



## Yoga, Stretching, Cardio, and Eating Right All Effect Your Overall Health

Can you put your hands behind your back, through your legs, and grasp your fingers together? NO? Why not? Probably because you are tense. You are not relaxed. You are out of condition. OK – you are in condition, but we just won't say what kind of condition!

So many of us in the Club think about our health every day. But how many of us take the proper action needed to maintain our Health? Don't fool yourselves – it's just a few. **Jen Shelton of Jennifer Shelton Balance** wishes it were more.

Coming from a family raised on a farm, you were in good physical shape just because that is how you rolled every day. Early to rise, doing chores, and working til the sun sets. That's how it was done. That lifestyle keeps you in great shape without even knowing that is what you were doing.

So when Jen got to college, she loved yoga, and began teaching classes there. This has been her love for these many years. That's when she realized she could do this for her entire career. Her husband Carter (she calls him her "Cave Man") is a

Personal Trainer as well, so they have built a lifestyle that is consistent day to day.

Jen serves her clients by either going to their homes or offices and doing classes there, or by inviting them into her studio located in her home, and they get the same expertise. She is working very early to late into the evening, but she loves what she does and that doesn't matter.

Her other passion has been her involvement with what is called Team in Training. This has really grown in the past 10 years, and she continues to prepare athletes for different events in cycling, running, and walking. She is a real motivator to help each of them push their limits and reach their goals – riding 100 miles, doing a half marathon, or walking in a 5K race. At every level, it is great to reach a goal you have set.

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## Weekly Newsletter

After The Fact Monday, June 23 at First National Bank, 9700 Metcalf – See Upcoming Events for more details.

[www.prospectorsclub.com](http://www.prospectorsclub.com)

June 19th, 2014



### Where We Are At This Week

We are at Deer Creek CC, located at 7000 W. 133<sup>rd</sup> St., OPKS; Meet at 7 am; breakfast at 7:25; speaker at 8 am

**SPEAKERS SCHEDULE See Page 2**

### This Week's Spotlight Member



**Rick Wolverton of Advanced Interiors**

See Page 3

THANK YOU'S

See Page 5



## UPCOMING SPEAKER SCHEDULE

Here is a list of our upcoming speakers. Please note some events are evenings or away from Deer Creek CC.

### ARE YOU INTERESTED IN JOINING PROSPECTORS?

Give Rod Foster, our Membership Chairman a call at 913-486-0778 or email at [rfoster@banccard.com](mailto:rfoster@banccard.com) before you visit our group so we can make sure there are no category conflicts with our current members.

June 19<sup>th</sup> – Ken Eidson of RBC Wealth Management will speak at Deer Creek CC.

June 26<sup>th</sup> – Dan Holk of Motivation Through Incentives will speak at Deer Creek CC.

July 3<sup>rd</sup> – NO MEETING THIS WEEK

July 10<sup>th</sup> - To Be Announced.



## SPOTLIGHT MEMBER OF THE WEEK

This week's Prospector Spotlight Member is Rick Wolverton of **Advanced Interiors**. Whether you are looking at refreshing your home with new carpet or flooring, or updating your kitchen with new tile and countertops, or re-doing your baths, you need to get in touch with Rick. Want to know more? Please... just give Rick a call or email. How about an early cup of coffee or tea, or an after-hours beverage? **Here's Rick's info:** - phone is 913-208-3272 and email is – [rickwolverton@sbcglobal.net](mailto:rickwolverton@sbcglobal.net) .

### *This Week's Triva Question:-*

*What are lust, pride, anger, envy, sloth, avarice, and gluttony?*



### QUOTE OF THE WEEK

THE ONLY TIME  
YOU SHOULD EVER  
LOOK BACK,  
IS TO SEE HOW  
FAR YOU'VE COME.

### LAST WEEK'S TRIVA QUESTION ?

The respective occupations of Ralph Kramden and Ed Norton of *The Honeymooners* were a bus driver and a sewer worker.

## *Yoga, Stretching, Cardio, and Eating Right All Effect Your Overall Health*

*Cont'd from Page 1 –*

So many of us did not realize what yoga positioning was or what it could do for you, so Jen last week took two



volunteers and dividing the room into two sides, created a little challenge. We had **Rich Sirna** on one side, and **Rod Foster** on the other side, each demonstrating different yoga positions that they

had to hold until their team answered another trivia question about Jen's speech. The only winners were each of us that learned so much about yoga and its benefits, and that it is not as easy as it looks but the benefits far outweigh the sacrifices you make in learning it properly.

Thank You Jen for keeping our health in the forefront of our everyday lives. We love you for that.

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***WHY NOT BE A PART OF THE BEST NETWORKING GROUP IN JOHNSON COUNTY – COME JOIN YOUR FELLOW PROSPECTORS THIS THURSDAY!***

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### **UPCOMING EVENTS:-**

***June 21 – Progressive Dinner***

***June 23 – ATF at First National Bank branch at 9700 Metcalf hosted by Ann Wilkinson – 4:30 pm to 6 pm – Light appetizers and beverages.***

***July ? – After Hours event at KC Bier***

***Sept. 18<sup>th</sup> – Golf Tournament***

***Dec. 6<sup>th</sup> – Christmas Party at Hallbrook Country Club.***





***Our Annual PROGRESSIVE DINNER EVENT on Saturday, June 21<sup>st</sup>, is fast approaching.***

*We will begin the evening with appetizers and cocktails hosted by Mike Brosseit and Amy Draskovich, then head to dinner at the home of Janine Terstriep, and a fitting end to the evening with desserts at Patti and Kevin York's house.*



*If you have NOT signed up, you need to let us know if you are coming, how many will attend, and WHAT specifically you are bringing. So, for example, if you are bringing a dessert, tell us “brownies, biscotti, fresh fruit, pecan pie” – **but be specific please.***

*We need to know if you are coming no later than **WEDNESDAY, JUNE 18<sup>th</sup> at 5 pm.** Email Alan at [abgoodheart@sbcglobal.net](mailto:abgoodheart@sbcglobal.net) and he will make sure your*

*reservation is counted.*

