



Dr. Suzy Youngquist discusses facets of healthy living to an audience at the Maple Grove Community Center during the 2010 Rev It Up lifestyle makeover series.

Rev It Up, Up and Away

A local lifestyle makeover can educate and empower participants towards better health.

MAPLE GROVE RESIDENTS WANTING TO LIVE HEALTHIER NEED LOOK NO FURTHER THAN THEIR OWN BACKYARDS. Rev It Up, held at the Maple Grove Community Center, is a lifestyle makeover series aimed at educating and empowering local residents. Begun in 2009 by Dr. Suzy Youngquist, Rev It Up's series of classes, held in the spring and fall, are packed with participants of all ages who are unified, says Youngquist, by their desire for a better life. "People who are inspired to make healthy lifestyle changes and need a guide to help them navigate those changes: That is the perfect person for Rev It Up," says Youngquist, chiropractor and founder of Revolution Wellness Center, Rev It Up's sponsor.

In four two-hour classes, she speaks about all facets of healthy living, from food to exercise. Rev It Up's first session is devoted to disease prevention, while the second discusses nutrition. The third session teaches attendees a short workout, followed by foods prepared by the Rev

It Up team. The final session is dedicated to teaching the tools to detoxify the body, as well as the link between toxicity, chronic disease and the inability to lose weight.

For extra support and information, Youngquist hand-picks vendors whose tables encircle the classroom. "We're advocating you go out and buy healthy meat, and right there at Rev It Up is where you can purchase hormone-free, grass-fed meat," says Youngquist. "It's an environment where the resources are right in front of you."

The classes are packed with good reason: Success stories abound from couples like Larry and Joanie Wiken, who have attended Rev It Up two times over and experienced dramatic health benefits. After changing their diet and exercise habits, Larry stopped taking Lipitor, Lisinopril and Nexium, cut his cholesterol in half, and lost 20 pounds, while Joanie no longer takes Prevacid and Premarin and is 30 pounds lighter. "It's not a diet," says Joanie. "I'm eating more food than I ever have in my life. I'm never hungry, and I'm still losing weight."

Want a Makeover?

All sessions are from 6:30 to 8:30 p.m. at the Maple Grove Community Center. Each series is \$75 per person and \$100 per couple; individual classes are \$25/person. Register online at revolution-chiropractic.com or by calling 763.425.4577.

→ **March 3:** The 5 Pillars of Health: Uncover the environment that allows disease to grow and thrive, and learn the five pillars that are the foundation of disease reversal and prevention.

→ **March 10:** Your Nutrition Plan for Life: Say goodbye to temporary fad diets and calorie-counting; learn a life-giving nutrition plan you can follow for the rest of your life.

→ **March 17:** Experience a Burst Workout & Enjoy Healthy Recipes: Work your body with a short, efficient burst workout. Then reward it with life-giving, foods prepared by the Rev It Up team.

→ **March 24:** Detoxify Your Body and Environment & Grand Prize Giveaways: Understand the link between toxicity, chronic disease and inability to lose weight. Take home tools to start detoxifying immediately. Then Rev It Up gives away prizes valued at more than \$1,500. All those in attendance are registered for prizes.

Ruthi Mund also made a dramatic recovery by using the Rev It Up principles. In spring 2009, while a chiropractic patient of Youngquist's, she was diagnosed with aggressive breast cancer. "Suzy was going, 'You go, girl, you can do this,'" says Mund. "She was really encouraging me that I could beat this cancer naturally." Refusing chemotherapy and determined to conquer the disease, Mund cut sugar, white flour and coffee from her diet, integrating organic vegetables and hormone-free meat. Under Youngquist's guidance—and her connections to nutritionists and naturopaths—Mund was cancer-free in April 2010.

"Good health is not a sprint," Youngquist says. "It's not a quick fix; it's a lifestyle. It's running the race of being healthy." //