

Butterfly BUZZ

What's going on at YOUR Butterfly Life

July edition

Club Closings!

Enjoy your July 4th with your Family – because we know we will be! Butterfly Life will be closed July 4th!

Summer Olympic Challenge Con.

The Challenge ENDS July 3rd! Make sure you are WEIGHED in before this date. The medal ceremony will be Wed. July 8th at 5:30PM. Make sure you are here to attend the ceremony! Tears will be shed and Dreams will come true.

Relay for Life Media Sale

Donations will be accepted till Friday, July 11th for all of the following: CD's, DVD's, and Video Games. All profits will go to Relay for Life! Please bring your old movies you are tired of watching and buy some new ones. The table is located on the left when you walk in the club.

Health Tips

Eat your meals with no distractions

Focusing on only your food (no TV, no radio, no phone calls, no nothing) helps you detect internal fullness cues, such as a tightening of the stomach.

The testers' take "At first I couldn't stop thinking about the other things I could be doing at the same time," says Shula Neuman, 39, a media relations director in St. Louis. "But ultimately, it forced me to pay attention to my food."

Pounds lost 0 to 5 (average: 3)

Should you try it? Yes. When you're distracted, you mindlessly consume extra calories while your "diet brain" isn't looking, says Andrea Giancoli, R.D., of Los Angeles. Eat slowly, concentrate on your food's taste and texture and check in with yourself after every few bites to see if you're still hungry. By changing the way you eat, you may change how much you eat—and suddenly find your weight loss goal within reach.

July Activities

Wednesday, July 9th

5:30 pm

Olympic Ceremonies Celebration

Who will win the Gold, Silver, and Bronze Medals? Come at 5:30 and find out the WINNERS! Photos will be taken to live for all eternity at Butterfly Life.

Friday/Saturday July 18th/19th

Fletcher Relay for Life

Come out and help team Butterfly Life raise money and awareness for RELAY for Life at Fletcher PARK!

What is Relay For Life?

Relay For Life is the American Cancer Society's signature activity. It offers everyone in a community an opportunity to participate in the fight against cancer. Teams of people camp out at a local high school, park, or fairground and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times during the event. Relays are an overnight event, up to 24 hours in length.

Teams of people from all walks of life have fun while raising much-needed funds to fight cancer and raise awareness of cancer prevention and treatment.

No matter who you are, there's a place for you at Relay.

July 21st-July 25th
8-11 am
Recipe Week

Bring in your favorite summer recipe for everyone to share! We will post them all week on the board and will freely make copies of any recipes you may be interested in trying with your family!

July Member Birthdays

Kenesha Smith

Laura Silvers

Judy Grobe