



She's Fast But She Ain't Easy by Bri, age 14 Florida

She's fast but she ain't easy was the name of the 13 mile half marathon that the NAF girls participated in. Even 16 year old Hali Roberts made it through with a broken toe. Everyone finished within 3 hours. It was very strenuous towards the end because it was a steep downhill. I was so glad I finished. It's a phenomenal feeling to know that you finished a Half Marathon!! I was so proud of all the NAF girls for not giving up and finishing the race.



Hot Stuff at the Bowling Alley by Randi, age 15 Nevada

For one of our activities we decided to go bowling. Once we found out what we were going to do, we had Lisa do our hair and makeup. Once Kokys got here, we went to the bowling ally in Hurricane. We had a blast.

We played two games and on the second game, some really cute guys came and asked if they could finish the game with us. We said of course and watched them score.

After that, Jesse played air hockey with one of the guys. In the end, Jesse came out on top. We said our good byes and headed for the van. We had a great time.



Pageant Popperotzi by Jesse, age 13 New Jersey

For the pageant this spring, we had 9 contestants. All the girls had an extremely fun time getting ready for the pageant and succeeding in it. Everyone got a crown. 2nd attendant was me, Jesse Armstrong. 1st attendant was Maria Alevras, and the NAF pageant winner was Teresa Goodrich. Shauna Tynan was Miss Congeniality. It was so much fun!

Tubing by Elise, age 13 Minnesota

One Saturday afternoon, us NAF girls went to Sand Hollow to go water tubing. It was so much fun! For some of the girls it was their first time, and by the end, they didn't want to leave the water!

For tubing, we were in groups of three and four. Out on the lake we got to choose whether or not to go out on the tube alone. Tubing was so much fun!



A Mother's Message

I wanted to drop you a note and formally thank you and the entire staff at NAF for all your hard work, dedication and most of all personal interest in helping Lindsay these last 4 months. Her experience was not only successful "physically" with her loss of 20+ lbs. and lots of inches, it was successful in developing her knowledge of understanding the importance of both healthy eating and an active lifestyle. When she came home she had her blood work tested and her cholesterol went from 259 to 185. Her glucose 110 to 85, but most importantly her insulin levels went from 270 (high risk) to 70. All within the normal range for her age and body type. She also looks and feels better and acts more confident in general.

The program is terrific, the staff is like family and the girls become bonded like sisters. I hope you continue to grow and evolve this unique and much needed program as there are so many girls that can benefit from this and in many cases change their destiny.

If you need support in any way that I can possibly help, the door is open.

Take care.

Elizabeth Park

Good Things Don't Come Easy! by Tiffany, age 14 Florida

The first week I came to NAF I slipped and sprained my ankle. A week later we took a trip to Emerald Pools, but with a sprained ankle I wasn't too excited! All through the hike I kept telling myself I can't do this, but then I thought when I finish, the site I would have seen would definitely be worth it! And the truth is, it was! The last pool was the best of all because it was so beautiful and turned out to be 20 degrees cooler. Another good thing was Cory and Randi stayed with me the whole time. The hike down was easier than the hike up of course, but when I saw the van I was so happy! I was proud of myself for finishing, because I could've turned around and gave up, but then I learned *great things don't come easy*, and believe me, it's the truth!

PROGRESS REPORT

	<u>weeks at NAF</u>	<u>lbs. lost</u>
Jesse	53	74
Brianna	8	19
Randi	3	6
Tiffany	3	6
Elise	3	11
Amanda	3	13
Trang	1	2



*The
"Big Loser"
this session
was Amanda,
losing 13 lbs.*

Mile award - Brianna
All the Time award - Randi
Tiffany received her peridot.
Amanda received her peridot.
Bri received her maintenance.



Aloha

by Amanda, age 13 Texas

The summer of 2005 our first success ceremony! A luau at the public pool, reserved just for us, was awesome. Amy, Martha, and some of their kids had some challenges for the blue and purple teams. Martha brought out 3 small boxes. We could pick out a card with someone's name on it written in Hawaiian. All we had to do was guess who's name it was, and let me tell you, it was funny! There were other

games but personally I liked that one!

After that we got our rings and charms. Jesse got her NAF champ T-shirt, Randi got a charm for being positive all the time and Bri got a charm for best mile, awesome. Later that night we finally got in the pool. We dived off the diving board and watched others too. Marco Polo and basketball for some more fun.

Music and drinks, awards, friends and family all there for each other, but even better a big splash just for fun! Aloha!

The War Between the Burgers

by Tori, age 12 Arizona

The Whoppers whopped the Big Macs in the big basketball game, on Monday July 4. The NAF girls on the whoppers team were: Bri, Morgan, Tori, Sarah, Randi, and Stephanie. The girls on the Big Macs team were: Jesse, Amanda, Emilee, Tiffany, Elise, and Trang. Cory's Family

helped out and made the game great.

At half time, the score was 12 to 10 Big Macs, but in the second half the Whoppers came back. The score ended up 23 to 16 Whoppers.

We would like to thank Lisa for teaching us the basketball skills and Amy for helping in the game.

It was a great game, good job girls!



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