

"Have the nerve to go into unexplored territory. Be brave enough to live life creatively." - Allan Alda

October 2018 - Newsletter

INTL MUSICIANS TO RETURN THIS FALL

Jozef Luptak and Boris Lenko will return to Billings

Renowned cellist Jozef Luptak will be joined by globally recognized accordionist Boris Lenko when they return to Billings this fall.

Details about performances and classes during their visit are still being confirmed. Watch masterlube.com and our Facebook page for updated information or contact Zane at zanel@masterlube.com with questions on Master Classes or concerts.



LIFE CHANGING LESSONS OFFERED

Russ Cherry Offers Several Classes for Fall & Winter

World-Class Speaker and two-time cancer survivor, Russ knows that every day is a good day, that without risk there are no rewards, and that people and companies can do more than merely survive—they can thrive. He knows that failure can be as much of a learning experience as success, and that asking the right question is more important than already knowing the answer. And he knows that he can help those in business—from the man on the factory floor to the CEO of a Fortune 500 Company—to rediscover their own paths and unlock the doors to



unqualified success.

He knows it, because he does it every day.

<p>October 4 The 5 Minute Coach</p>	<p>October 25 The Anger Bucket</p>
<p>November 15 Are You Fragile or Resilient? - How to thrive when life gets tough -</p>	<p>November 27 Building Children's Self Esteem</p>
<p>FEAR How to Identify, Live With, and Work Through Things That Freak Us Out December 13</p>	

All Classes held at
Hilton Garden Inn Billings
FREE - Please register for planning purposes at masterlube.com/miracle

Anniversaries October



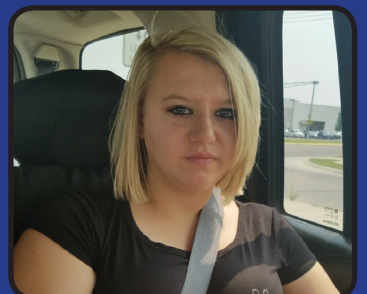
Bryttnee Gallagher - 2 Years



Joseph Birdtail - 2 Years



Samantha Kniefel - 2 Years



Alexyz Werner - 2 Years

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NICH PERTUIT HELPS US DECIPHER WHAT 'HEALTHY IS'

We are bombarded every day by pictures, supplements, fad diets, commercials, and more shaping what we believe about what healthy looks like and what healthy is. It makes it difficult to know where to start, and maybe even harder to stick with it. This is where our health coach Nich Pertuit comes in. Nich coaches us on the idea that healthy isn't one single measurement, diet, or image.. it's not a noun, it's a verb.. it's not something you are, it's something you do.. health is a lifestyle..

Or simply, Health is behavior...

Nich, through our partnership with him and his business HEALTHY IS, helps us simplify our beliefs of what health truly is and gives small tips, rules, and advice on healthy behaviors we can implement to achieve the outcomes we desire. Nich has been working with our entire staff in our training session every Monday and Friday for over a year now, adding new challenges and rules each month to help us develop the habits needed to live a healthy lifestyle that lasts. The first challenge he issued to us last year was simply to write down everything you eat and drink (not counting carbs or calories, just what it was) and track how you felt, as well as one thing we are grateful for each day. This helped us to

become more aware of how food made us feel so that we could really begin to understand what our current perspective on health is. If you don't know what your current perspective is, you

will never voluntarily change it.

One of the added benefits of having Nich work with us is the InBody machine. The machine helps us look at more than just one number on the scale. At first glance, this machine, and the report it puts out, looks like you might need a PHD in Health and Human Performance to understand (lucky for us Nich does and makes it very simple after a short discussion with him). What it does is break down our body water, lean body mass, skeletal muscle mass, body fat, and many more measurements to paint a full picture of our health. This way whether you're trying to lose weight or gain weight you can see how your making progress and your efforts are paying off - so rather than looking just at an overall weight that

may not have changed as much as you'd like and losing motivation, you can see how your lean body mass, muscle, and ExtraCellular Water to Total Body Water analysis looks (ECW/TBW analysis helps can indicate whether you might need more fat in your diet or if you are at risk of inflammation in your body).

At the end of the day, we all want to have, or regain, control of our health, which generally means having control of our life. Living a long life is great, but it's even better if it's combined with a high QUALITY of life. That's what Nich is helping us realize every day.

And remember, if the ingredient list is 1.. You're probably good.



Skylar at MasterLube Glass was thrilled to show the world their new front door covering!

