



Welcome to your AMPs ::

## Analysis of Monthly Practice

May 2014

### AMP Practice Tip of the Month

Many of you have quickly bounced back from a rough winter to put some fine numbers on the board to begin the second quarter – now the trick is to keep the ball rolling.

As people get into the swing of spring, they need guidance on how to rouse their stiff muscles, capitalize on their seasonal opportunities, and take their lifestyles to a new level of vitality.

It's a natural time for promotions – Mother's Day, Memorial Day, Spring Cleaning, health fairs, sports safety talks, children's promotions, fitness and weight reduction – there are no limits except your imagination and your team's willingness to serve.

Choose at least two fun things to do this month, and reach out to your community to make a bigger difference. They need you more than they realize, and if you make it fun and compelling, they are likely to respond.