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8 CONQUERS QUETICO DURING NORTHERN TIER ADVENTURE

Written By: Mateus Brockmeyer;

Edited by: Ethan Wagner

This summer, June 20 through June 30, Scouting America Troop 8 of Chatham embarked on an unforgettable adventure as Crew A-062126-B traveled to the Northern Tier Atikokan Base in Ontario, Canada, for a seven-day canoe trek through the breathtaking wilderness of Quetico Provincial Park.

Northern Tier is Scouting America's premier wilderness high-adventure program, with bases in Atikokan, Ontario; Ely, Minnesota; and Bissett, Manitoba. It provides Scouts with the opportunity to paddle through some of the most remote and beautiful canoe country in North America while developing leadership, teamwork, and self-reliance.

Troop 8's crew included five Scouts—Crew Leader Koen Vonderahe, Chaplain's Aide Ryan Hogan, Navigator Drew Schroeder, and crew members Ethan Wagner and Mateus Brockmeyer—along with adult advisors Chris Brockmeyer, Tracy Press, and Matt Wagner. The crew was guided by Northern Tier Interpreter Brendan Gordon, whose knowledge and encouragement helped make the trek both successful and memorable.

Over seven days, the crew paddled more than 80 miles and spent over 40 hours on the water, crossing crystal-clear lakes, winding rivers, and remote waterways. Along the route they completed numerous portages, carrying canoes, food packs, "Grey Whale" gear packs, and kettle boxes over steep, rocky trails through mud, rain, and around several beaver dams.

The first portage quickly taught the crew that Northern Tier would be unlike any outing they had experienced before. The gear was far heavier than expected, but every challenge strengthened the team's confidence and ability. With each portage, the crew became more efficient, learning proper techniques and relying on one another to overcome the demanding terrain.

Midway through the trek, the crew enjoyed



(above, l-r) Chris Brockmeyer, Tracy Press, Ethan Wagner, Ryan Hogan, Crew Leader Koen Vonderahe, Drew Schroeder, Mateus Brockmeyer, Matt Wagner, and Interpreter Brendan Gordon.

Courtesy Photo

a layover day, giving everyone an opportunity to rest, fish, and take in the beauty of Quetico. That afternoon, they witnessed an incredible quintuple rainbow stretching across the lake—a breathtaking sight that everyone agreed was the highlight of the adventure and a memory that will last a lifetime.

Throughout the expedition, the crew also lived the Scout Outdoor Code by leaving the wilderness better than they found it. They removed trash discovered along the route and recovered a unique "treasure" that now hangs proudly in the Bay Post at the Atikokan Northern Tier Base as a reminder of their adventure.

Preparing for Northern Tier required months of planning and practice. Following the Casperson Campout, the crew spent time building endurance and practicing paddling. Once they reached Northern Tier, however, they quickly realized there was still much to learn. Efficient paddle strokes, canoe control, teamwork, and portaging techniques all improved dramatically throughout the expedition. Before launching into Quetico, the crew spent the night in International Falls, Minnesota, making final preparations before crossing into Canada.

Northern Tier proved to be far more than a canoe trip. It challenged every member of the crew physically and mentally while strengthening friendships, leadership, resilience, and teamwork. Each obstacle became an opportunity to grow, and every mile paddled built confidence in themselves and each other.

For the Scouts and leaders of Troop 8, Northern Tier wasn't simply a destination—it was an adventure that will stay with them for the rest of their lives. From the first paddle stroke to the final portage, the crew returned home with unforgettable memories, lifelong

friendships, and a renewed appreciation for the adventure that Scouting makes possible.

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LIBRARY OF THE CHATHAMS UPCOMING EVENTS

Submitted by Michelle Kean, Library of the Chathams, Community Outreach Coordinator

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Need a recommendation?

Robert Schriek, Head of Adult Services at the Library of the Chathams, shares a few of his favorite digital resources: "For the members of our community who enjoy classic films, documentaries, and foreign cinema, Kanopy is an outstanding resource. For patrons who enjoy classical music, opera, and jazz, Medici.tv offers a rich library of recordings with exceptional visual clarity and sound. Best of all, both of these free services can be enjoyed from home with your Chatham library card. My personal favorite is Medici.tv. The visuals and sound are so immersive that it's the closest experience to attending a live concert. I also think very highly of JSTOR, a database that provides access to an extensive collection of research articles across a wide range of disciplines."

Keep Kids Learning

Summer is the perfect time to encourage young readers as we do through the Summer Reading Program, but when you are away, you can turn those digital pages or explore math games and puzzles! E-Resources sure to beat the summer slump include Khan Academy, FunBrain, Discovery Education and NoveList, all available through the Learning and Research section of our website!

Career Development, Change and More

Summer is not all play for all people. We have a job seekers and business success hub with over 30 resources. This is great for a recent grad, job changer or someone getting back into the workforce.

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FIRE DEPT AWARDS 2026 SCHOLARSHIPS

*Submitted by Tim Carey,
Chatham Borough Volunteer Fire Department*

For the past 33 years, the Chatham Borough Volunteer Fire Department Association has given scholarships to local high school seniors who are first responders or whose families are first responders in our community.

In 1993, the fire department set up the Lewis R Sheats Memorial Fund after losing a firefighter, Lew Sheats, while fighting a house fire in Chatham. The fund’s purpose is to raise funds to award scholarships to local students.

Each August, the fire department sponsors a golf outing that benefits the Lewis R. Sheats (“LRS”) Memorial Fund. Over 128 golfers and many local businesses donate generously to help raise money during this event. This year, the LRS golf outing will take place on August 5 at the Fox Hollow Golf Club. Any local businesses or individuals who are interested in sponsoring a hole at the golf outing or donating to the Chatham Fire Department LRS Scholarship Fund should contact us at 973-635-9090.

In a typical year, the LRS Memorial Fund reviews qualified student applications who are junior firefighters, EMS cadets, and students who have a relative that is active in the fire, police or EMS service in the local area. This year, the LRS Memorial Fund awarded a total of 6 scholarships to graduating seniors. Among the winners this year is Casey Connor, a junior fire fighter and whose father is also a member of the Chatham Borough Fire Department. Also receiving a scholarship this year is Ethan Lewis Sheats, the grandson of Lewis Sheats.



*above, l-r) Peter Connor, Casey Connor,
Jack Conlan and Tim Carey*

Courtesy Photo

THREE SCOUTS EARN EAGLE SCOUT HONORS



(above, l-r) Eagle Scouts Gabby Kaplan, Julia Kirsch, and Grace Nemetz were celebrated at a Court of Honor ceremony held on June 4th.

Courtesy Photo

Scouting America Troop 280

Three local young women of Troop 280 were recognized for achieving the rank of Eagle Scout, the highest rank a scout can earn with Scouting America, during a Court of Honor ceremony held on June 4th, at Gloria Dei Church in Chatham, New Jersey. Troop 280, founded in 2019, is one of the first all-female Scouting America troops.

The Eagle Scout rank represents years of dedication, leadership, community service, and personal growth. A key requirement is the completion of a major service project that addresses a community need and demonstrates leadership by organizing and directing volunteers. Scouts must also earn a minimum of 21 merit badges, all three Scouts earning well beyond this number.

Gabby Kaplan, a rising Senior at Chatham High School, designed and built a meditation labyrinth for Temple Sinai in Summit, NJ, creating a peaceful outdoor space for reflection, mindfulness, and spiritual connection. The labyrinth provides congregants and visitors with

an opportunity for walking meditation and quiet contemplation.

Julia Kirsch, a graduating senior at Governor Livingston High School in Berkeley Heights, NJ, partnered with St. Hubert’s Animal Welfare Center in Madison, NJ to design and construct agility equipment for rescue dogs. The new obstacles provide enrichment, exercise, and training opportunities that support the dogs’ well-being while they await adoption.

Grace Nemetz, a graduating senior at Ridge High School in Basking Ridge, NJ, completed a project at Lord Stirling Park’s Discovery Garden, where she built a wooden deck and installed an interactive educational exhibit. The spinning-block panel encourages visitors to match local predators with their prey, helping children and families learn about wildlife and ecosystem relationships through hands-on exploration.

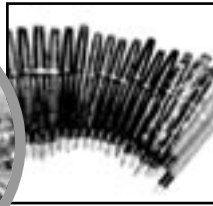
Scouting America Troop 280 meets on Thursday evenings at Gloria Dei Church in Chatham, NJ. Interested girls can reach out to newmembers@scoutsbsa280.org.

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2026 CADET CLASS AT YOUR SERVICE

The Chatham Emergency Squad is pleased to introduce our 2026 Cadet Class all of whom are currently studying for their EMT certification at Union County College. Our cadets have been riding every week with their assigned crew since late June and will do so throughout their last two years of high school. Hopefully, they will join so many of our previous cadets in then becoming full members of the Squad, riding on college breaks whenever they're in town.



(above, l-r) Please welcome the 2026 Chatham Emergency Squad Cadet Class: Kyle Iovino, Addison McDonough, Maia Lazerus, Sammy Wagner, Stacey Kim, Katelyn Moy.

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RECOGNITION FOR 5 GOLD AWARD AND 17 SILVER AWARD RECIPIENTS

Chatham Girl Scouts

Five exceptional Chatham Girl Scouts were recognized for earning the prestigious Girl Scout Gold Award during a ceremony held on May 27, celebrating their leadership, service, and lasting impact on the community.

The event brought together local leaders, advisors, families, friends, fellow Girl Scouts, and community dignitaries to honor the accomplishments of these young women, whose projects addressed important community issues.

The Gold Award is the highest achievement in Girl Scouting and is earned by only about 5 percent of Girl Scouts nationwide. Candidates must complete a minimum 80-hour service project that demonstrates leadership, addresses the root cause of a community issue, creates sustainable change, has a measurable impact and connects to broader national or global concerns.

The ceremony featured remarks from Chatham Borough Mayor Carolyn Dempsey, Chatham Township Mayor Jen Rowland, and Girl Scouts of Northern New Jersey President and CEO Sandra Kenoff and Board Chair Shanna Jafri. Speakers commended the recipients for their dedication, vision, and commitment to making a meaningful difference.

2026 GOLD AWARD RECIPIENTS

- Molly Altman earned her Gold Award for “Honoring the Lost,” a project focused on restoring the historic Schanck-Covenhoven Cemetery. Inspired by a personal family connection, Altman worked with descendants and community members to raise awareness about the condition of historic cemeteries and establish plans for the cemetery’s continued care and preservation.
- Asher Robson addressed menstrual equity through her project, “Period Power: Breaking the Cycle.” Robson raised funds to purchase and install a permanent menstrual product dispenser stocked with 1,500 products at the Library of the Chathams. Her project promotes access to essential resources while helping

reduce the stigma surrounding menstruation. Robson was also awarded the Girl Scouts of the USA National Gold Award Scholarship, receiving \$5,000, which is awarded to one outstanding Gold Award Girl Scout from each council.

- Cameron Shull focused on supporting the social and emotional well-being of middle school students through her project, “Middle School Mindfulness.” She created interactive resource boxes designed to help students build friendship skills, manage stress, and navigate common relationship challenges.
- Madelaine Volovich combined her passion for history and writing in her project, “Across the Ages.” Through interviews with senior citizens from across the country, Volovich preserved personal stories and life lessons, helping ensure valuable experiences and perspectives are shared with future generations.
- Paige Zucchi promoted youth safety through her project, “Ride Smart.” Her efforts included bike safety education in middle school health classes, social media outreach, and a community Bike Safety Day organized in partnership with local law enforcement. The initiative provided both knowledge and hands-on experience to encourage safe bicycling practices.

SEVENTEEN SCOUTS EARN SILVER AWARDS

The ceremony also recognized seventeen Girl Scouts who earned the Silver Award, the highest honor available to a Girl Scout Cadette in grades 6 through 8. Only about 10 percent of Girl Scouts nationwide achieve this distinction. Silver Award recipients identify a community issue, develop a sustainable Take Action project, demonstrate leadership skills and dedicate at least 50 hours to creating positive change.

The 2026 Silver Award recipients and their projects included:

- Madeleine Barnes and Reina Sayani — “The Cougar Crew,” a mentorship program

connecting fifth and eighth-grade students to help ease the transition into middle school.

- Mag Gryta — “Fidgets and Feelings,” educating children about emotional regulation through handmade fidget tools.
- Julia Hamilton and Blake Visentini — “Crochet Connection,” teaching younger girls a creative skill that promotes relaxation, confidence, and stress reduction.
- Liadain Hillman — “Make Your Own Worry Monster,” helping children manage worries through a simple, accessible craft project using household materials.
- Sarah Khan — “Public Speaking for Kids,” providing tools and instruction to help students build confidence in public speaking.
- Charlotte Kong — “A Pawsitive Change,” raising awareness about shelter animals and encouraging community support for pet adoption.
- Aubrey McCarthy — “Empower Me: Building Confidence and Strength Through Self-Motivation,” leading workshops focused on self-esteem and personal growth for students entering middle school.
- Lea Reardon — “Dogs in the Heat – How to Protect Your Dog from the Heat in the Summer,” educating pet owners about heat-related dangers for animals.
- Caitlin Ross and Emma Scheuber — “From Shelter to Safety: Raising Awareness for Dog Fostering,” promoting foster care for shelter dogs, particularly senior animals.
- Claire Shrekast — “Food Scientists,” helping young children become more comfortable trying new foods.
- Mary Kate Shrekast and Ellis Sobers — “Human Library,” creating opportunities for community members to learn from guest speakers and diverse life experiences.
- Katie Sherer — “Building Positive Relationships with Senior Citizens,” organizing activities that foster connection and engagement with older adults.
- Malini Voleti — “Bollywood Beats,” introducing younger students to Indian culture and traditions through educational activities and dance.

CELEBRATING GRADUATING SENIORS

In addition to recognizing award recipients, the evening honored Chatham Girl Scouts graduating from high school this year: Lilly Arps, Madeline Crawford, Regan David, Chloe Fajolle, Madeline Garman, Serafina Gianusso, Michelle Moran, Annika Raffetto, Hannah Schell, Nora Scheuber, and Sarah Thomas.

The celebration highlighted the impact of Girl Scouting in developing young leaders who identify community needs, Take Action, and inspire positive change. Through their service projects and ongoing commitment to leadership, these scouts continue to strengthen the Chatham community and beyond.

For more info about Chatham Girl Scouts and their award programs, visit chathamgs.org or contact chathamnjgirlscouts@gmail.com.

(continued on page 10)



(above, back row, l-r) Graduating Seniors honored, Madeline Garman, Cameron Shull, Madelaine Volovich, Lilly Arps, Madeline Crawford, Michelle Moran, Nora Scheuber, Sarah Thomas and Hannah Schell. (front row, l-r) Paige Zucchi, Asher Robson, Chloe Fajolle, Serafina Gianusso, Annika Raffett, and Regan David.

Courtesy Photo



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GIRL SCOUT AWARD RECIPIENTS (continued from page 8)



(above, back row, l-r) Silver Award recipients Leaders Virginia Gryta, Stephanie Kong, Kathy Shrekgast, Priya Voleti, Niamh Hillman, Anne McCarthy, and Susan Ross. (middle row, l-r) Mag Gryta, Claire Shrekgast, Ellis Sobers, Mary Kate Shrekgast, Julia Hamilton, Blake Visentini, Lea Reardon, Emma Scheuber, and Caitlin Ross. (front row, l-r) Malini Voleti, Charlotte Kong, Madeleine Barnes, Liadain Hillman, and Aubrey McCarthy.

Courtesy Photo



(above, l-r) Jessica Romeo Service Unit Leader, Sandra Kenoff President and CEO of Girl Scouts of Northern NJ, Asher Robson GSUSA National Scholarship Award Winner and Shanna Jafri GSNNJ Board Chair.



(above, l-r) Gold Award recipients Paige Zucchi, Madelaine Volovich, Cameron Shull, Asher Robson, and Molly Altman.



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HISTORIC MARKERS TRANSFORMED FOR 250TH ANNIVERSARY OF USA

Chatham Historical Society

As the nation approached the 250th anniversary of the United States Curator Susan Allen of the Chatham Historical Society noticed the deteriorating conditions of the historic Chatham signs. First, she reached out to the Morris County Heritage Commission and the New Jersey Historical Society but could not garner help from either organization. She brought up the poor state of the signs during her discussion with Borough Administrator Stephen Williams who agreed that the signs should be freshly painted in honor of the nation's semiquincentennial. Williams turned to former Chatham resident and business owner Jeff Davis who has always generously lent his time, talent and craftsmanship to benefit the community. Davis ran a well-known auto repair establishment in Chatham for nearly 50 years before handing it down to his son-in-law.

Scraping the paint of the five signs was more difficult than Davis had expected. It took a broken thumb and a road trip to New York to visit a friend with a laser to remove the old paint. Slightly delayed by a quick stop at the doctor's office, he set his eyes on the final product. "It was all worth it," he said. The freshly painted signs were installed just in time for the 250th anniversary of the revolution.

Davis was honored for his volunteerism and restoration work at the Borough Council meeting on Monday, July 13. Among those extending their heartfelt gratitude were members of the Chatham Historical Society Board.

"Chatham's rich Revolutionary War history can be found in the historical markers lining our streets," Allen said and pointed out that once the signs were taken down for repainting, residents kept asking the historical society about their absence. "Hopefully all the dedicated history lovers will revisit Chatham's markers and not only be impressed with their beauty and message, but by the very thing that built Chatham -

volunteerism! Thank you, Jeff, on behalf of the Chatham Historical Society," she added.

For over 100 years the Chatham Historical Society has preserved and dedicated itself to sharing the rich history of Chatham Borough with its residents through programs, publications and participation in community events. Information on the upcoming events can be found at chathamhistoricalsociety.org.



(above l-r) Before and after marker designs



(above l-r) Jeff Davis, Curator Susan Allen, Co-President Karen Hoerrner, Borough Administrator Stephen Williams, and Program Chairwoman Lynn Magrane

Photo by Marianne Ivers

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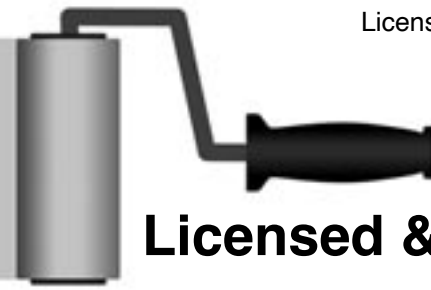
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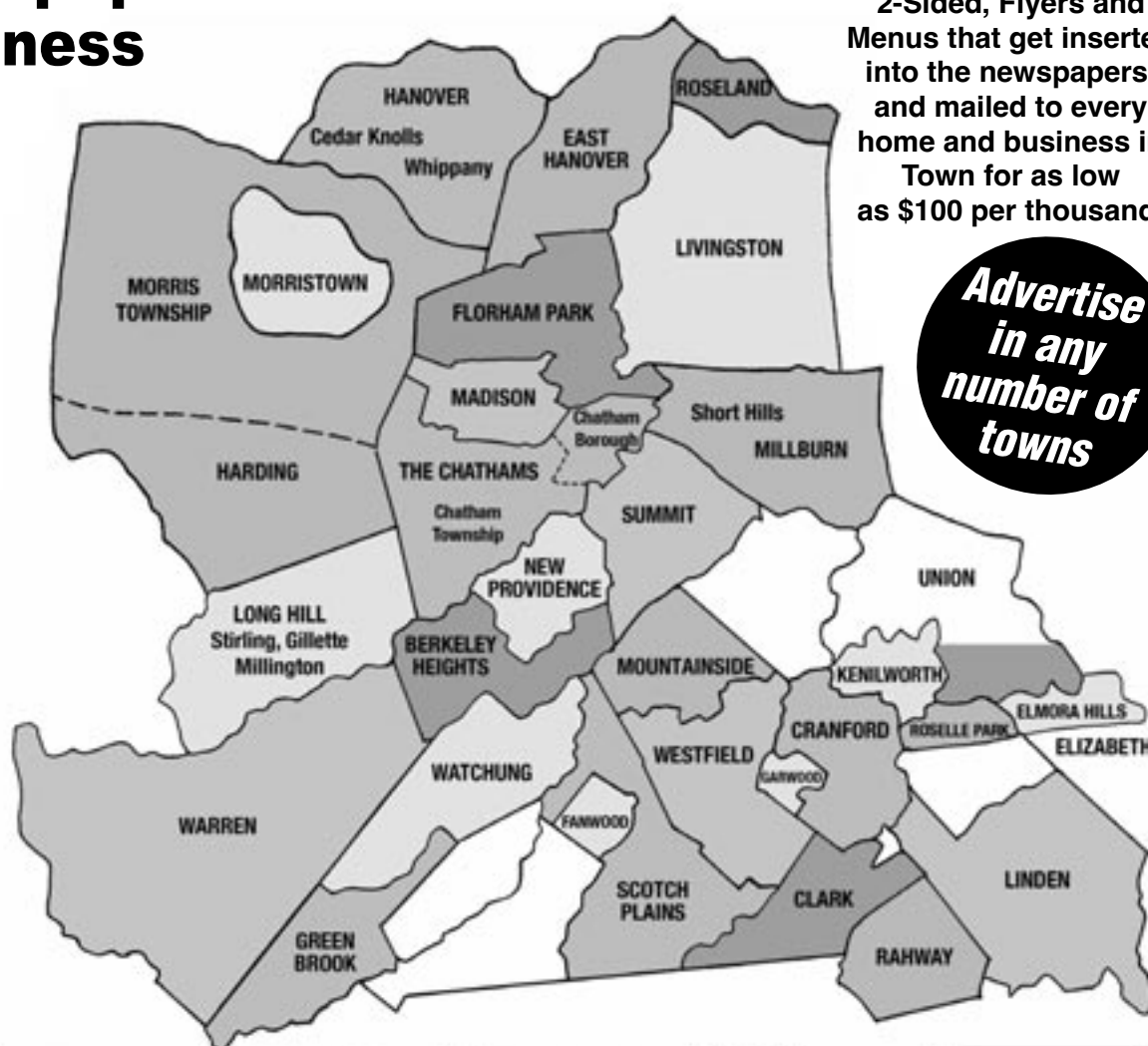
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6 Units	6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400	2600	2800
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GLP-1 FAILED THIS NEW PROVIDENCE MOM...BUT THEN SHE DROPPED 80 POUNDS AND RAN HER FIRST 5K.

There's something nobody tells you when you start GLP-1. The medication can help you eat less. It can move the scale. For a lot of people, it's a genuine tool that opens a door that felt permanently closed.

But it can also quietly take something you can't afford to lose. Research shows that for many people, 25 to 40 percent of the weight lost on a GLP-1 isn't fat at all — it's muscle. The very tissue that keeps you strong, steady on your feet, and independent as you age.

So here's what Cristina Montero learned the hard way:

The medication is not the transformation. It's just the beginning of one — if you do the other parts right.

Cristina is 52, a mom from New Providence, and she's down nearly 80 pounds. Her inflammation markers (the culprit for almost every disease) are finally normal. She runs, carries five-gallon water jugs up the stairs and crossed the finish line of her first 5K without walking a single step.

But she'll be the first to tell you: the shot alone didn't do that.

This is her story... and if you're over 40 and currently taking GLP-1, or thinking about it, it may be the most important thing you read this year.

GLP-1 WASN'T ENOUGH ON ITS OWN

Before she started this journey, Cristina was ashamed... and she hid under her clothes.

"I knew how I felt and looked was my fault but I needed help," she said. "I always had an excuse for why I couldn't walk, exercise, or take the stairs. I felt tired and achy often. My doctors would tell me to lose weight and I'd say sure, I'm trying — but never really started. I functioned, yes. But I never realized how much my body missed feeling really great."

The frustrations ran deep. Looking in the mirror and hating how her clothes fit. Her chest size felt unmanageable, leading to upper back pain every single day. After gaining close to 100 pounds during her son's pregnancy, her health had taken a serious turn — arthritis in her knees, autoimmune issues, hypertension, and chronic inflammation that no medication seemed to touch.

"My energy — well, if I was in the middle of the mall and they only had stairs, I'd look for an elevator or just sit and wait," she said. "I was so out of shape for the last 25 years. Always tired, almost every morning waking up with a new pain."

There were moments that were quietly humiliating — the ones she didn't talk about much. If something fell on the floor, she had to ask her kids or husband to pick it up because kneeling caused excruciating knee pain. There were times her back spasms were so severe she got stuck on the floor.

She tried everything. The 3-day tuna diet. Nutrisystem. A staple in her ear. Atkins. Weight Watchers. Paleo. Gluten-free. 21 Day Fix. Factor. Orangetheory. Private trainers. Get In Shape Women. Zumba. Some of them worked temporarily. None of them lasted.

"I was successful in some of them but it never lasted," she said. "I'd start to lose a little weight, then go back to normal habits — and always gain it back and more."

Then came GLP-1.

The first time she tried it, she thought the injection alone would do the work. No meaningful diet changes. No exercise. Just the medication.

"That failed miserably," she said plainly. "Injecting and continuing to eat normal junk didn't move the scale like I expected. It only made me feel sick."

She stopped GLP-1. A few months later she tried again... this time with a completely different mindset. This time, she was mentally ready to include something she'd always avoided: A fitness program with people that knew what they heck they were doing.

THE CONVERSATION THAT CHANGED THE PLAN

Cristina's son, Andres, had been talking to her for years about what lasting change actually requires. When Cristina restarted her GLP-1 journey he helped her understand something that most people on the medication never hear: the drug can reduce your appetite and help with weight loss, but without weight training, a significant portion of what you lose won't be fat — it'll be muscle. As much as 25 to 40 percent of it, according to the research.

And muscle isn't just about looking toned. It's the tissue that protects your bones, keeps you strong, and decides whether the next twenty years of your life are spent independent or needing help. Lose muscle and everything gets harder. Your metabolism slows. You feel weak.

"My son opened my eyes to incorporate weight training and cardio," she said. "That was the piece I'd always been missing."

NOT THIS



THIS



That's when she walked into Gabriele Fitness, a small personal training gym in Berkeley Heights that had a 19 year stellar reputation for helping adults over 40 get in the best shape of their lives. As trainers that always stay on the cutting edge... they knew exactly how to help someone taking GLP-1 maximize their results.

WALKING INTO GABRIELE FITNESS FOR THE FIRST TIME

She arrived embarrassed, scared but quietly hopeful.

Like many adults over 40 she was afraid of making her knee pain even worse and was convinced she wouldn't be able to do most of the exercises. And after years of fitness programs that hadn't worked, she was bracing herself to be disappointed again.

What she found was something different than anything she'd experienced before.

She started two days a week. The coaches didn't hand her a generic program and wish her luck. When her knee barked, they modified it. When her back felt it, they adjusted in real time — often before she said a word...because they were watching her face, her movement, the subtle signals her body was sending. And every session was building the one thing the medication couldn't give her back: strength.

"They know when to push and how much," she said. "They recognize when it's an off day and work with me to keep me moving. No more excuses."

For the first time in 25 years of trying, she didn't feel lost in a gym and instead was filled with hope.

WHAT HAPPENS WHEN GLP 1 AND PERSONAL TRAINING WORK TOGETHER

Once the training clicked alongside everything else, the results that had been stalled for months began to move — and they didn't stop.

Nearly 80 pounds gone. Inflammation markers, elevated for over a decade despite multiple medications, are finally normal. Her doctors, who had been telling her for years to lose weight, are looking at her bloodwork with something close to disbelief.

"Years of taking so many meds could have been avoided with a prescription to a gym with a great group of caring personal trainers"

But the numbers only tell part of the story.

"My clothes fit better and I actually don't hide under them anymore," she said. "I've lost inches throughout my entire body. Occasionally when I'm with my husband and kids, I love showing them how I notice a muscle — how my quads are actually forming. It truly is amazing. It's a change I never thought I'd see."

She's simply a happier person. After she posted a picture recently, a friend reached out to congratulate her for looking so happy and confident — and then told her she'd motivated her to start as well.

"I feel more confident in my clothes and in my own persona," Cristina said. When people see me in person, they tell me I look like a completely different person. A happy and confident woman."

She can kneel now without pain. The woman who used to ask her kids to pick things up off the floor because she couldn't bend down now carries five-gallon water jugs in each hand up the stairs. She hops into her husband's truck without struggling. She wears three-inch stiletto heels. She walks into any store she wants and does a celebration dance in the fitting room when things fit.

These aren't just cosmetic wins. They're the quiet markers of a body that's going to stay strong and independent for decades — getting off the floor on your own, carrying the load, catching

yourself when you stumble. That's what muscle buys you, and it's the one thing no injection can.

And this past September, she stood at the starting line of a 5K, knowing she never had run that far in her life. She was nervous and worried she wouldn't make it.

She crushed it, and didn't stop once. Not even on the hill.

"Crossing that finish line without stopping was one of the proudest moments of my life," she said

A PERSONAL MESSAGE FROM CRISTINA TO ANYONE ON GLP-1 — OR THINKING ABOUT IT

"GLP-1 is a tool. But it's not the secret fix the media is making it out to be. I learned that the hard way the first time around. The gym — real coaching, real structure, real accountability — is what made everything actually work."

I'm not getting any younger, and I want to live long enough to see my grandkids. Most importantly, I don't want to be a burden to anyone. That's what finally got me serious.

Get Started before you feel ready. You don't need to know what you're doing or get in shape on your own BEFORE you hire a trainer... that's what they're for. Just show up and the right gym will take it from there. For me, it's Gabriele Fitness and that one decision changed everything for me. You'll start to feel better than you have in years. Slow and steady works, if you stay consistent.

We all start nervous. Stop waiting for the perfect time and just get up and start."

For Those Who See Themselves... or are worried about someone that would resonate with Cristina's Story — Read This:

Gabriele Fitness has opened 13 spots for local residents to experience their personal training program FREE for 14 days. You'll get 14 days to experience what Cristina found when the missing piece finally clicked into place.

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P.S. Many people reading this article will be inspired by Cristina yet still feel hesitant to try the program. With anything new, there's always uncertainty — especially with something like a new fitness routine. But if you're not working out right now, or you've been inconsistent (like most people) you've read the exact article you needed to read today because...

Gabriele Fitness has helped thousands of people in this community over the past 19 years. For some, the program has had a life-changing effect, and many members have stayed for nearly two decades.

A large number of them are now in the best shape of their lives (...and 2 decades older) — but they all started in the same place as anyone reading this and considering starting their fitness journey. Because living longer only matters if you stay strong enough to enjoy it.

If you're still hesitant, the link below shares an ocean of success stories from people just like you... who've transformed their lives... and in some cases, the lives of everyone in their family. This is powerful stuff.

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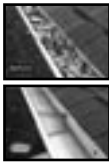
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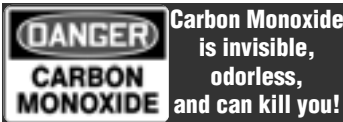


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