

***You Can Do It!* LLC**

Website Design Mockups

Martha Roden

Usability Consultant & Corporate Writer

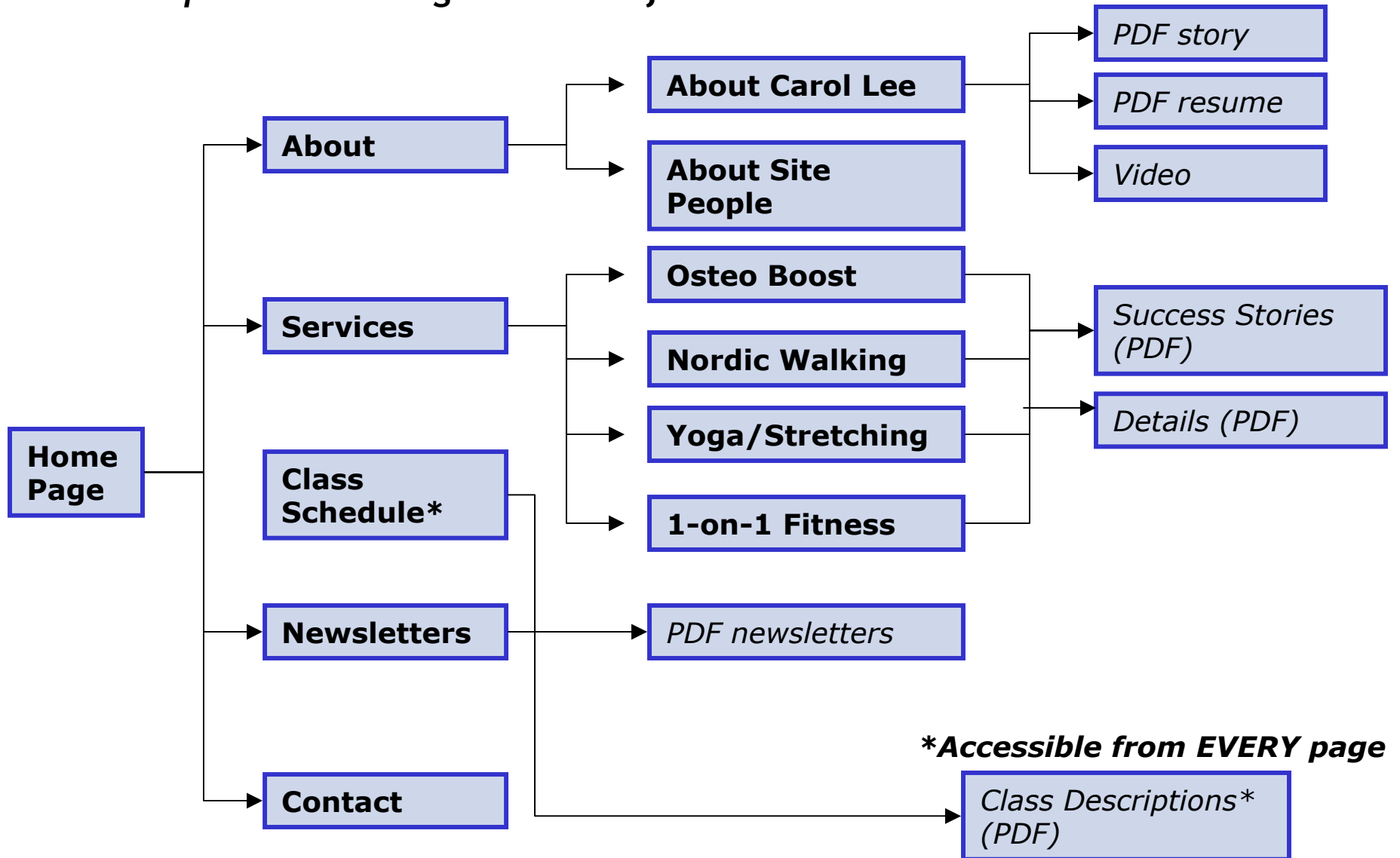
102 Peterson Street
Fort Collins, CO 80524

Phone: (970) 225-2572
Email: marroden@comcast.net

Updated July 21, 2007

Website Map: You Can Do It!

This map shows the organization of the Website.



You Can Do It! LLC

Now is the time to take care of your body – when you do, you will love what you feel, see, and hear!

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You Can Do It! LLC

Slow down bone loss ...

Increase your strength and stamina ...

Improve your flexibility ...

And feel better than you've felt in a long time!

You Can Do It! LLC is a fitness training firm focusing on individual and group fitness goals in Ashland, Oregon. We specialize in:

- Osteo Boost.** Slow down bone loss, improve bone strength, and wake up with fewer aches and pains.
- Nordic Walking.** Get more stamina and upper-body strength while you exercise outdoors.
- One-on-one Fitness.** Trim your body and bring definition with one-on-one training for maximal results.
- Yoga and Stretching.** Stretch your body, relax your mind, and drop your blood pressure.

My name is Carol Lee Rogers and I work with people who want more strength, more energy, and the ability to do things that used to be easy when they were younger. I help you set realistic fitness goals, learn proper form, and keep yourself centered in today's hectic world.

I work at your home, your office, out-of-doors, on the telephone, my office, or in the gym. I'm there when you need me ... one-on-one or in a group setting. Plus, I'm certified, licensed, and insured.

Work with me and become the person you're meant to be!

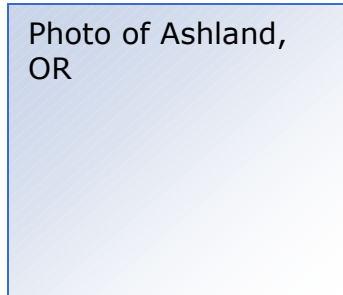
[Class Schedule](#)[Class Descriptions \(PDF\)](#)

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About

This Website came about as a labor of love from Carol Lee Rogers and the people who helped her.



After 20 years of experience as a personal trainer, yoga instructor, and self-awareness coach, I discovered a large number of people in Ashland who have the time to focus on their bodies and the desire to regain the strength and vigor of their earlier days. This discovery, combined with the public's growing concern about osteoporosis, led me to focus my efforts on helping people strengthen their bones and muscles, and increase their stamina and flexibility.

I then decided to present myself to the world, courtesy of the Web. If more people became aware of the services I offer, I could help more people.

As soon as I made the decision to have a Website, people came into my life to help make my Website a reality.

Click either of these links to learn more about me and the people who helped me create this site.

- [About Carol Lee](#)
- [About the Site People](#)

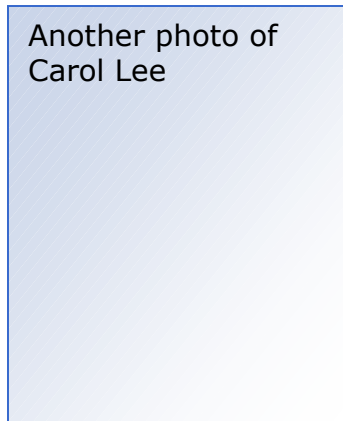
	Class Schedule
	Class Descriptions (PDF)

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[Read Carol's personal story](#)

"Why I do what I do" (PDF)



[Watch a video.](#)

Carol tells her story ... complete with an animal fable



[View Carol's resume](#)

Professional credentials and accomplishments (PDF)

About Carol Lee

I am Carol Lee Rogers and I have more than 20 years experience helping individuals and teams with personal and professional growth. I have a broad-based fitness background, including biking, nutrition, yoga, and weight training. I have been self-employed since 1998 helping hundreds of women and men discover and achieve personal fitness goals.



In my "younger" days, I achieved three personal athletic goals of which I am particularly proud:

- 1984** - Set new women's record in the Colorado Imogene Mountain Run. As of August 2006, the record is still Carol Lee Rogers.
- 1985** - Competed in the Tour de France de Feminin; finished third overall in two of the major mountain stages; finished as top placer and second American.
- 1986** - Invited back and competed again in the Tour de France de Feminin; finished as a top placer, second American.

Today I am a **Professional Fitness Trainer** who trains individuals and groups, and assists them in meeting their personal fitness goals. I focus on:

- Osteo Boost** for stronger bones.
- Nordic Walking** for upper body strength and cardiovascular fitness.
- Yoga and Stretching** for increased flexibility and decreased stress.
- 1-on-1 Fitness** for weight loss, nutrition, and a more toned body.

Let me help you have a richer, fuller quality of life ... physically, as well as mentally.

	Class Schedule
	Class Descriptions (PDF)

About the Site People

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About the Site People

Martha Roden, Website Usability Specialist and Writer

Martha focuses on all the up-front design and usability work:

- Defining the Website’s purpose and goals.
- Identifying the Web users and their needs.
- Deciding how to organize the Website for ease of navigation.
- Mocking up every page to show layout, color, and text.
- Writing clear and easy-to-understand Web content.

Her overall goal: “Making sure people can find what the need and understand what they read on the Website.”

Contact info: marroden@comcast.net, 970-225-2572



Barb B, Website Designer and Developer

Barb focuses on implementing and maintaining the design and content:

- Explaining what components are necessary to "make the Website happen".
- Setting up a Web hosting account and registering a domain.
- Working with the Website owner and writer to develop a design that is functional, attractive and fast loading.
- Suggesting the best ways to accomplish the goals of the Website.
- Preparing graphics for the Web.

Her overall goal: “Offering Websites at a reasonable cost that serve the needs of their owners.”

Contact info: barb@websitings.net, 541-552-9349, www.websitings.net

 [Class Schedule](#)
 [Class Descriptions \(PDF\)](#)



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Services

At You Can Do It! LLC, we provide exercises that help you strengthen your bones, increase your stamina, and improve your flexibility, so you feel as good as you used to ... or better:

- **Osteo Boost.** Strengthen your bones, slow down bone loss, and reduce aches and pains with our Osteo Boost classes.
- **Nordic Walking.** Nordic Walking is like cross-country skiing ... without the skis ... just the poles! Get a great cardiovascular and upper body workout in the great outdoors by yourself or with others.
- **Yoga & Stretching.** Strengthen your body and soothe your mind by doing Hatha Yoga with an Anusara flair. Enjoy greater flexibility and strength, release stiffness and tension, and reduce daily stress.
- **1-on-1 Fitness.** We tailor a personal exercise program to meet your individual goals. Enjoy greater strength and flexibility, better eating habits, a toned body, and an exercise routine that fits your lifestyle.



Carol Lee also offers periodic motivational talks on fitness and nutrition-related topics. Watch her [Class Schedule](#) for more information.

[Class Schedule](#)[Class Descriptions \(PDF\)](#)

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Osteo Boost

Improve bone health, strengthen muscles, gain balance, and live a healthier independent life.

What are Osteo Boost classes?

These are classes aimed at people who want to prevent, stop, or reduce bone loss caused by osteoporosis. Osteoporosis is the silent killer, reducing bone mass and making bones fragile and prone to fracture.

How does Osteo Boost help?

The benefits of Osteo Boost are:

- Eliminates pain and stiffness
- Improves posture
- Strengthens muscles and reduces the chance of falls
- Increases bone density and reduces the chance of fractures

Why worry about osteoporosis?

Bone density increases during childhood and through early adulthood, reaching maximum levels during our 20s. After this, density declines and, during the 5-7 years following menopause, women can lose up to 20% of their bone mass.

Often a fracture is the first indication of a problem. 50% of women and 25% of men over age 50 experience an osteoporotic fracture, according to estimates from The National Osteoporosis Foundation.



[Osteo Details \(PDF\)](#)



[Success Stories \(PDF\)](#)



[Class Schedule](#)



[Class Descriptions \(PDF\)](#)

Listen to the locals:

“quotes”

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Decreased muscle mass also adds to the problem. People lose strength, agility, and balance, putting them at increased risk of falls and fractures.

But there is hope! Weight bearing exercise can build bone and help prevent bone loss. No matter what your current level of fitness or ability is, you will benefit from one of the osteo boost classes that Carol Lee Rogers gently instructs.

How do you sign up?

Contact You Can Do It! by email or phone ... it's easy.

•**Email:** CarolLee@youcandoitnow.net

•**Phone:** 541-482-1887

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Nordic Walking

Live to Nordic Walk ... Nordic Walk to live

What is Nordic Walking?

Nordic walking activates more muscle and allows the body to propel forward with more strength and grace.

Nordic Walking is like cross-country skiing without the skis ... just the poles! It's for people of all ages and abilities who like to exercise outdoors.

Nordic Walking lets you improve your stamina and stability, improve your posture, and walk away from mental stress. You'll burn more calories and enhance your heart's health regardless of your walking pace.

How does Nordic Walking help?

The benefits of Nordic Walking are:

- Improves posture
- Reduces stress on your knees and lower joints, and reduces heel strike
- Strengths your upper body
- Burns more calories during your walk
- Pumps your cardio by increasing oxygen consumption
- Adapts distance and intensity to weather, terrain and your physical condition

Listen to the locals:

"It is easy, fun, and good for you."

"It is easier to walk."

"My posture is better."

"I feel stable."

"I feel muscles in my chest."

"I feel my triceps muscles at work."



[Nordic Details \(PDF\)](#)



[Success Stories \(PDF\)](#)



[Class Schedule](#)



[Class Descriptions \(PDF\)](#)

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Walk on!

Locations for Nordic Walking classes vary. To attend a free 30-minute introductory Nordic Walking clinic, or purchase Nordic Walking poles and other gear, contact Carol Lee at You Can Do It! LLC:

•**Email:** CarolLee@youcandoitnow.net

•**Phone:** 541-482-1887

To find out more about Nordic Walking and warm-up exercises:

•**Website:** www.LEKI.com

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Just ask our clients:

“My quality of life increased ten-fold.”

“Provides energy to make it through the day”

“Body definition ... less fat, more muscle”

Less muscular pain through out the body”

“Golf swing increased by more than 50 yards”

1-on-1 Fitness

“80% of success is showing up.”
-- Woody Allen

What is our 1-on-1 fitness program?

The focus of our fitness program is to enhance your current exercise regime and life style. We teach you an approach to fitness you can practice for the rest of your life.

How does our 1-on-1 fitness help?

- Changes body composition so there is less fat and more muscle
- Strengthens the body’s core, major muscles or specific muscle areas that you want to focus on
- Improves breathing and balance
- Changes the way you eat
- Demonstrates the importance of stretching after a workout

What do we provide?

Initial Consultation. You Can Do It! meets with you at your office, home, where you work out, or at our office. During our initial meeting we get to know one another through questions, answers, and discussion to find out if there is a personal match.

Next Meeting. The next meeting takes place wherever you work out. We go over the exercise program designed to achieve your stated goal ... and your individual workout. The workout usually includes strength building, cardiovascular exercises, and stretching.



[1-on1 Details \(PDF\)](#)



[Success Stories \(PDF\)](#)



[Class Schedule](#)



[Class Descriptions \(PDF\)](#)

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Regular Meetings. You work out on your own to explore the workout and its details. We meet again to fine tune your form and answer any questions you have. Then we look at how often to meet to go over the workout and introduce new exercises – 2x/week, weekly, bi-monthly, monthly, quarterly or annually.

How do you sign up?

Contact You Can Do It! by email or phone ... it's easy.

•**Email:** CarolLee@youcandoitnow.net

•**Phone:** 541-482-1887

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Yoga

“Attach no other importance to the posture other than the joy of doing it. The asana is a dance at the point of absolute stillness.”

-- Rosamond Richardson in Natural Superwoman

“The element with the most flexibility in any system will have the most influence.”

 [Yoga Details \(PDF\)](#) [Success Stories \(PDF\)](#) [Class Schedule](#) [Class Descriptions \(PDF\)](#)

Just ask our clients:

"Yoga will help me age gracefully."

"This class proved to me that with yoga it is possible to slow down the aging process on a durable and non-flexible body."

What is our yoga program?

The yoga we teach is Hatha Yoga with an Anusara Flair. Our classes are small so we can provide a safe, professional environment to stretch and strengthen the body, build balance, and relieve the mind from stress.

How does it help?

- Stretches, extends and flexes the spine
- Improves your balance and stability
- Stimulates circulation, digestion, nervous and endocrine systems –keeping you healthy and energetic
- Releases stiffness, tension, and stress

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What do you learn?

- Meditation
- Warm up
- Standing poses (strengthening)
- Balance poses (balance)
- Floor poses (stretches)
- Rest pose (recover and receive the benefits from what you have done)

How do you sign up?

Contact **You Can Do It!** by email or phone ... it's easy:

- Email: CarolLee@youcandoitnow.net
- Phone: 541-482-1887

Class Schedule *You can also get to this page by clicking [Class Schedule](#) on almost any page*

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Text only Class Schedule: June

This schedule includes Osteoporosis Prevention, Nordic Walking and Yoga/Stretch classes. If you are not sure these classes are for you, Carol Lee can give a short presentation to your group which will help you decide.

- Call now to sign up: 541-482-1887 or email CarolLee@youcandoitnow.net
- Location abbreviations appear in parentheses () – scroll down for complete location names and addresses.

 [Printer-Friendly Version \(PDF\)](#)

 [Class Descriptions \(PDF\)](#)

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
8:00 – 8:55 am	Building Bones Step by Step (The Grove)	---	---	---	---	
8:30 - 9:30 am		Yoga for Seniors (BFS)				
10:00 – 10:30 am	Chair Osteo Stretch (MMOA)	Chair Osteo Stretch (MMOA)	Chair Osteo Stretch (MMOA)	Chair Osteo Stretch (MMOA)	Chair Osteo Stretch (MMOA)	
10:30 – 11:00 am	Floor Stretch (MMOA)	Strengthening (MMOA)	Floor Stretch (MMOA)	Strengthening (MMOA)	Floor Stretch (MMOA)	
11:45 – 12:45 pm	---	Yoga (YMCA)			--	
12:30 – 1:30 pm	---	---	Yoga for Seniors (BFS)	---		
5:00 – 6:00 pm		---	---	---	---	

Class Schedule (scrolled down)

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Class Locations

BFS (Baxter Fitness Solutions)

- 330 Oak St.
- Ashland, OR 97520
- 541-488-9515

MMOA (Mountain Meadows, Independent Retirement Living)

- 857 Mountain Meadows Dr.
- Ashland, OR 97520
- 541-482-1300

The Grove

- 1195 East Main St.
- Ashland, OR 97520
- 541-482-1887 (Carol Lee)

YMCA

- 540 YMCA Way
- Ashland, OR 97520
- 541-482-9622

Nordic Walking

- Locations vary from class to class; however, we typically meet on the plaza in Ashland to decide on our walk.
- Call 541-482-1887 for class dates and locations.

Class Descriptions

Available as a downloadable, printable, PDF file. Most pages have a link to this file.

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Success Stories

Meet some of the locals who have succeeded with You Can Do It! LLC. If they can do it, so can you!



[Read all their Success Stories \(PDF\)](#)



[Class Schedule](#)



[Class Descriptions \(PDF\)](#)

Here are just a few highlights from the Success Stories you can download and read.

Carrie: Fat and Fatigued to Energized with Self-Esteem

“Carrie” (not her real name) was obese, had low self-esteem and irregular eating habits, was addicted to sugar, and lacked strength. Learn how You Can Do It! LLC helped her change her eating and exercise habits, and achieve her fitness goals.

Gloria: Am I Hooked on Yoga?

Gloria is a 78-year old lady who caught the yoga bug. Find out how yoga changed her posture, balance, flexibility ... and entire outlook on life.

Charles: The Power of the Breath

Charles is a gentleman started practicing yoga at the ripe old age of 87 years! He discovered a discipline, flexibility, and calmness that he never knew he had. Learn how he dramatically reduced his blood pressure with deep gentle breathing.

The sound of success:

“Growing older is something we all have to learn to live with. I want to be good at it; I don’t like the options!”

“One can’t turn back the clock, but this class has proved to me that it is possible to slow down the deterioration of the aging process on a durable and non-flexible body.”

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Andruss: Nordic Walking is Fun and Easy

Using Nordic poles, Andruss was able to walk further and more quickly, with no discomfort.

Carolyn: Tone, Agility, and Endurance ... And a Few Dress Sizes!

With Carol Lee's routine, Carolyn reduced her stiffness, toned her arms and legs, gained endurance and agility ... and trimmed down two dress sizes!

Newsletters

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Current Newsletters

You Can Do It!© publishes inspirational newsletters on an as-needed basis. We hope to do so on a monthly basis in the near future.

- Click the links below to read our latest newsletters in PDF format.
- Most computers already have Acrobat Reader installed to open these PDF files. If you do not have the free Acrobat Reader program: [Click here for Acrobat Reader](#)
- [Click here](#) to view older, archived newsletters from previous years.

 [Class Schedule](#)
 [Class Descriptions \(PDF\)](#)

2006 Newsletters

#	Date	Newsletter Number and Topic
5	August, 2007	<i>[title to be determined]</i>
4	June/July, 2007	Maintaining an Active Life Style
3	May, 2007	Are We Getting Stronger?
2	March, 2007	Optimal Breathing
1	January, 2007	Pears and Apples Go Nordic Walking

Archived Newsletters

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Archived Newsletters

We keep our older newsletters for visitors to enjoy.

- Click any of the links below to read newsletters from previous years in PDF format.
- Most computers already have Acrobat Reader installed to open these PDF files. If you do not have the free Acrobat Reader program: [Click here for Acrobat Reader](#)

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[2006](#) | [2005](#) | [2004](#) | [2003](#)

2006 Newsletters

#	Date	Newsletter Number and Topic
12	December, 2006	Happy Holidays: Looking Back
11	November, 2006	Happy Thanksgiving: Calorie Overkill
10	October, 2006	Helping Your Joints: Glucosamine, Chondroitin, and MSN
9	September, 2006	Depression: A Viscious Cycle of Mind and Body
8	August, 2006	What's New? A Trip, Email Address, and New Business Name!

Archived Newsletters (2006, cont'd)

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#	Date	Newsletter Number and Topic
7a	July, 2007	Food Portion Sizes
7b	July, 2007	Portion Distortion
6a	June, 2007	Welcome to June
6b	June, 2007	Spring Activities into Your Daily Living (part 1)
6c	June, 2007	Spring Activities (part 2)
6d	June, 2007	Spring Activities (part 3)
5	May, 2007	Rules to Keep Us Going
4	April, 2007	Diabetes II: Weight, Exercise, and Stress
3	March, 2007	Vitamin D
2	February, 2007	Strategies for Change
1	January, 2007	New Year's Resolutions – The Soul of Success

Contact

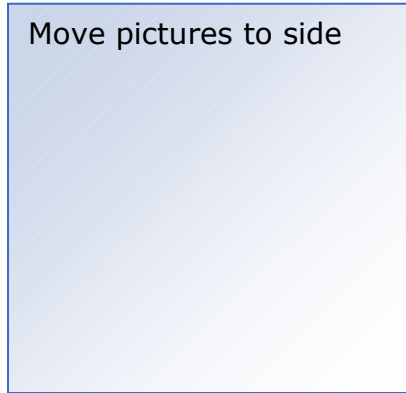
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Contact

Carol Lee would love to hear from you. She can be reached by phone, email, or "snail mail:"

- **Phone:** 541-482-1887
- **Email:** CarolLee@Youcandoitnow.net
- **Snail Mail:** Carol Lee Rogers, P.O. Box 745, Ashland, OR 97520

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