

THE GUILFORD BUILDING NEWS

in its 13th year of publication

HELPING PEOPLE GET INTO THE BEST SHAPE OF THEIR LIVES

MEET JAMEEL McGREGOR

Certified fitness trainer and sports nutrition specialist, Jameel McGregor, has created quite a buzz since he announced that he would bring his Motivations Fitness studio to The Guilford Building at 110 East Washington Street in mid-June.

Says Jameel regarding his new studio: "Most people don't like to work out in a group setting because they think other people are looking at them. I advocate one-on-one training in a private setting. That's the best way to achieve good quality training."

Jameel helps his clients in five main areas:

1. Weight management
2. Toning and firming
3. Injury prevention
4. Sports performance
5. Older adult and child fitness

Recognized as a North Carolina community fitness leader, Jameel spends many hours in community activities. One of his current pet projects is Get Healthy Guilford, which aims to reduce and prevent obesity by promoting physical activity among young people and



showing them how to eat smart.

In 2010 he started a foundation called Move 2 Lose. He appears on Fox 8, WFMY News 2, and 102 Jamz from time to time and publishes online articles at EzineArticles.com to advance his messages of health and fitness.

Now Jameel has initiated a new program titled Maximize Your Metabolism, which is a cross between Weight Watchers and

fitness training based on five factors of fitness:

1. Food Intake
2. Cardio
3. Resistance training
4. Supplements/meal replacements
5. Professional assistance

Jameel never seems too busy to stop and talk to people about their particular fitness concerns. And he welcomes new clients. "Try our training free of charge for three sessions," he offers.

To schedule an appointment at Motivations Fitness, call 336.708.6973. The studio is open Monday through Saturday.

The Guilford Building will be closed on Monday, May 30, 2011, in observance of Memorial Day.

See The Guilford Building News online each month at www.hallimar.com.