FIT JUST4U

July 1, 2026

Aging Well With Strength, Power and Purpose



Celebrating 78 Years of Living, Learning, and Leading
"Note from The Editor"

As I celebrate my 78th birthday at the end of June and continue the celebration into July, I find myself reflecting not so much on the number of years I have lived, but on the lessons those years have taught me. When I was younger, I believed aging was something that happened to us. Today, I understand that aging is something we actively participate in every single day through the choices we make, the habits we build, and the attitude we carry into each season of life.

Over the years, I have experienced many of life's joys and challenges. I have been blessed to serve as a nurse for more than four decades, helping individuals navigate illness, healing, and recovery. I have spent over 30 years in the fitness industry encouraging people to move their bodies, strengthen their minds, and improve their health. I have celebrated victories, endured losses, faced health challenges of my own, and recently been reminded through my husband's illness how precious each day truly is.

Healthy aging is not about perfection. It is about persistence. It is choosing to take a walk when you would rather sit. It is drinking water when you would rather reach for something less healthy. It is continuing to learn, grow, pray, laugh, love, and believe that your best days are not necessarily behind you. Far too many people believe that getting older means slowing down, giving up, or lowering their expectations for life. I disagree.

I have witnessed firsthand that age does not determine your potential—your willingness to keep moving forward does. That belief is what inspired me to write my new eBook, "Aging Well with Strength, Purpose & Power. "This book represents more than health and fitness advice. It is a collection of lessons, experiences, encouragement, and practical strategies designed to help adults over 50 live healthier, stronger, and more purpose-filled lives.

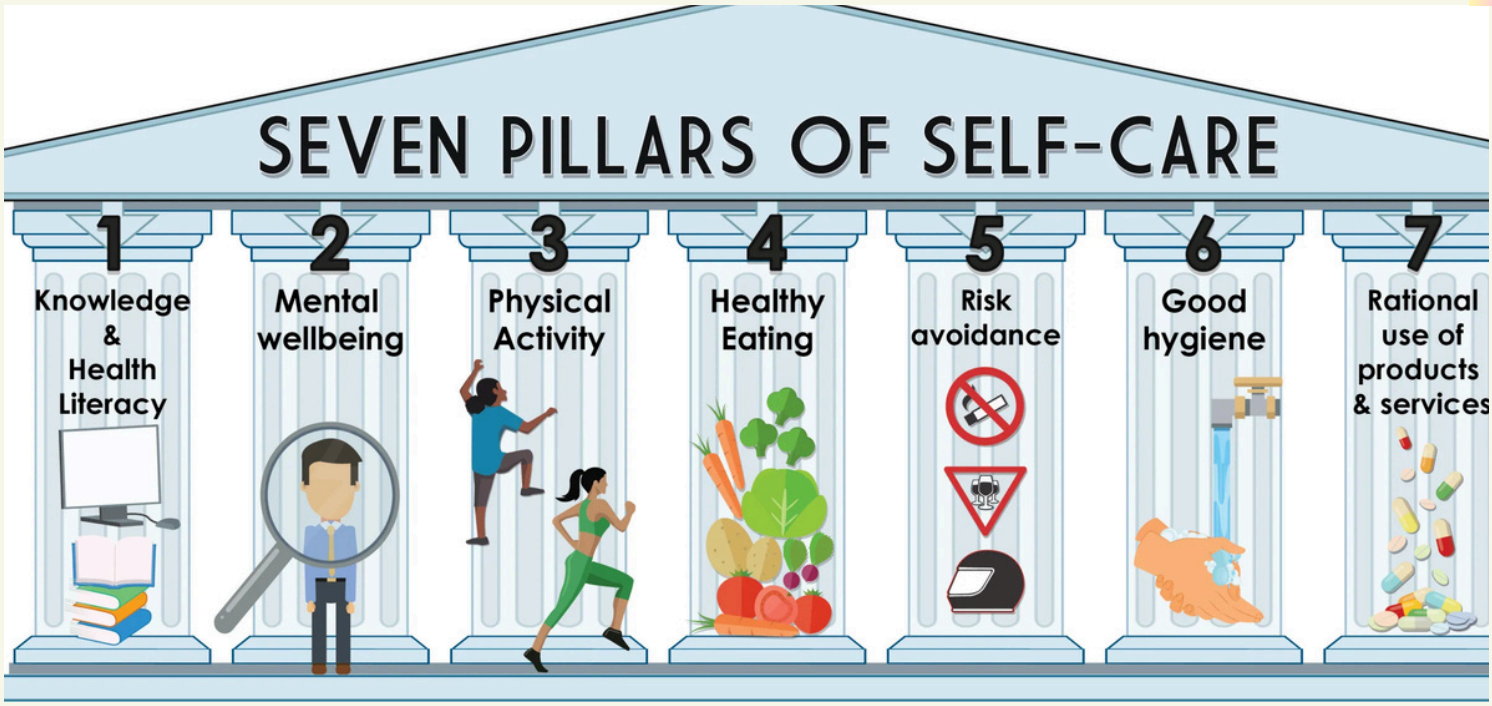
My hope is that this special edition of our newsletter reminds you of something important:
You are not too old.
You are not too late.
And your life still has purpose.
No matter your age, there is still strength to build, wisdom to share, goals to pursue, and lives to impact. Thank you for allowing me to be part of your healthy aging journey. It is an honor and privilege to serve this amazing community.

Here's to aging well—with strength, purpose, and power. "Healthy Aging Is Not About Adding Years to Your Life—It's About Adding Life to Your Years."

A Roadmap for Living with Strength, Purpose & Power

WHAT YOU NEED TO KNOW THIS MONTH

Many people spend more time planning for retirement than they do planning for healthy aging. Yet healthy aging does not happen by accident. It is the result of intentional choices made consistently over time. While genetics certainly play a role, research continues to show that our daily habits have a tremendous impact on how well we age. After more than 40 years as a Registered Nurse and over 30 years as a fitness professional, I have learned that the individuals who are successful often share several common characteristics. They may come from different backgrounds and face different challenges, but they consistently invest in key areas of their physical, mental, emotional, and spiritual well-being.



The Seven Pillars of Healthy Aging

Pillar #1: Faith and Purpose:
Purpose gives life meaning and direction. Whether it is serving others, spending time with family, volunteering, pursuing a passion, or deepening your faith, having a reason to get up each morning can positively influence both physical and emotional health. Studies have shown that individuals with a strong sense of purpose often experience greater life satisfaction, lower stress levels, and improved overall well-being. Ask yourself: “What gives my life meaning today?”

Pillar #2: Daily Movement:
The body was designed to move. Unfortunately, many adults become less active as they age, leading to decreased strength, mobility, balance, and endurance. Movement does not require an expensive gym membership. Walking, gardening, stretching, dancing, chair exercises, and recreational activities all contribute to healthier aging. The goal is simple: Move more and sit less.

Pillar #4: Nourishing Nutrition:
Food is information for the body.
A healthy eating pattern rich in fruits, vegetables, lean proteins, whole grains, healthy fats, and adequate hydration provides the nutrients necessary to support energy, immunity, muscle health, and disease prevention.
While supplements may play a role for some individuals, they should complement—not replace—a healthy diet.Whenever possible, focus on food first.

Pillar #3: Strength Training:
One of the greatest threats to independence after age 50 is the gradual loss of muscle mass and strength. Strength training helps preserve muscle, improve balance, protect bone health, support metabolism, and make everyday activities easier Strong muscles help you remain independent and continue doing the things you enjoy. Remember, Strength is not about lifting the heaviest weight. It is about building the strength needed to live life confidently

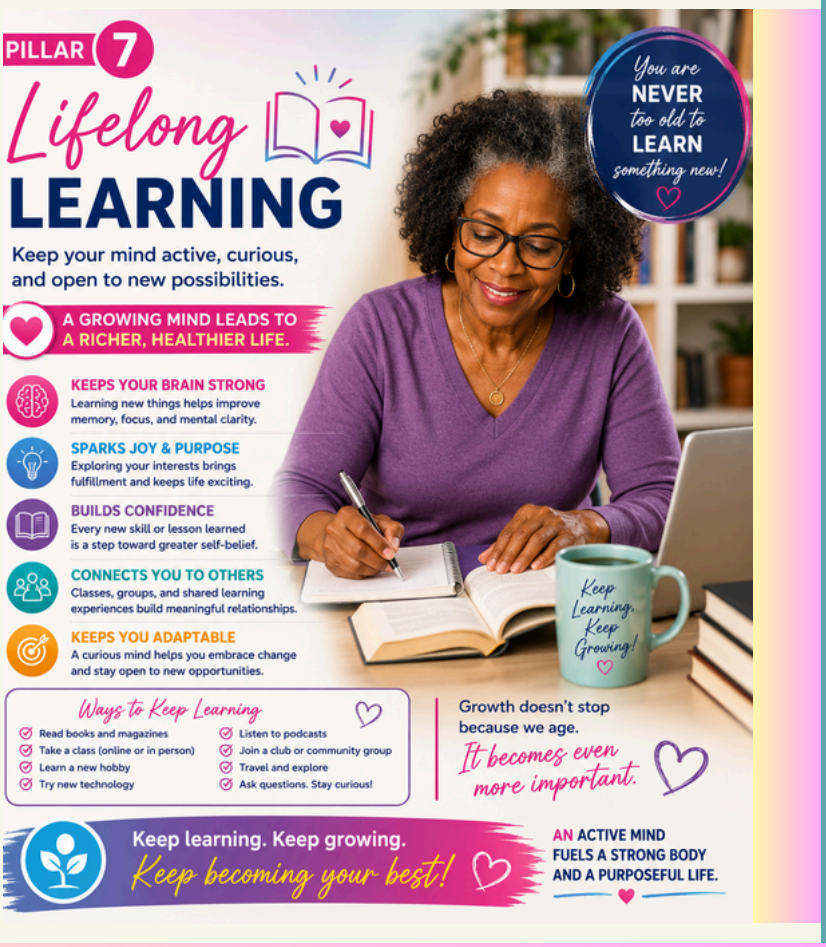


Pillar #5: Rest and Recovery:
Many people underestimate the importance of rest. Quality sleep allows the body to repair itself, supports memory and learning, regulates hormones, strengthens the immune system, and improves mood. Healthy aging requires balancing activity with recovery. Rest is not laziness—it is an essential part of wellness.



Pillar#6: Relationships and Community:
Human beings are designed for connection. Research consistently shows that social engagement contributes to better mental health, lower rates of depression, improved cognitive function, and increased longevity. Stay connected with family, friends, faith communities, and organizations that bring purpose and joy to your life. The healthiest people are rarely those who travel life's journey alone.

Pillar #7: Lifelong Learning:
A healthy body is important, but so is a healthy mind. Learning new skills, reading, solving puzzles, attending classes, exploring technology, and remaining curious help keep the brain active and engaged. You are never too old to learn something new. Growth does not stop because we age. In many ways, it becomes even more important.



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Member Spotlight: Marissa Ruffin

From Client to Coach: A Journey of Strength, Purpose, and Leadership



When Marissa first walked through the doors of Fit Just4U, she didn't come with uncertainty—she came with a vision. Unlike many new clients, Marissa already had a solid fitness foundation. She exercised consistently and had previous experience working with a personal trainer. She wasn't looking to simply lose weight—she wanted to elevate her fitness by improving her muscle tone, definition, and overall conditioning.

Together, we developed a personalized training and nutrition plan designed specifically for her goals, lifestyle, and physical abilities. Marissa embraced the process with discipline, determination, and consistency. Six months later, she had achieved exactly what she envisioned. Strong, confident, and beautifully toned, she was truly "red carpet ready" for her 60th birthday celebration.

But her story was only beginning.

As we continued working together, I recognized something even more powerful than her physical transformation. I saw a genuine passion for fitness, a desire to encourage others, and the heart of a leader. I encouraged Marissa to take her love for health and wellness to the next level by becoming a certified personal trainer.

She accepted the challenge.

At age 60, while continuing a distinguished 20-plus-year career as an Information Technology leader in the aerospace industry, Marissa earned her Personal Training Certification in 2017, followed by her Cardio Kickboxing Certification in 2018. A breast cancer survivor, she transformed her own health journey into a mission of helping others discover strength, confidence, and hope.

Today, Marissa proudly serves as both a valued member of the Fit Just4U training team and the founder of her own business, Model2 Fitness. She is passionate about helping others—especially older adults—improve their health through safe, effective exercise while inspiring them to believe that it is never too late to become stronger.

Now approaching her 70th birthday, Marissa continues to lead by example. Guided by her personal motto, **"Live Life and Don't Let Life Live You—Stay Fit. Stay Healthy,"** she inspires individuals of all ages to embrace wellness, purpose, and lifelong growth.

Her commitment extends far beyond fitness. Marissa volunteers her time supporting the Houston Food Bank's outreach efforts for seniors and individuals experiencing homelessness, and she serves women in shelters throughout Southwest Houston. Having experienced the loss of her mother and survived breast cancer herself, she openly shares her testimony to encourage early detection, strengthen faith, and offer hope to others walking a similar path.

Her favorite scripture, Psalm 121:1–2, has remained the foundation of her life's journey: "I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord."



Today, we proudly celebrate Marissa not only as an exceptional member of the Fit Just4U family, but also as a trainer, entrepreneur, mentor, breast cancer survivor, community servant, devoted mother, grandmother, and faithful woman of God. She is living proof that healthy aging is not simply about adding years to your life—it is about using those years to inspire, encourage, and serve others.

Marissa Ruffin a True Example of "Aging Well with Strength, Purpose and Power"

What's Up at Fit Just4U
"eBook Birthday Launch"



Coming June 29th

As I celebrate my 78th birthday, I am excited and honored to announce the upcoming release of my new eBook: "**Aging Well with Strength, Purpose and Power**". This inspiring guide was created especially for adults over 50 who desire to live healthier, stronger, and more purpose-filled lives. Drawing from more than 40 years of nursing experience and over 30 years in fitness. This eBook will provide practical wellness strategies, encouragement, healthy aging tips, and motivation to help you continue thriving through every season of life.

This launch is more than a birthday celebration — it is a celebration of health, resilience, faith, and the power of choosing wellness at every age.

Stay connected for release details, special launch announcements, and exciting opportunities to celebrate with us throughout the month of June.

"**Because aging is not about slowing down — it is about rising stronger with purpose and power**".



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Fit Just4U Personal Training & Wellness Center

"Investing in health today. Transforming tomorrow. Strengthening lives. Building legacies."