

Own Your Truth

54TH ISSUE MONDAY, 11TH OCTOBER, 2010



PHOTO: SHAVAROSS.COM

When I approach these blogs for our **TNM Community** I really try to keep them relevant by being as honest as I can be. It's what we believe **Expanding your Definition of Health and Wellness** at the core really is. Although some call it having, "No filter", this has always been the way that I feel most alive in the world. I think the best and sometimes the worst of EVERYTHING stems from it...what you believe your truth is.

As we all know, even a pancake has 2 sides and lot's of life can be spent living your truth or running away from it.

The NU **Colored Girls** movie by Tyler Perry

due out this November will be a glimpse into each woman's emotional truth that many often face but hesitant to reveal. Personally, I believe it is those particular truths that allow you to grow forward like nothing or no one else has the ability to do.

<http://www.youtube.com/watch?v=DMzgL3GN44s>

Are you ready to find your rainbow or admit you are only interested in the storm? Ready to give up the life excuses or stake your claim in fear?

Will today be the day you own your truth and choose NU? Drum roll, please...

THE NU METHOD

Expand Your Definition of Health and Wellness

CHOOSE NU from the INSIDE out

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OLYMPIC GOLD & SILVER MEDALIST, DIANE DIXON MAKING A DIFFERENCE



Dear All,
The Diane Dixon Foundation
"Reducing Childhood Obesity" is in the process of securing funding from a "major" source to roll-out the program in January 2011. I have comprised a list of individuals to support me in this cause. Below are a list of your roles in this program. Please review and e-mail me acknowledging your support.
dd@dianedixonfoundation.org

- Diane Dixon** - President
- Joy Foster** - Director of Programs
- Judy Foster** - Social Worker
- Dr. Carol Reiss** - Director of Educational Curriculum
- Tanya Fly** - Health & Wellness Specialist
- Beverly Amo** - Treasurer
- Kyla Foster-Bagley** - Youth Consultant

Warm Regards,
Diane Dixon
President/Founder
Diane Dixon Foundation for Sports & Technology
Olympic Gold & Silver Medalist, 4x400 Meter Relay
dd@dianedixonfoundation.org
Tel. 718.787.6626

My NU Girl, **Diane Dixon**. The **1984 Gold and 1988 Silver Medalist** for our USA, baby. More at 11. LOL

ARCHIVES

- Tiffany Monique Interview w/TFly
<http://www.youtube.com/watch?v=ARUH53OhEp4>
- To Be Fly - By Anita Davenport
<http://www.youtube.com/watch?v=uF-nLkgN0mM>
- Reflections of a Decade - By Tanya Fly
<http://www.youtube.com/watch?v=Y6073kNzCA0>
- J's **EMPIRE STATE OF MIND**
<http://www.youtube.com/watch?v=fbqM10i0nOU>

KIDZ VIDEO

- <http://www.youtube.com/watch?v=Vy-liAOSOLg>
- What you need to know about DIABETES
<http://www.youtube.com/watch?v=sSvXr8ZXy1s>
- THE NEXT LEVEL MONDAY, 2 AUG 2010
- Choose then Do NU MONAY, 1ST FEB 10
- Negative or POSITIVE MONDAY, 3 AUG 09
- FAITH MONDAY 17AUG 09
- GLASS HOUSES MONDAY 20 JULY 09

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*The Diane Dixon Foundation for Sports & Technology provides creative educational, fitness, technology and healthy programs for youth K-12th grades. It is a non-profit 501.c.3 organization that will provide resources for students in order that they can be productive leaders.

WE WANT TO HEAR FROM YOU

TNM believes everyone has insight about what living a whole and healthy life means for them. From changing your physical habits to dealing with emotional ones.

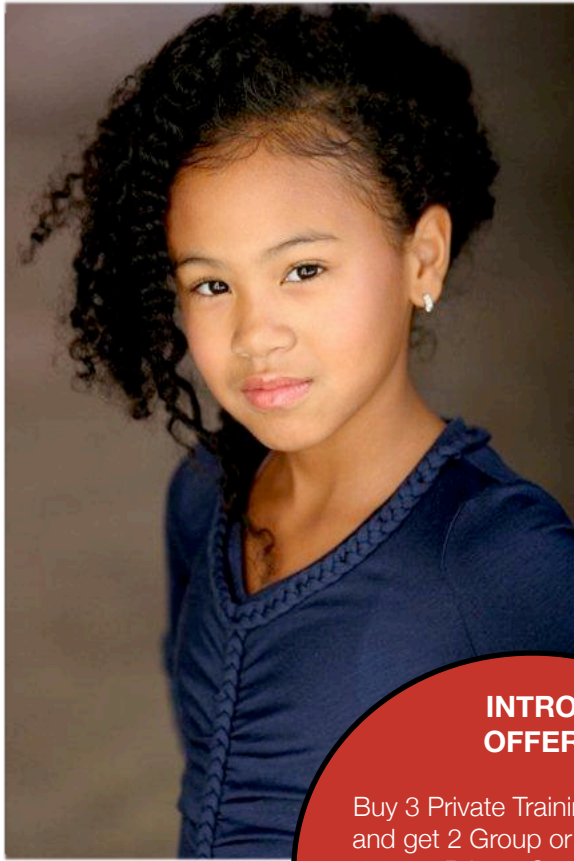
If you have a story, question or idea that you would like to have explored in TNM Blog and Newsletter go to our website [www.thenumethod.com](http://thenumethod.com) and click on http://thenumethod.com/TNM_COMMUNITY.html for further details.

ARCHIVES continued...

- Ali Smith's Interview with Tanya Fly
http://www.youtube.com/watch?v=ICN5UITsMII&feature=player_embedded
- Boris Kodjo and Nicole Ari Parker on Spina Bifida
<http://www.youtube.com/watch?v=NEejWxS9-7Y>

CHOOSE MONDAY, 8 JUNE 09

UPGRADE MONDAY 6 JULY 09



Yet another video from Planet Troi that TNM HAD to share with our community called "Promise".

If you haven't turned your kids on to this website you really need to. It's like a YouTube for kids that is safe and fun for your children to explore everything from comedy to music or science! Now that's a PLANET!

http://www.planettroi.com/video_blog/video.php?videoid=6a342c359203ab3c47a43c7a333bbee1

INTRO OFFER

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FREE!

For more details contact the.nu.method@gmail.com

Health Video

Simple ways you can get your workout and eat on when you can't make it to the gym or a trainer...Videos Online. Here are two very simple ones from Diet.com

Tabata Workout



[Tabata Intervals with Trainer Sarah](#)

Post Workout Smoothie



<http://www.diet.com/videos/play/post-workout-fruit-smoothie>



CHOOSE NU



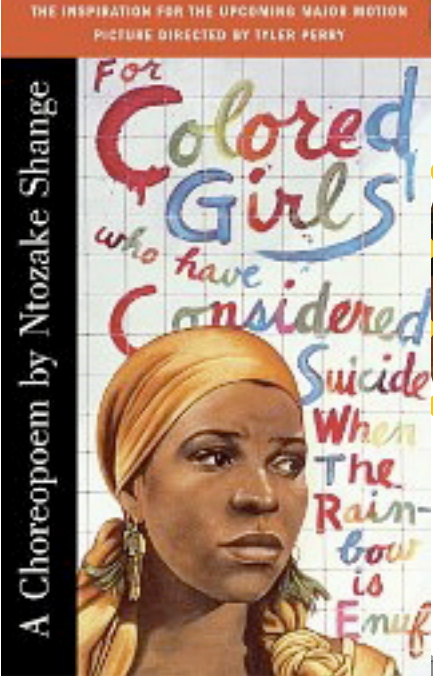
FINAL WORD JUST A THOUGHT

By Tanya Fly

It isn't always easy to keep the LOVE for yourself on all for cylinders when you've got what you believe is the weight on your shoulders, thighs, hips...lol

Trust that it's all good, and remember that their must be rain for those beautiful rainbows.

Just a thought
xo, t~



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KIDZ

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Join a class currently in session or inquire about creating one of your own.

FALL 2010

SEMI PVT: 2-4 pp \$35 PVT: \$85 a session reg (\$65 for student's and teachers) GROUP \$35 reg (\$25 students & teachers)

NU (Intro) Group 5 or more pp: \$25

Pay for the amount of classes or sessions you plan to attend for the month and that's IT! No membership or long-term commitments.

Classes currently in session:

Tuesday's & Thursday's: 9-10am Dodge YMCA (Brooklyn-Members Free)
10-11am Atlantic Avenue (corner of Atlantic & Court)

Tuesday: 6:00-7pm September, 2010.

NU KIDZ Afterschool PS 261

Friday's 3:30-5:30

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