

Debbie Drotar



Josh and Laura Rogers

Anthem was built for families. It has attracted people of all ages, but is especially appealing to the young in years and the young at heart- people who enjoy an active lifestyle. To get the most out of life in Anthem it takes a certain level of fitness and health. That is where Sweat, located in the Anthem Commerce Park at 42105 N. 41st Dr. comes into play, literally.

In 2005, Josh and Laura Rogers opened their west side gym to "share a strong passion in living a healthy lifestyle with their community." Thriving on word-of-mouth advertising, Sweat has helped participants of all ages and from different backgrounds and fitness levels pursue their personal goals in fitness and health.

During the recent "Pastor's Challenge" (see related story on page 46), twenty participants collectively lost almost 400 pounds and found

that they "never realized how bad [they] felt until [they] started feeling good." Some have already signed up to continue and maintain what they have accomplished; others have decided to join with Josh and his Sweat team in creating even more exciting programs for the gym.

After the Pastor's Challenge, Laurie Smith, Children's Ministry Director at Cross of Christ Church, noted, "It is important to send the message that we need to be healthy: spiritually, physically, and mentally." Josh was listening. A new program titled "Sweat Life 180" was launched on January 4th with the goal boldly stated in their group motto: "Turn it around- All aspects of your life." According to Jamie Nollette, Business Development Coordinator for Sweat, "this is not just another weight-loss and diet program. Our focus is on the mind, body, and spirit." After receiving a basic medical workup from Dr. Randy Horn, Anthem Family Practitioner, the participants will begin the physical challenge of 36 workouts, 12 boot camps, and 3 cases of Drop Shakes, along with a customized diet for calorie intake. Ted Baird, former member of the Pastor's Challenge, will serve as Life Coach, facilitating a 12-week program designed to help the participants explore their life's purpose and personal self-worth. The third element of the challenge will be facilitated by Julie Caldwell, MS-LMFT. Julie is a counselor specializing in eating disorders. Sessions with her will focus on eating addiction, eating habits, and overeating.

New Members

Tom Smith
Tom T Photo
2347 W. Muirfield Dr.
Anthem, AZ 85086
623-551-6620

MNS Plumbing & Drain Repair
3413 W. Thoreau Lane
Anthem, AZ 85086
602-722-2077
www.mnsplumbing.com

Bela Rosa Anthem Apartment Communities
3825 W. Anthem Way
Anthem, AZ 85086
623-551-6616
www.belarosa.com

Upcoming Chamber Events After 5 Mixer

Thursday, January 28, 5:00 - 7:00PM
Sweat Gym
42105 N 41st Dr, Ste D-120
Anthem, AZ 85086

Business for Breakfast

Thursday, February 11, 7 - 8:15AM
Speaker - Candidates for ACC
Hampton Inn, Anthem
Commerce Park

Enhance your business... Network with fellow Chamber members. Please call Debbie Drotar to RSVP 602.495.6483.

The team of John Lunsford and Matt Molinari (Pastor's Challenge participants) is producing video and still-picture documentation of the Sweat for Life 180 team's progress. Each Monday a new "webisode" in the documentary will be broadcast on the Sweat website as they follow each team member at home and in the gym. This will allow viewers to join each participant vicariously in their daily and workout routines. Viewers are invited to monitor the eight contestants- Kelly LeBlanc, Lori Hansen, Lisa Orr, Krendi Ford, Jason Kitson, Homer Lopez, Phil McGeary, and Jacob Smith. - as they engage in this 12-week challenge in these weekly "webisodes" at www.sweatchallenge.com.

As you watch and gain inspiration from the progress of these courageous individuals, you may decide that you need to be doing more than watching. It might be time to make good on that New Year's resolution. It is never too late, and anytime is a good time. Josh and the trainers at Sweat are always ready to help you identify and begin to work on your personal goals. Choose to join a challenge group, pick one of their personal programs, or have them tailor-make a program just for you. The important thing is to make the commitment. Go online and check them out or call them at 623.551.5753. They are waiting to help you realize your full potential. The Sweat Team will help you prepare to engage Anthem and the active lifestyle it promises.

Sweat
42105 N. 41st Dr., #D-120
Anthem, AZ 85086
623.551.5753
www.sweatchallenge.com



WHITMAN & JACKSON

CPAs PC
623.455.9630

Don Whitman, CPA

Lisa Jackson, CPA

Professional Services Offered:

- Retirement Planning
- Business Consulting
- Investment Management
- Bookkeeping Services
- Income Tax Planning & Preparation
- Quickbooks Setup/ Training
- Life Insurance
- Disability/Long Term Care

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