

News from Fitness Fusion

From: **Fitness Fusion** (fitnessfusionnews@gmail.com)

Sent: Mon 1/07/13 7:40 PM

To: ~~Jenniferboyds7@hotmail.com~~



Fitness Fusion Newsletter

January 7, 2013

Dear Jennifer/Yoga/LAFM,

Health

One of the most unfortunate things that has come to us through what we call "higher civilization" is the killing of faith in our power of disease resistance. In our large cities people make great preparations for sickness. They expect it, anticipate it and consequently have it. It is only a block or two to a physician; a drug-store is on every other corner, and the temptation to send for the physician or to get drugs at the slightest symptom of illness tends to make them more and more dependent on outside help and less able to control their physical discords.

During the frontier days there were little villages and hamlets which physicians rarely entered, and here the people were strong and healthy and independent. They developed great powers of disease resistance.

There is no doubt that the doctor habit in many families has a great deal to do with the developing of unfortunate physical conditions in the child. Many mothers are always calling the doctor whenever there is the least sign of disturbance in the children. The result is that the child grows up with this disease picture, doctor picture, medicine picture in its mind, and it influences its whole life.

- Orison Swett Marden

How to Make the Most of NOW



Really, what good is nostalgia?

This is part two of our three part series on nostalgia. Nostalgia, the word itself is from the Greek, meaning essentially "the ache of homecoming." We like to remember how good it was "way back when," and then get all sad about it because it will never be that good again. It's a bit on the masochistic side, if you ask me.

Dwelling on the past won't give you much room to appreciate the present. Getting hung up on yesteryear is an obstacle to living life in the moment. It's like trying to drive while only looking at the rearview mirror. You're only going to see the bumps after you hit them.

So, what is a way to keep yourself in the here and now, instead of lingering on times gone by?

Express Yourself

Artists always have someone looking over their shoulders saying, "I wish I could draw." Those artists are thinking, "Then draw!"

It doesn't hurt to get some new skills under your belt. So many people want to take up a new hobby, but squelch that dream before it starts. "I could never do that," never did

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much for anybody.

Wishing isn't going to do as much for you as doing will.
Take a class, go to the library and get a book, ask someone
to show you how, or use the internet to find some
instruction. It's never too late to learn.

~Jan

Jan's Fit Tip



Move It and Lose It

Since I am constantly preaching about incorporating exercise into your life, I make it a very high priority in my life. Call me old-fashioned, but I think if one is going to give advice, one should practice what they preach. As busy as I am, I find a way to fit in exercise almost every day. If you are currently not engaged in a regular exercise program, please do your mind, body and spirit a tremendous favor and find a way to make that happen. There is NO substitution for exercise and it's a must for healthy living, fitness and weight loss.

But people are constantly telling me how busy they are. They are also constantly asking me how they can find the time to work exercise into their day. My response is always the same. I always tell them that that nobody knows the intricacies of their life as they do and nobody can find that time in their schedule for them. The truth is that if you make healthy living your first priority, you will find the time.

My motto is Live Wise with Exercise - Move It And Lose It!
Why not make today the day you find the time?

Healthy Recipe



Mary's Chicken Zucchini Casserole

1 package Stove Top Stuffing
3/4 cup butter, melted
3 cups diced zucchini (3-4 small ones)
2 cups cubed cooked chicken
1 can condensed cream of chicken soup
1 medium carrot, shredded
1/2 cup chopped onion
1/2 cup sour cream

Preheat oven to 350.

In a large bowl, combine the stuffing mix and butter. Set aside 1/2 cup for topping (a little more is better). Add the zucchini, chicken, soup, carrot, onion, and sour cream to the remaining stuffing mixture.

Transfer to a greased 2 quart baking dish. Sprinkle with the reserved stuffing mixture. Bake, uncovered, at 350 for 40-45 minutes or until golden brown and bubbly.

Published by: [Banner Health](#)

Cancellation of ZUMBA-FEST!!!

We will not be holding Zumba-Fest classes in January after all. We apologize for any confusion!

Coming Soon!!

Look for testimonials from some of our most successful clients!!

Have any Questions or comments? Make sure to e-mail us, visit us on Facebook or at www.fitnessfusionaz.com, call us, or stop in to the studio. We would love to hear from you!

Let's make this a GREAT and HEALTHY week!

Sincerely,



Jan Baker
Owner of Fitness Fusion

Know your target audience. Who are your most important customers, clients or prospects, and why? Know what is important to them and address their needs. Include a photo to make your message even more appealing.

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