



# HAPPY BIRTHDAY JMB!



This month calls for celebration. JMB is 8 years old!

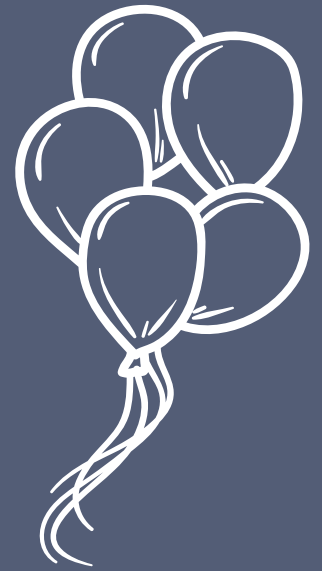
Many of you have heard me tell the story of how JMB came to be... but just in case let me recap for you.

When I was 12, I was a skinny kid who wasn't comfortable in his own body. Following my dad's example, I started working out every day in the basement and, over time, saw not only a change in my body for the better but a change in the way I thought and felt about myself. As I realized the power of physical exercise with Motion Changing Emotion. That confidence, control, peace & happiness made me want to give that power to other people, to guide them to be the best they could be. I seeded the dream of having my own gym one day and watered it consistently!



Fast forward with lots of hard work and ups and downs along the way and JMB Fitness LLC was born in 2016. Most of you know that while JMB happens to be my initials, JMB in this case stands for Joining Mind and Body, my mission to provide not only for myself but for all of you. I call you the Fit Fam because you are my tribe – those who have the same mission of Joining Mind and Body and who are working on it every day just like I do.





So why celebrate JMB's birthday?

It's definitely a milestone that was enforced to be recognized. I love how old we are and that we are still growing. I love to reflect on how far we've come from the early days. I cherish my old time, OG gladiators who have been with me from the start & I celebrate those of you who've just joined in the last few months and everyone in between. Your dedication to being the best YOU can be is what makes us alive. Remembering the only competition is against our yesterdays self and upgrading that version is the goal!

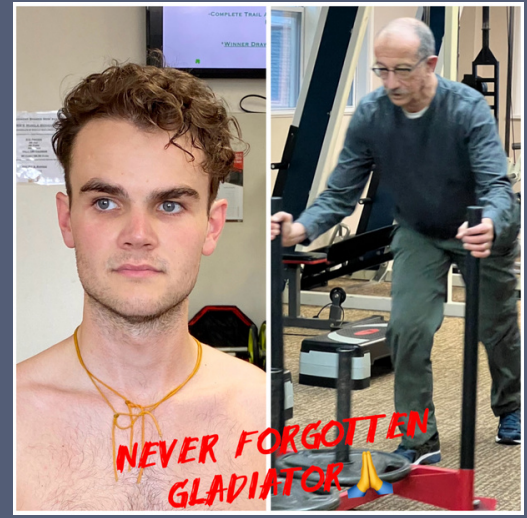
I want to express my extreme gratitude to the universe and to all of you for creating the phenomenal community that we have. While I strive to put smiles on all your faces each day, you actually put a smile on my face whenever I see you doing your best or reading a positive text with how great your feeling. Reinsurance your consistency can not be denied. JMB lets us create and nourish a community that supports each and everyone of us. As the Fit Fam, we've become a tribe that wants the best for everyone & cheers each other on. I am truly proud of our caring spirit in unleashing YOUR personal greatness!





Birthdays are also a time to look forward to what may come next. Most important, each of you doing your best and becoming your best, day by day because JMB is not me alone, or our phenomenal coaching team or the physical space. The body of JMB that is alive and growing is each and everyone of US! It's you and me, my wife and daughter who have stood by me through all the tough times and amazing times that made us who we are today. Grow through what you go through. True testament of each of your resilience!





Please find the time to join us as we celebrate all of us – the living, breathing JMB Fitness LLC.

Sign up in your PT Minder App. If that doesn't work for you, let Denise know you are coming, 585-440-7782.

APRIL 7th, 1 PM at Iron Smoke Distillery

Enter at 75 N Main, drive all the way to the back and you will see us on the right.

What to wear to this awesome event? Your workout gear because of course we are doing church in a bar! Shenanigans all the way. Shred, Sip and Bring your friends.

JMB official members will get their birthday drink FREE when they finish the workout. Otherwise cash bar. To nothing less than continued greatness & Now to 8 more years and many more in Optimizing the mind, body & quality life of our evolving Fit Fam!

HEALTH, PEACE & STRENGTH  
Joshua Bankes, CEO

NO EXCUSES, ONLY SOLUTIONS

[WWW.JMBFITNESS.COM](http://WWW.JMBFITNESS.COM)