

PAUL EUGENE WHAT'S NEW

MONTHLY NEWSLETTER

BODY · SOUL · SPIRIT

NOVEMBER 2026 / 20TH ANNIVERSARY EDITION

WHAT'S NEW

A Personal Welcome from Paul Eugene



Hello, Fitness Family!

Welcome to the November edition of **Paul Eugene | What's New**.

This year has been especially meaningful. I celebrated my 70th birthday, and now I'm celebrating 20 years of sharing fitness, music, movement, and encouragement on YouTube.

When I look back, I see more than videos. I see people, connections, and a community that has grown across generations and around the world.

These days I am learning to use my energy wisely, make room for rest, and continue doing what brings me joy.

Inside this issue: a look back at my early YouTube days, four November Zoom classes, conversations beyond fitness, holiday encouragement, a devotional, and ways to stay connected.

We're still moving, still growing, and still discovering what life has to offer.

With gratitude, **Paul Eugene**

I was born to inspire the world to exercise body, soul and spirit.

20 YEARS ON YOUTUBE

The music. The movement. The memories. And YOU!



Dance Dance Dance Fitness — published March 21, 2007; more than 9.7 million views.

When I watch those early fitness videos, the passion and joy return. I was the director and host. I created the music, choreographed the routines, and selected the exercisers. **I believed in myself, and I got it done.**

It amazes me that people are still finding these workouts and moving with us today. But this celebration is not mine alone. Every view, comment, shared video, and moment of exercise helped build this community.

Without you, I would not be celebrating my 20th YouTube birthday. Thank you!



FINISHING 2026 WITH PURPOSE

Are You Still on Target to Reach Your Fitness Goals?

Here we are, approaching the final two months of 2026. Do you remember the fitness goals you set at the beginning of the year? Maybe you wanted to walk more, build strength, or simply be more consistent.

Perhaps you have made wonderful progress. Perhaps life interrupted your plans. Or perhaps what mattered in January looks different today.

I have learned that fitness does not always move in a straight line. There are seasons when we can do more and seasons when we need to do less. Doing less does not necessarily mean moving backward.

What would meaningful progress look like between now and December 31? There is still time to move, grow, and celebrate what we have accomplished. Every movement matters.

WHAT'S HAPPENING NOW

MOVE WITH ME IN NOVEMBER



SATURDAY

LIVE  **zoom**

CLASSES

4 Saturdays • 4 Different Workouts!

NOV 7	Walk & Tone Saturday • 10 AM ET Get your steps in and build strength at home!	
NOV 14	Chair Fitness Saturday • 10 AM ET A fun, effective seated workout for all fitness levels!	
NOV 21	Dance Fitness Saturday • 10 AM ET Move, smile and have fun with easy-to-follow dance moves!	
NOV 28	Power Walk Saturday • 10 AM ET Boost your cardio, energize your day and finish November strong!	

SIGN UP NOW – FREE! 

 ALL FITNESS LEVELS Welcome!

 LOW IMPACT MODIFICATIONS Always Provided

 FROM YOUR LIVING ROOM to Yours!

 REGISTER AT www.pauleugenefitness.com

Register: bookwhen.com/pauleugene

TALK WITH PAUL EUGENE



Real Life. Real Conversations. A Place to Connect.

You may know me from my fitness workouts, but there is another side of me I enjoy sharing. We talk about aging, relationships, purpose, finding peace, navigating change, and embracing the season of life we are living.

Sometimes we laugh. Sometimes we reflect. And sometimes we simply need a place to check in with one another and know someone is listening.

You don't have to have all the answers. Neither do I. We are sharing the journey together.

November dates and topics: **TO BE ANNOUNCED.** Follow my YouTube channel and Community posts for updates.

BODY & MOVEMENT

STAYING ACTIVE DURING THE HOLIDAYS



The holidays can change our routines. Family gatherings, travel, shopping, preparing meals, and celebrations can fill the calendar. Sometimes exercise is the first thing we set aside.

What if we entered the season without so much pressure? Maybe we will not have time for our usual 40-minute workout. Maybe we have 15 minutes to walk, dance, or do chair cardio. That is still movement.

Consistency does not always mean doing the same thing every day. Sometimes it means finding a way to stay connected to movement that fits the season. Fitness should add joy, not another obligation.

How do you plan to stay active during the holidays? I would love to hear from you.

A MOMENT WITH GOD

From Paul's Heart — Still Bearing Fruit



 **A Moment with God**
From Paul's Heart

Psalm 92:14 (KJV)
“They shall still bring forth fruit in old age; they shall be fat and flourishing.”

Still Bearing Fruit
No matter our age, God still has purpose for our lives. We can continue to grow, encourage, and make a difference. Every season of life is a gift, and there is still fruit to be produced.

 **Paul Eugene**
Body • Soul • Spirit

As I celebrate 20 years on YouTube and reflect on turning 70, Psalm 92:14 reminds me that God still has purpose for our lives. I am still creating, learning, moving, and discovering ways to encourage others.

Bearing fruit does not always mean doing more. Sometimes it means sharing wisdom, offering kindness, or being present for someone who needs encouragement.

A prayer: Heavenly Father, thank You for every season of life. Help us recognize the purpose and possibilities still before us. May our lives continue to bear fruit through love, encouragement, and kindness. Amen.

NEW IN THE PAUL EUGENE SHOP

INTRODUCING THE CLUB TUMBLERS



Your Age. Your Club. Still Moving!

It started with my own Club 70 tumbler. Some of you noticed me sipping from it during my live talks and workouts and asked how you could get one. Your requests inspired me to create a collection for every decade!

Now you can represent your own journey with a **Club 20, 30, 40, 50, 60, 70, 80, or 90** tumbler. Each 20oz insulated stainless steel tumbler carries our message: **STILL MOVING** and **BODY • SOUL • SPIRIT**.

Whether it's for your morning coffee, a refreshing drink after a workout, or a birthday gift, I hope your tumbler reminds you that every season of life is worth celebrating.

ALL EIGHT CLUBS • \$29.99 EACH

SHOP: www.pauleugene.store

WEAR THE INSPIRATION!

PAUL EUGENE SHOP

www.pauleugene.store

PAUL EUGENE ORIGINALS

- pauleugene
- WOO HOO!
- HOW DID U DO?

TEMPLE MAINTENANCE FAITH & FITNESS

- TEMPLE Maintenance Faith & Fitness
- PSALM 71:18
- BLESSED

THE CLUB COLLECTION STILL MOVING!

- CLUB 20 STILL MOVING
- CLUB 30 STILL MOVING
- CLUB 40 STILL MOVING
- CLUB 50 STILL MOVING
- CLUB 60 STILL MOVING
- CLUB 70 STILL MOVING
- CLUB 80 STILL MOVING
- CLUB 90 STILL MOVING

My T-shirt collections reflect the joy, encouragement, and faith I have shared throughout the years: **Paul Eugene Originals**, **Temple Maintenance Faith & Fitness**, and the **Still Moving Club Collection** celebrating ages 20 through 90.

EXPLORE: www.pauleugene.store

COMMUNITY & CONNECTION

LET'S STAY CONNECTED

Whether you have exercised with me for years or just discovered my workouts, I am grateful you are here. Our connection does not end when the workout is over.

Find me online

YouTube	@PaulEugene
Facebook	pauleugenefitness
Instagram	@pauleugenefitness
Zoom Registration	bookwhen.com/pauleugene
Online Shop	www.pauleugene.store

Still moving. Still growing. Together.