



Sometimes it pays to listen.

About a month ago, after an especially trying morning show, my on-air partner lovingly tilted her head like a labradoodle puppy and said “Tony, you were a lot happier when you were working out at Kosama. You should probably go back”. Ouch. Truth hurts. I guess I never really thought about my happiness level and the correlation to Kosama.

You see, I made it through three 8 week sessions when Kosama opened...then I retired. I had some added responsibilities at the office and with the start-up non-profit The Pier Center for Autism. It felt like a good time for a break. I enjoyed having a bit of extra time on my schedule.

Then, I lost my outlet. I didn't realize how much Kosama for ME was very therapeutic. As the parent of a special needs child and facing some life challenges that most people encounter in their lives, I realized I was a better, well-balanced person when I spend time sweating it out on a regular basis at Kosama. Candice agrees – and she's not easy to please.

Some people turn stress into overeating, yelling and other negative habits. By choosing to re-join at Kosama, I chose to make a positive change for my body, more muscle tone and surprisingly I lost more weight this time around than I did with my very first session. My energy level has improved and I generally feel better. Some of the die-hard Kosama-ers from the Summer of 2011 are still there on a daily basis. It's actually quite inspirational to see the dedication of those working out and the staff that genuinely care about your physical well-being. I was welcomed back with open arms from Matt, Lisa, Paxton and the rest of the crew.

Side effects of working out at Kosama include a healthier diet (you realize a workout is tough after eating the left side of a menu – so you naturally eat better) looking better naked (TMI, huh?), and some time to contemplate life without someone yapping in your ear. It's a wee bit like a tropical vacation – in 50 minute intervals – and with a heckuva lot more sweat. Book your sweaty vacation now at Kosama on Hamilton, in the Southern Square and now.... Le Mars! **Ask about the KSUX Tony and Candice special for just \$105.70 – a considerable savings over the original price.**