

The Bodybuilding.com Mission: To Help Our Visitors Reach Their Health, Fitness and Appearance Goals Through Information, Motivation and Supplementation.



CEO's Corner

THE NEXT TWO YEARS...

I would love to have a detailed ten-year strategic plan to show you. I'd love it if we had every tactical detail figured out and documented, so we could just focus on execution. Of course, that's not realistic in today's business landscape—especially in the ever-changing Internet world. The reality is that our strategic planning and tactics will be more like our agile software development process: constantly iterating and being "tweaked" as we learn and listen to our customers.

At the same time, our overall company strategy and mission should not change very often (if at all). As you know, our mission is to help our visitors reach their health, fitness and appearance goals through information, motivation and supplementation. This is WHY we exist and what we are aiming to accomplish in the world.

The HOW of our strategy and the tactics we use to fulfill our mission are what can change (a little) based on market conditions, customer feedback, internal learning, and useful technology. For example, we've always had the same mission, but in the beginning we never planned to launch BodySpace. That came about because of our focus on community, customer feedback, psychological research into motivation, and new and important Internet tools and trends. We have to always be open to change, since companies that get complacent or afraid of "risky" changes get left behind. That's not us!

Right now we have a high-level plan for the next two years, along with a vision of where we want to be in the distant future. We break that two-year plan down into our annual plan where we go into more detail (full budgets and targets, headcount planning, and overall strategic goals and tactics).

From there, we break it down into monthly goals that take us toward our annual plan. Of course, new opportunities may come up, or yesterday's "great idea" could turn out to be a dud...and we are open to making minor course corrections as needed!

On the highest level, we have mapped out a way to make Bodybuilding.com a household name. First of all, 2009 is the biggest site-building year we've ever had. We are spending millions of extra dollars on IT and development for new features on our site. Our site is nowhere near where we envision it to be! We have three years' worth of work to get done in only one year.

In order to have the money to do this, we lowered the marketing budget. We will simply continue our basic marketing tactics this year. Our growth will come from WOWing our customers and earning their word of mouth. This year, marketing will be preparing behind the scenes for their big year... 2010.

2010 is the year for massive marketing and public relations. We will have built features and technology on our site in 2009 never seen before! It will be easy to use and ready for a more mainstream audience. It will be worthy of being written about in magazines and newspapers, and talked about on TV. That's the challenge for marketing...to get the word out to the right people!

For our 2010 plan, we increased marketing's budget by a big amount, giving them the ammo they need to get the word out in new and exciting ways... possibly including a published BodySpace book, TV advertising, national exposure on TV and radio shows, and more mainstream advertising.

Get ready... your company is on the verge of hitting the tipping point, and then the fun will really begin!

Ryan DeLuca
Bodybuilding.com
Chief Executive Officer



Company Notes

Company Luncheon Dates:

- **Corporate Offices**
Friday, February 20th
- **Idaho Warehouse**
Tuesday, February 17th
- **Florida Warehouse**
Thursday, February 26th
- **Pennsylvania Warehouse**
Friday, February 13th

Happy Birthday!

Employee	Department	Birthday
Stacey McCord	Florida Warehouse	2/4
Leron Brooks	Florida Warehouse	2/10
William Bronson	Florida Warehouse	2/11
Jennifer Stuart	Florida Warehouse	2/25
Sarah Jones	Human Resources	2/21
Robert Croft	Idaho Warehouse	2/8
Brian Crawford	Idaho Warehouse	2/22
Joshua Pedersen	Idaho Warehouse	2/27
Joshua Mattern	Idaho Warehouse	2/28
Brett Spencer	IT	2/20
Jamie Whinery	Marketing	2/21
Tonya Jackson	Pennsylvania Warehouse	2/11
Ryan McCann	Pennsylvania Warehouse	2/12
Penny Fisher	Pennsylvania Warehouse	2/14
Cory Marsh	Web Development	2/4
Reece Theobald	Web Development	2/9
Jason Dean	Web Development	2/25
Ben Ulmen	Web Supersite	2/11
Tyler Williams	Web Supersite	2/28

FEBRUARY MVP

María Aragon de Gonzales Finance



The name María Aragon de Gonzales is legendary within the walls of Bodybuilding.com. So much so, she was nominated to be February's MVP by a company officer (hint - he is an officer, but no, he is not a gentleman). When asked why he nominated her, he offered the following:

- "María is always 100% willing to drop whatever she is doing to assist myself or others who need something from her."
- "She is very positive and always has a "can do" attitude about delivering what has been requested."
- "Her work is always accurate and reliable, which is very important when working with finance/budget matters."
- "She is always willing to let my budget overages slide when I ask her to (WHOA, hit the brakes! Is that true, María?)."

In all seriousness, María is a strong asset to the Finance Department and Bodybuilding.com in general. She is dedicated to her job and always strives to provide exceptional results. In her role, many of María's customers are internal (such as providing quality information to other departments that they can base decisions on). Other customers she interacts with are external (such as working with our banks to ensure cash flows are handled in the most advantageous manner). In all instances, María carries a very positive and upbeat attitude—one which is contagious to those who interact with her.

If you have not met María, stop by her "pad" and get to know her a little bit. But be careful! She is an avid runner, tri-athlete, and powerlifter who doesn't take crap from anyone... except for the officer that nominated her of course.....

Congratulations María and thanks for all your efforts!

Nominated Department MVP's

- Justin Podzimek Web Supersite
- Mick Skinner Marketing
- Stephen Diggs Idaho Warehouse
- Lacey Yetter Purchasing

Department MVPs are awarded a \$10 gift certificate to an area restaurant.

Department Spotlight: Web Store

What We Do:

Ever wonder how new products get added to the site? That's all us, baby! The Web Store is dedicated to getting new products added as fast as possible, to help our customers reach their goals. Another big focus of ours is to keep the product information as accurate and up-to-date as possible.

Who We Are: Our team is a well-oiled bodybuilder...I mean, machine.



Dannielle Gonnoud:

Simply put, she does it all and rocks at it! She is dedicated to the sport of bodybuilding as well as general fitness and nutrition, and it shows. She is always looking for a new challenge, and always takes it to "a whole nutha level". She is participating in the Bodybuilding.com Transformation Challenge, so as a warning to the rest of you, drop out now—you WILL lose!



Mike Bieker:

What can I say, but "Mikey, we love you!" He brings an enthusiasm and humor to our sometimes stressful job. When he's not out getting auto insurance (inside joke) his genuine love for Bodybuilding.com is infectious. When push comes to shove you can count on Mike to get it done.



Josh Hiedeman:

Although Josh has only been with Bodybuilding.com a few weeks, he has already proven he is the right man to help take the Web Store to the next level. His attention to detail and process improvement has already saved us time and money (and that's not even what he was hired for). He loves Excel...possibly more than finance.



Dan DeLuca:

He's been with Bodybuilding.com for over 10 years (pretty much from the beginning). He juggles, quite successfully, school and work. Dan took over our photo department and ran with it. He takes all the pictures for Bodybuilding.com and Wheycheap.com. But he's willing to jump in wherever and whenever needed. He loves to travel and see the world. Speaking of which, he's in Japan as this is being written, so I can say whatever I want about him...he's not here to defend himself!



Eric Davis (Joel McHale):

Contrary to popular belief, he's not from Canada. Last I checked, Minnesota was still part of the U.S. His main goals for '09 are to not be "first loser" (second place) anymore, but be "first winner" in at least one of his mountain bike races this season. Live or die he will do the Ironman 70.3 Boise this year...even if Staci McCulloch has to carry him across the finish line. Another goal is to make his team so efficient he can retire early to Roatan Honduras. He loves supplements and will often be a guinea pig for new products (can you say Serenity?).

The Customer Service department fielded a Meridian City League Dodgeball team for the first time this past fall. "Ball Night Long" was a team of relatively new dodgeballers that spent one night a week of the 8-week season learning the rules and intricacies of the game. By the end of the season, they were the 3rd seed entering the end-of-season double-elimination tournament. The team dominated the first few rounds of the event. With a flurry of rubber balls thrown with laser-like precision, they cruised into the championship round with an unblemished record. Then, the wheels fell off the bus. Ball Night Long couldn't maintain their dominance and were defeated in two straight matches. While they were thrilled with their 2nd place finish, they would have loved to come home with that 1st place trophy and t-shirt. Big thanks to all the team members and to the family and friends that came out to support them! **NEXT YEAR, FIRST PLACE IS THE ONLY OPTION!**



New Faces

A warm welcome to our newest employees!!

- o Shaun Erlebach Customer Service
- o Scott Grady Customer Service
- o Marc Pech Florida Warehouse
- o Christopher Snyder Florida Warehouse
- o Tynecia Woodard Florida Warehouse
- o Jason Beltman Idaho Warehouse
- o Jessica Johnson Pennsylvania Warehouse
- o Sean Hillman Pennsylvania Warehouse
- o Doug Baker Pennsylvania Warehouse
- o Shane Hoalst Web Development

Employment Anniversaries

Thank you for your continued hard work and loyalty!!!

Employee	Department	Hire Date	# of Years
Chris Bennett	Customer Service	02/04/2008	1
Lindsey Mills	Customer Service	02/04/2008	1
Anna Rigas	Customer Service	02/04/2008	1
Scott Villalobos	Customer Service	02/04/2008	1
Evan Hobbs	Customer Service	02/25/2008	1
Antonio Brown	Florida Warehouse	02/04/2006	3
Anthony Barnes	Florida Warehouse	02/07/2007	2
Monterrance Woodard	Florida Warehouse	02/15/2007	2
Chris Keith	Idaho Warehouse	02/01/2006	3
Joshua Pedersen	Idaho Warehouse	02/28/2007	2
James Young	Idaho Warehouse	02/13/2008	1
Karl Henninger	Idaho Warehouse	02/14/2008	1
Jeran Dahlquist	Marketing	02/24/2005	4
Paul Tarantino	Marketing	02/06/2006	3
Brad Hughes	Pennsylvania Warehouse	02/11/2008	1
James Windemaker	Pennsylvania Warehouse	02/11/2008	1
Antonio Martin	Pennsylvania Warehouse	02/18/2008	1
Deanna Nilsen	Pennsylvania Warehouse	02/18/2008	1
Johnna Plaunt	Pennsylvania Warehouse	02/18/2008	1
Sandra Valle-Glaser	Pennsylvania Warehouse	02/18/2008	1
Lacey Yetter	Pennsylvania Warehouse	02/18/2008	1
Mowjood Idroos	Pennsylvania Warehouse	02/18/2008	1
Doug Lerch	Pennsylvania Warehouse	02/25/2008	1
Ron Miller	Pennsylvania Warehouse	02/25/2008	1
Dustin Christopherson	Web Development	02/25/2008	1
Dannielle Gonnoud	Web Store	02/13/2006	3
Kevin Haub	Web Supersite	02/06/2008	1

KIND WORDS FROM OUR CUSTOMERS

Everyone give yourself a pat on the back... Your service is simply the best I have ever encountered online. Just amazing. I spend tens of thousand online each year and of all the stores you are the best. I am an owner and VP E-Commerce of Everything2go.com (officefurniture2go.com, homefurniture2go.com) and I know how difficult providing top level service can be.

Thank you very much!

Matt Boyce
Grafton, WI

Bodybuilding.com Headquarters!



BODYBUILDING.COM



This Month's Book Program Beneficiaries

Paula Viscetto	Customer Service	The Game of Work	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless
Carli Visser	Customer Service	The Game of Work: Leadership 101	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless
Eric Johnson	Customer Service	Leadership 101	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless
Eric Johnson	Customer Service	Hormonally Intelligent Exercise: The Ultimate Training Technology for Men and Women	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless
Cami Aberle	Customer Service	The Truth About You	Idaho Warehouse	What Does Your Doctor Look Like Naked?
Chris Bennett	Customer Service	The Secret	Idaho Warehouse	The Game of Work
Chris Bennett	Customer Service	The Leader In You	Idaho Warehouse	Shut Up, Stop Whining and Get a Life
Jordan Boyd	Customer Service	Mentoring 101	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless
Ashley Burgin	Customer Service	30 Days to Getting Back Into Shape	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless
Brett Davis	Customer Service	Fish	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless
Colin Eggleston	Customer Service	Eating For Life	Idaho Warehouse	What Does Your Doctor Look Like Naked?
Cami Herland	Customer Service	The Biggest Loser Fitness Program	Idaho Warehouse	The Last Lecture
Noel Hollenbeck	Customer Service	Skinny Bitch in the Kitchen	Idaho Warehouse	Kaizen & the Art of Creative Thinking
Erika Miller	Customer Service	The Biggest Loser Cookbook	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless
Booker Nabors	Customer Service	The Secret	Idaho Warehouse	The Last Lecture
Viscetto Paula	Customer Service	Fast Fat Loss Guide	Idaho Warehouse	The Little Red Book of Sales Answers
Anna Rigas	Customer Service	Fish	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless
Kelli Ryder	Customer Service	The Game of Work	Idaho Warehouse	How Companies and Customers Can Create Value and Wealth Together
Blake Stanhouse	Customer Service	Nutrition for Dummies	Idaho Warehouse	Nwer Check E-Mail in the Morning:
Brandy Sturlin	Customer Service	Communicating Effectively	Idaho Warehouse	And Other Unexpected Strategies for Making Your Work Life Work
Carli Visser	Customer Service	The Celebrity Experience	Idaho Warehouse	Freconomics
Candy Ward	Customer Service	What Are You On?	Idaho Warehouse	
TJ Young	Customer Service	Ethics 101	Idaho Warehouse	
Gulliams, Joe	FDA/FTC	The Truth About You	Idaho Warehouse	
Maria Gorzales	Finance	Little Golden Book of YES! Attitude	Idaho Warehouse	
Erin Hogue	Finance	Leading with a Heart	Idaho Warehouse	
Terry Mayer	Finance	The Janitor	Idaho Warehouse	
Princess Akims	Florida Warehouse	Skinny Bitch	Idaho Warehouse	
Antonio Brown	Florida Warehouse	30 Days to Better Health	Idaho Warehouse	
Antonio Brown	Florida Warehouse	Whale Done	Idaho Warehouse	
Toni Bush	Florida Warehouse	The Last Lecture	Idaho Warehouse	
Toni Bush	Florida Warehouse	Whale Done	Idaho Warehouse	
Linda Klein	Florida Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Linda Klein	Florida Warehouse	Difference Maker	Idaho Warehouse	
Alexis McGriff	Florida Warehouse	Fish!	Idaho Warehouse	
Olson Merant	Florida Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Olson Merant	Florida Warehouse	1001 Ways to Reward Employees	Idaho Warehouse	
March Pech	Florida Warehouse	Tipping Point	Idaho Warehouse	
Jonathan Pompey	Florida Warehouse	Six Sigma	Idaho Warehouse	
Jonathan Pompey	Florida Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
John Restrepo	Florida Warehouse	Game Over: Volume II	Idaho Warehouse	
John Restrepo	Florida Warehouse	Yes! Attitude	Idaho Warehouse	
Katrina Roberts	Florida Warehouse	Q&O	Idaho Warehouse	
Jennifer Stuart	Florida Warehouse	Genetic Growth	Idaho Warehouse	
Marcus Thompson	Florida Warehouse	The Janitor	Idaho Warehouse	
Marcus Thompson	Florida Warehouse	Q&O	Idaho Warehouse	
Johnny Walker	Florida Warehouse	Who Moved My Cheese?	Idaho Warehouse	
Joe White	Florida Warehouse	Healthy Fats for Life	Idaho Warehouse	
Lenore Williams	Florida Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Scott Wohlrab	Florida Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Rod Zanders	Florida Warehouse	TransFat Solution	Idaho Warehouse	
Spaulding Mike	Human Resources	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
		Fish Tales	Idaho Warehouse	
		Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
		On-Time, On-Target Manager	Idaho Warehouse	
		Business at the Speed of Light	Idaho Warehouse	
		Q&O	Idaho Warehouse	
		Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
		30 Days to Better Health	Idaho Warehouse	
		The One Minute Manager Builds High Performing Teams	Idaho Warehouse	
Jimny Acuna	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Andrew Braithwaite	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Crystal Burgess	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Nick Castle	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Shaun Cook	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Matt Cortez	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Joshua Cramp	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Gordon Crawford	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Bobby Croft	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Stephen Diggs	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Melanie Harris	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Joshua Mattern	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Josh Mayer	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Debra Olive	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Mollie Riggs	Idaho Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Whinery, Jamie	Marketing	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Jason Macfarlane	Operations	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Idaho Warehouse	
Donnell Bates	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Brandi Eller	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Penny Fisher	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Deb Gutshall	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Amanda Hertzog	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Brad Heister	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Michele Kuhn	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Pete Kuta	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Larry Lynch	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Antonio Martin	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Kendra Meisenhelter	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Ron Miller	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Antwan Morrison	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Idroos Mowjood	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Chris Moyer	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Jamie Myers	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Johnna Plaunt	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Nick Pugh	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Cornish Quintell	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Brandy Repman	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Kerry Ryan	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Charles Tate	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Sandra Valle-Glaser	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Lacey Yetter	Pennsylvania Warehouse	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Todd Funke	Web Development	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Jason Dean	Web Development	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Troy St-Pierre	Web Development	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Matt Wilhelm	Web Development	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Yan Zhu	Web Development	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	
Craig Roberts	Web Supersite	Customer Satisfaction is Worthless/Customer Loyalty is Priceless	Pennsylvania Warehouse	

IDAHO WAREHOUSE NEWS

We have added one new member, Jason Beltman, to our Receiving team. He is learning quickly the dos-and-don'ts of the receiving area. He is becoming proficient with the hand cart and finding his way around the warehouse with our ever-growing number of SKUS. Speaking of more SKU's, we are continuing to modify the locations and product placement according to size and popularity. Now there is even a bay designed alone for the endless Gaspari, Nutrex, and Controlled Labs samples! It definitely makes it easier for the picker's to get all the items together for each customer order.

This month new box sizes are being tested for shipping out the orders. The experimental boxes have added an inch of height to all brown boxes. The scanners are excited because what was previously a 2- box order can now be a 1- box order because all the items fit. We continue to improve our processes throughout the warehouse, from fixing barcodes to checking every expiration date. As the orders increase due to the New Year, we want to impress any new customers with our service. In the Returns Department we are watching for what products are being returned and why, then addressing any issues we can to make the experience better for the customer.

6 of the individuals from the warehouse are watching their food intake and hitting the gym as the Transformation Challenge begins. Some are even quitting tobacco, and that can be tough. No hitting the vending machines in our break room - veggies, tuna and cottage cheese instead! J Oh yeah, and an occasional chocolate-flavored protein bar.

PENNSYLVANIA WAREHOUSE NEWS

New Year, New Goals!!! Let start it with a bang!! January has been such a rush that we have not had time to even sit back and think! We are go go go all the time! All the employees are in great moods and wanting to beat the record every day. We will be having our First Annual Airless Air Hockey Tournament starting this month. We will be announcing the winners sometime in February.

We have asked some of the team members to let us know what they like about working at the PA warehouse or how they feel about their team.

"PA Bodybuilding.com is awesome! You will not find a larger group of unique people on the green face of mother earth. When it comes to having fun and getting the job done BB.COM PA is your sure bet."

"The team here in PA is one big family! When you come here for the first time, you see how close everyone is. However, they are always willing to accept a new face into the family and make you feel like family instantly. That is one of the biggest rewards you can have at any job. I love it here!"

"Working at BB.COM is cool because it keeps me busy and I get a workout. It shows me how to work well with team members. Working here is super and reading the books gives me very useful knowledge."

"I really love my job here at BB.COM. Wild horses could not pull me away. The people I work with are great and my job really keeps me in shape. Pete and Tony are nice. In addition, Brandi is a wonderful manager; she has helped me out so many times. The gym and book program are an awesome bonus also."