

Stall Talk

News for the "Captive Reader"



Do you have
50 pounds or
more to lose?

If so then the 50+ Club may be for you! Lifestyle is thrilled to launch this new group lead by Trainer Felicia Hipp! Focusing on losing weight, creating healthy eating habits, and exercising for a life of fitness, this group will change your life in a GREAT way!

For a free consultation, sign up at the front desk. First group training starts Tuesday, May 24 at 10am.



"Love is not only something you feel, it is something you do."

David Wilkerson

Do You



NEGA-TIVO?

We humans have about 12,000-65,000 thoughts a day! Obviously it's the female of the species leaning more toward the 65,000 end of the scale! That's A LOT of thoughts!!! You know what's even more amazing? 80-90% of those thoughts are NEGATIVE and 90% of those negative thoughts are repetitive.

There's a name for that condition and it's called: Nega-TIVO!! It's when you play those negative thoughts over and over in your head! You pause them, rewind them, and then play them again later! Nega-TIVO takes up a lot of space in your brain, space that POSITIVE thoughts could use.

How do you combat Nega-TIVO? You know the answer....Posi-TIVO!! Start replacing those negative thoughts with positive ones and put those babies on repeat or shuffle! You remember positive thoughts don't you? They're the ones where you tell yourself what you love about you and your life! Try it and toss that Nega-TIVO out once and for all!!!

