

CEO's Corner

Mission Statement: To Help Our Visitors Reach Their Health, Fitness And Appearance Goals Through Information, Motivation, And Supplementation.

THE BODYBUILDING.COM BOOK READING PROGRAM

Want to make an extra \$100 per month so you can finally afford to drive to the nearest American Idol audition? Now you can... while at the same time increasing your brain power, improving your job skills, and making your entire life easier and more productive.

Introducing the Bodybuilding.com Book Reading Program!

Simply by reading or listening to relevant books, you can increase the size of your next paycheck. Bodybuilding.com will pay you \$50 for each book that you read up to two books per month. We will also pay you \$35 for each audio book that you listen to. All you have to do is pick out a book and have it approved by your manager. Then read it and then write a very quick one-page report on what the book was about and how you can apply it to your job or your life. It won't be graded so you don't have to worry about spelling or grammar.

What Type Of Books Are Allowed?

The book simply has to be something that will help you improve yourself. It can be something directly related to your job, like a book about Customer Service or a book about Web Design. You can also pick books about business, health and fitness, self-improvement, teamwork, communication, goal setting and planning, time management, and more. We have many of these books available here for you to borrow!

Why Did We Start This Book Program?

Why would we want to pay you \$50 to read a book? I believe that our employees are the biggest asset that we have. Your skills and your knowledge are what will take us to the next level as a company. The more that we can all improve as employees, the better we will be as a company, which will make us more competitive and more likely to grow faster than ever before. I also want to encourage team members to learn so they can reap the benefits in their family and personal life. You'll be a happier, more productive person in all areas of your life!

What's So Cool About Reading Books?

A love of reading runs like a common thread through the lives of the best, the most successful, and the most influential people our world has ever produced. Theodore Roosevelt is said to have read over 20,000 books in his lifetime. Abe Lincoln would have had no opportunity to escape poverty had he not been a reader. As a young man, Ben Franklin was too poor to buy books, so he would borrow them from friends, and then stay up until the wee hours of the night reading so he could return them by morning. If you want to move up or make a difference in the world, you'll need to increase your knowledge.

I believe that books are the secret weapon of the most successful people in the world. Knowledge is power. Why go through life trying to re-invent the wheel when you can go to your local library and get one-on-one instruction from the world's greatest experts? The greatest kings that ever lived didn't have access to the amount of information that is waiting for you at Barnes & Noble. All you have to do is choose to dedicate a little time to reading.

Did you know that 80% of Americans will not read a single book this year? 70% of American adults have not been in a bookstore in the past five years. 58% of American adults will never read a book after high school and 42% of college graduates will never read another book after graduation. Yikes!

If you are truly ready to change your life forever, you must devote time to reading and learning. You may be 100% satisfied with all aspects of your life, but if not, reading is one of the keys to reaching all of your life goals.

But I Hate Reading! I Never Have Time!

So now you may be thinking that in order to get the great benefits (and the extra \$100 per month) from reading, you have to give up all of your social activities and just bury your nose in boring books all night long? That's not true. If you simply read for 10 minutes each night before bed, you can finish at least one book per month. You will have differentiated yourself from the 80% of Americans that won't read a book this year!

Why not listen to audio books in your car while you are driving? You have a choice... memorize the lyrics to the latest Britney Spears song, or improve your life by taking advantage of all the time you spend at red lights. By listening to non-fiction audio books during all alone driving time, you can get a college semester worth of knowledge in one year. Commit right now to doing this. Audio books are also available for free at the library.

What about a bathroom book? Find a book and leave it in the bathroom. Read a few pages each time you "drop the kids off at the pool". You can finish at least one or two short books per year this way.

What about reading during your cardio or while at the gym? You can finish a lot of books this way, and it makes the stairstepper time go by much faster. You are improving your body and your brain at the same time.

Will You Do It?

I'm very excited to see which team members take advantage of the reading program. Are you one of them? Get started today, make extra money, improve your life... and if you do make it on American Idol, can you at least wear a Bodybuilding.com t-shirt at your audition?



Company Notes

Annual Company Parties

Idaho Co. Picnic:

Sunday August 19th, Storey Park in Meridian

"My wife and I really enjoyed seeing everyone at the Bodybuilding.com company picnic. I wish it would have been a little warmer so I could have won the cannon ball competition at Roaring Springs!!" - Jeremy DeLuca

"Thanks to everybody who showed up at the company barbecue! The bad weather could not keep us down. It was a lot of fun being able to talk with more of you and meet your families. Thanks again to Cindy Jarrard and others who helped to make it a success!" - Ryan DeLuca

Upcoming Florida Company Party:

Sunday, September 9th Casino Night at the Ramada Conference Center!!

ID Warehouse: Our event for September will be a Moving Party... Yeah!

We'll be moving the corporate offices on Sept. 14th so bring your muscles!

***Congrats to our bodybuilding.com Men's Softball Team! They are the Boise Men's D Upper League Champions for 2007. They battled their way through 9 games in 2 days with only a few scars to bring us a nice trophy! Great Job Guys!!

Happy Birthday!

Ezekiel Messenger	September 1st	Web Developer
Steven Williams	September 1st	FL Warehouse
Bryan Gumm	September 8th	Data Analyst
Eric Johnson	September 10th	Customer Service
Danny White	September 15th	FL Warehouse
Princess Akins	September 16th	Product Order Specialist
Davin Serina	September 17th	ID Warehouse
Andre Martin	September 21st	ID Maintenance
Terry Jones	September 24th	FL Warehouse
Tony Bunion	September 28th	FL Warehouse

September MVP

John Restrepo-
Florida Product Order Specialist



John Restrepo has been a remarkable employee from the beginning of his employment here at Bodybuilding.com. His positive attitude and excellent work ethic have been recognized and noticed by his managers and his peers. He constantly helps out his fellow workers while exceeding at his own goals and expectations. John has had an average scanning accuracy of over 99.8% this year. He has scanned over 2,000 orders in one week without a single mistake! This incredible attention to detail was utilized in writing the company's standard operating procedure for scanning orders. Consequently John has also been assisting in implementing this procedure with the rest of the employees in the Florida warehouse. It has been a tremendous pleasure and honor to have John apart of our Florida team and we look forward to working with him in the years to come.

Thanks John!

Our Company MVP's are awarded with an engraved trophy, \$50 gift certificate to an area restaurant, and a nice polo shirt donated by Fed Ex.

Nominated Department MVP's

Customer Service – Brandi Eller
Web Content – Richard Barnet
ID Warehouse – Greg Grimaldo
Finance – Patricia Johnson

Department MVP's are awarded with a \$5 lunch gift certificate for an area restaurant.

Department Spotlight: Florida Warehouse

Mission:

To achieve 100% customer satisfaction through quick, accurate and efficient order fulfillment.

Number of Employees: Currently at 39.

Product Order Specialist:
Princess Akins



Product Receiving Specialist:
Johnny Walker



Florida Warehouse Manager:
Michael McCabe



Princess Atkins works in our shipping department and is having an amazing month. She has currently processed over 3,500 orders and has only five reported mistakes. She is averaging 99.85% packing accuracy! Johnny Walker works in our receiving department and is responsible for receiving all parcels. He plays a major role in making sure the 6,650 items we receive each day are entered into our inventory accurately. Johnny also runs our cycle counts every morning which helps ensure our four million dollar plus inventory stay under a two percent change!

The Florida warehouse has shipped 395,269 orders so far this year. We are averaging 1690 orders per day. Our receiving department has checked in 1,556,795 items this year, with an average day of 6,650 items.

Recent Accomplishments:

Most recently we have written and are in the process of implementing Standard Operating Procedures for every task in our facility. This will allow us to better measure our processes and evaluate where the biggest opportunities for improvement are. We plan to have every one trained and following them by the end of September.

Future Goals:

Our biggest goal is to reduce our cost per order through rigorous process evaluation, improvement and constant training. As the year comes to a close, we are also looking at strategies to accommodate our yearly growth of 30%.

Bragging Rights:

The Florida warehouse currently ships 58 – 62% of the company's total orders. 1.8% variance on an over four million dollar inventory. 29% reduction in overtime from quarter one to quarter two. Currently on track to reduce our cost per order by 15% over 2006.

Each and every one of the employees contributes a tremendous amount each and every day. They are dedicated to doing their best and are the reason for any and all improvement in operations at the Florida warehouse.

BODYBUILDING.COM



Did you know Jamie Eason (World's fittest Model) is part of the Bodybuilding.com team?

Not only is Jamie a new featured writer for our website, and one of our top viewed BodySpace™ members, she is also working at our events next to Bob Chicerillo proving to be a strong draw for both men and women! Stop by her BodySpace™ to say hello.

Kind Words
from our
customers

Employment Anniversaries

Thank you for your continued hard work and loyalty to Bodybuilding.com!!!

Tommy Zarate	Customer Service Manager	6 Years of Service
Scott Wilmonen	Web Design	4 Years of Service
James Corvin	FL Warehouse	3 Years of Service
Brian Jurs	ID Warehouse	3 Years of Service
Johnny Walker	FL Warehouse	2 Years of Service
Dave Middleton	Marketing	2 Years of Service
Tyler Williams	Web Design	2 Years of Service
Katie Clemons	Office Mgr. -FL Warehouse	1 Year of Service
Dominic Lucero	ID Warehouse	1 Year of Service
Darlene Otero	ID Warehouse	1 Year of Service
Jamie Towle	Customer Service	1 Year of Service
Anthony Martin	ID Warehouse	1 Year of Service
Randy Jackson	Web Programmer	1 Year of Service
Marcus Thompson	FL Warehouse	1 Year of Service
Melanie Harris	ID Warehouse	1 Year of Service

Changing Faces

A warm welcome to our Newest Employees!!

Crystal Matthews	- Affiliate Program Manager
Jordan Ax	- Customer Service
Caleb Frankamp	- Customer Service
Kayla Manthey	- Customer Service
Sean Peterson	- Customer Service
Natalie Nichols	- Reception/Administrative Assistant

Department Changes / Promotions

Sarah Jones - promoted to Administrative Assistant in the Finance Dept.

\$\$ Bonus Watch \$\$

We are heading into the 2nd month of our 3rd Quarter Bonus Period. That means you have 30 days left in the Quarter to make an impact on your next bonus. Remember, everything you do that makes the Company more profitable will directly be reflected on your future Bonus! What can you do today??

I wanted to say that the service at bodybuilding.com has been awesome for the past year or so that I've used it. Every package or delivery has arrived within the scheduled brackets, and I've never received damaged or compromised goods. The information and videos on the site have helped me tons in choosing the products I want and the entire website has been a great source of info. So I would just like to say thanks a lot and I hope the good service continues because there aren't too many reliable venues left around.

*sincerely
Ali Ebrahimi*

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