS:
Glutes, Hamstrings, Hips, Lower Back ■



Oprah's Four Favorite Moves



BICEP CURL

The setup: Stand with your feet slightly apart and your knees slightly bent. Hold a dumbbell in each hand using an underhand grip, your arms at your sides, palms facing inward.

The move: Contract your abdominals. Curl the dumbbells up to your shoulders while twisting your palms so that they are facing you at the top of the move. Pause for a second, then gradually lower the dumbbells to the starting position. Control your movements throughout the entire exercise, exhaling while lifting the dumbbells up and inhaling on the return. Continue until the entire set of 8 to 10 repetitions is complete. If you are performing multiple sets of this exercise, take a deep breath, wait 15 to 30 seconds, and begin your next set.

Tip: Maintain your posture throughout the entire exercise and do not allow the dumbbells to “fall” back down.



LATERAL RAISE

The setup: Stand erect with your feet shoulder width apart, your arms down, and a slight bend in your elbows. Hold a dumbbell in each hand, one in front of each thigh, with your palms facing inward toward each other. Keep your knees slightly bent.

The move: Contract your abdominal muscles. Raise both dumbbells out to your sides in a semicircular motion. Pause for a second before gradually lowering the dumbbells to the starting position. Control your movements throughout the entire exercise, exhaling as you raise the dumbbells and inhaling as you return to the starting position. Continue until the entire set of 8 to 10 repetitions is complete. If you are performing multiple sets of this exercise, take a deep breath, wait 15 to 30 seconds, and begin your next set.

Tip: Keep your back straight and your head up as you go through the move. *(continued...)*

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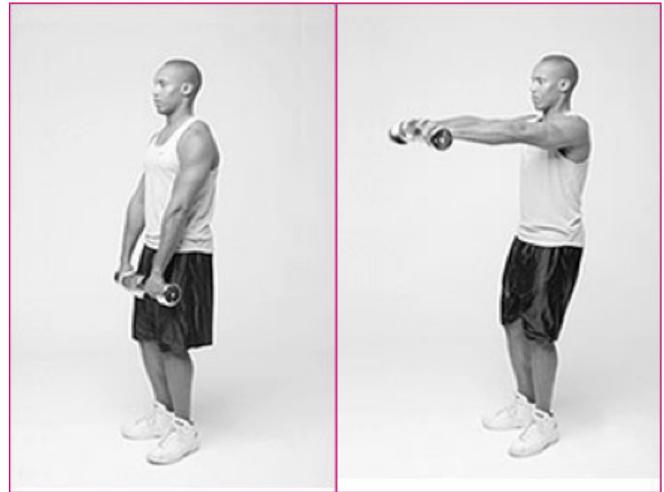


TRICEPS EXTENSION

The setup: Stand with your feet slightly apart and your knees slightly bent. With your arms fully extended (but not hyperextended) above your head, hold one dumbbell, using an interlocking grip.

The move: Contract your abdominal muscles. Gradually lower the dumbbell back behind your head and neck while keeping your elbows in place above your head. Continue until your forearms are parallel to the floor. Pause for a second, then gradually raise the dumbbell to the starting position. Control your movements throughout the entire exercise, inhaling while lowering the dumbbell and exhaling while raising it back up. Continue until the entire set of 8 to 10 repetitions is complete. If you are performing multiple sets of this exercise, take a deep breath, wait 15 to 30 seconds, and begin your next set.

Tip: Maintain your posture throughout the entire exercise; avoid arching your back.



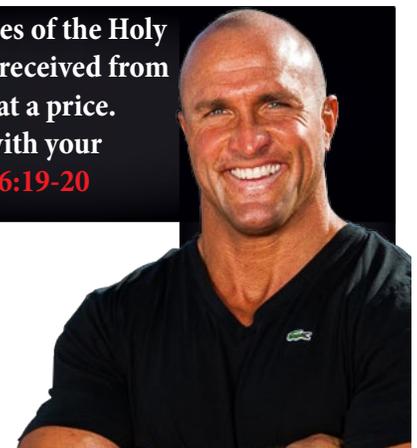
FRONTAL RAISE

The setup: Stand erect with your feet slightly apart. Hold a dumbbell in each hand with your arms down and your palms facing your thighs. Your closed fingers should be lightly touching your thighs. Keep your knees slightly bent.

The move: Contract your abdominal muscles. Raise both dumbbells in front of you to shoulder height. Pause for a second, then return to the starting position. Control your movements throughout the entire exercise, exhaling as you raise the dumbbells and inhaling on the way down. Continue until the entire set of 8 to 10 repetitions is complete. If you are performing multiple sets of this exercise, take a deep breath, wait 15 to 30 seconds, and begin your next set.

Tip: Keep your back straight and your head up as you go through the move. ■

“Your bodies are temples of the Holy Spirit, whom you have received from God. You were bought at a price. Therefore honor God with your bodies.” 1 Corinthians 6:19-20





Training After Party



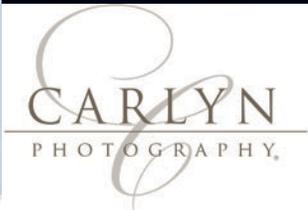


Training After Party





Fit 4 Change 5k



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A special thanks to the following partners who have made Fit 4 Change possible:



St. Dominic's



MISSISSIPPI BEVERAGE ASSOCIATION



Mississippi Manufacturers Association

SECDEventures.



MISSISSIPPI STATE DEPARTMENT OF HEALTH



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2015 PLS FINAL WINTER WEIGHT-LOSS:

Anderson, Barry - 18lbs	Gray, Chrystal - 25lbs	Phillips, Theresa - 17lbs
Apel, Therese - 11.5lbs	Gray, Margaret - 25lbs	Powell, Jennifer - 15lbs
Barker, Shondra - 14.5lbs	Griffin, Sharon - 11lbs	Price, Dustin - 10lbs
Barr, Christy - 12.5lbs	Hennigan, Dean - 14lbs	Prince, Kevin - 12lbs
Brent, Brenda - 14lbs	Jackson, Michelle - 13lbs	Ramsey, Marshall - 13lbs
Brown, Felisha - 16lbs	Johnson, Steven - 26lbs	Ratcliff, Tedrick - 11lbs
Bully-Brown, Greta - 12lbs	Kassel, Brett - 13lbs	Ratliff, Anthony - 12lbs
Burchak, Katherine - 13lbs	King, James - 18lbs	Ray, Kip - 11lbs
Clay, Annie - 10lbs	King, Theresa M. - 14lbs	Reed, Shameka - 13lbs
Clay, Henry - 13lbs	Lasseter, Tonye - 10lbs	Robinson, Pamela - 14lbs
Clemmer, Sully - 13lbs	Leonard, Shryl - 25lbs	Rudis, Jeff - 11lbs
Coleman, Louise - 14lbs	Luckett, Amy - 11lbs	Sims, Stanley - 12lbs
Collins, Timothy - 20.5lbs	Mack, Sandra - 21lbs	Smith, Rhonda - 11lbs
Covington, Buck - 10lbs	Martin, Haley - 14lbs	Smith, Robbie - 21lbs
Daniels, Morgan - 22lbs	Mayers, Lisa - 18lbs	Swann, Chris - 24lbs
Davis, Julie - 13lbs	McDaniel, Beth - 17lbs	Tillman, Demetrica - 10lbs
Davis, Lance - 17lbs	McDaniel, Shaun - 17.5lbs	Turner, Melinda - 10lbs
Davis, Lisa - 29lbs	Mitchell, Ryan - 11lbs	Varnado, Shirley - 19.5lbs
Draughn, Tommy - 13lbs	Nguyen, Sharon - 25lbs	Waldrop, Misty - 10.5lbs
Dugle, Dawn - 14lbs	Orey, Anita - 28lbs	Walton, Billy - 14lbs
Gaskin, Kristen - 11lbs	Patrick, Whitney - 13lbs	Wells, Jeremy - 21.5lbs
Graham, Karen - 11lbs	Pepper, Mike - 12lbs	

CONGRATULATIONS TO ALL!

Between both, Fit 4 Change participants and Paul Lacoste Sports participants, over **1,500 pounds** was lost!