



# Newsletter



## Cancer Survivor

LEAH & SAM

In honor of Cancer Survivor Month in June, we want to introduce Leah, a beloved coach, friend, and cancer survivor. Leah's journey started at our gym as a teenager, where she eventually became a cherished coach for over 10 years.

After graduating from Fresno City College's Radiation Technology program, she achieved her dream job as a radiologic technologist specializing in mammography at St Agnes Breast Center and Advanced Medical Imaging. Despite her own battle with breast cancer, Leah overcame the disease with determination and resilience. She continues to support our gym by participating in monthly adult workout sessions.



Leah and gym owner Sam emphasize the importance of regular check-ups, healthy habits, and proactive healthcare. Together, they inspire others to prevent and fight cancer.

Join us in celebrating Leah and Sam by raising awareness this Cancer Survivor Month.

## Newsletter Highlights

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CANCER SURVIVOR

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SAM'S SPOT

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UNDERSTANDING  
CANCER

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STAFF OF THE MONTH

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CLASS UPDATE

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CANCER SCREENING

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GIVEAWAY



# Sam's Spot

SAM

June is Cancer Survivor Month, and many people have been curious about whether I changed my diet or did something different during my battle with cancer last year. My doctors advised me to stick to what I usually had and focus on regaining the weight I had lost from all that chemo and radiation. There was no magic pill or fantastic food ingredient that would speed up my recovery or turn me into a superhuman! (I wish!). The key was to rest, heal, and gradually get back to 'normal.'

However, I would like to take this opportunity to share with all of you that I normally start off my day with a decent or Sam's type of breakfast every day. This is probably the most important meal to get one started for a busy schedule and help minimize stress in our hectic world (indeed!). Here are a few pictures of what my typical breakfast consists of:

At least 2 eggs (sunny side up), or spinach omelet, hash browns, potatoes or tortilla, along with tomatoes, cucumbers, black or green olives, artichokes in marinated olive oil, some type of protein or meat (pork, spam, beef, chicken, fish, etc.), avocados and fruit of my choice.

Fresh ground coffee every morning with whole milk sprinkled with 'Om' mushroom powder, monk fruit, and cinnamon. This is just a sample, mix it up or try something different or whatever is in season each week!

So, there you have it! Start the day off with a great breakfast and the world is yours! I learned this early in life as an athlete/gymnast, and it has stayed with me for over 50 years. Please send me your recipes or let me know what you eat for a power meal! I'm all ears!



## Understanding Cancer

AMERICAN CANCER SOCIETY

- What is cancer?
- Cancer is more than just one disease
- What is a tumor?
- What causes cancer?
- What is the cancer stage?
- How does cancer spread?

Learn more about cancer from American Cancer Society



# Staff of the Month

JENN & DARYL

We are thrilled to not only announce the promotions of Jennifer Lenches to the position of General Manager and Daryl Harris to Manager, but also celebrate their remarkable achievement as the recipients of our Staff of the Month.

Jenn has been with us since June of 2022. She has been coaching pre-k, pre-team, led camps, and subbed for many classes this past year. Jenn has also completed her Master's degree in social work at Fresno State and has some great ideas to cultivate both worlds of children's mental and physical health with our very own sport - gymnastics.

Daryl joined our gym four years ago. He came to an open gym session. He was immediately captivated by our welcoming atmosphere and the exceptional coaching staff, so he decided to join our team.

Daryl has led gymnastics and tumbling classes, occasional yoga classes, and he is dedicated to developing our adult program.

We are confident that Jennifer and Daryl's promotions will not only enhance their professional journeys, but also inspire other team members to pursue personal and career growth within our organization.



JENNIFER



DARYL

# Class Update

ADULT CLASS

Introducing the revival of our Adult Gymnastics program! More exciting than a traditional gym membership, our tailored classes are designed to meet your individual needs and ensure a truly enjoyable experience. Exclusively for adults aged 18 and older, these sessions offer the perfect blend of fitness and fun, allowing you to learn unique gymnastics skills. Regardless of your experience level, everyone is welcome! Dive right in and discover the thrill of adult gymnastics. Whether you join us for a single session or commit to a month-long journey, we know you'll have a great time!

<p>Gymnastics Beat</p> <h2>ADULT CLASS</h2> <p><b>EVERY MONDAY NIGHT</b> 1 hour of guided class + 30 minutes of free time on the equipment.</p>	
<p>7:30 TO 9:00 PM \$45 FOR THE MONTH \$15 FOR DROP-INS</p>	
<p>CONTACT 559-271-9400 OR VISIT 4589 W Jacquelyn Ave, Fresno, CA</p>	

# Summer Giveaway

GYMNASTICS BEAT EVENT

Join Our Hello Summer Giveaway!

Get ready for our exclusive giveaway event that will run from June to August. By participating, you get a chance to win a \$30 credit on your account! Here's how you can enter in just three simple steps:

**Step 1: Strike a Pose** Pose for the camera with our eye-catching Hello Summer Banner and take a moment to explore our amazing summer camp program. Discover the world of gymnastics and all the fun activities we have for you!

**Step 2: Share on Social Media** Post your awesome picture on social media, along with the special hashtag #gymnasticsbeatsummercamp. Let your friends and followers know about your enthusiasm for gymnastics and your entry into the giveaway.

**Step 3: Share Your Post with Us** ✉ To complete your entry, share a screenshot or video of your post/story with us via email at [info@gymnasticsbeat.com](mailto:info@gymnasticsbeat.com).

A lucky winner will be selected every month throughout the duration of the event.

Don't miss out on this fantastic opportunity, good luck to everyone, and let the summer fun begin! ☀

# Cancer Screening Guidelines by Age

AMERICAN CANCER SOCIETY

The choices you make about diet, exercise, and other habits can affect your overall health as well as your risk for developing cancer and other serious diseases.

It's also important to follow recommendations for cancer screening tests. Screening tests are used to find cancer in people who have no symptoms. Regular screening gives you the best chance of finding cancer early when it's small and before it has spread.

Healthy Lifestyle Choices for Everyone:

