

News from Fitness Fusion

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

Sent: Mon 1/14/13 6:20 PM

To: ~~XXXXXXXXXXXXXXXXXXXX~~



Fitness Fusion Newsletter

January 14, 2013

Dear Jennifer/Yoga/LAFM,

Wanted!

More to improve
and fewer to disapprove...
more to say it can be done
and fewer to say it's impossible.
More to inspire others
and fewer to throw cold water on them.
More to get into the thick of things
and fewer to sit on the sidelines.
More to point out what's right
and fewer to show what's wrong.

More to light a candle
and fewer to curse the darkness.

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-Author Unknown

How to Make the Most of NOW



Really, what good is nostalgia?

This is the final 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?

Teach

You probably have some mad skills, secret recipes, or some quirky something you do better than anyone you know.

There may even be people you know that want to know how you do that super-secret special something. You have a gift that the powers that be gave you. That also means you have a gift to give.

Showing someone how to do something special is a great way to not just share knowledge, but to share a moment. That's what life is all about: a series of moments. So make the most of the one you have, right now, by being present for it.

~Jan

[Jan's Fit Tip](#)



The flu is a highly contagious respiratory infection caused by influenza viruses. The influenza virus usually enters the body through mucus membranes in the mouth, nose, or eyes.

When a person with the flu coughs or sneezes, the virus then becomes airborne and can be inhaled by anyone nearby. You can also get the flu if you've touched a contaminated surface like a telephone or a doorknob and then touch your nose or mouth.

Flu Prevention Tips

The single best way to prevent the flu is to get vaccinated each fall, but good health habits and antiviral medications can also help protect against the flu.

Good Health Habits

Good health habits are also an important way to help prevent the flu.

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands.

Washing your hands with soap and hot water or alcohol hand gel (containing at least 60-percent alcohol) often will help protect you from germs.

Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Source: [Centers for Disease Control](#)

Client Testimonial

"I joined Fitness Fusion in September of 2012. Like most people I gained a few lbs in life, then 10lbs and then after some medical issues and before I knew it I had gained almost 50lbs. I had always struggled to keep 10-12 lbs off, the up and down of 10lbs was normal and I always managed to get the pounds off on my own. But being a full time student and working full time really limited my fitness options at this point in life. So I tried working out on my own; with a little success I was only able to loose about 12lbs in about 5 months. I was too uncomfortable to go to a gym and didn't want to deal with the Gym atmosphere. My biggest struggle was admitting I needed help this time and then finding it.

That's when I found Jan. The GTS classes have been a life altering experience for me and I couldn't be happier. The GTS class is such an incredible total body workout. I recommend them to everyone who asks me how I lost the weight. I am so thankful for the GTS classes and the changes they have made in my body. I look forward to my workouts every week. I feel amazing after every class, and look forward to my continued progress with Fitness Fusion.

Thank you so much for everything Jan. These classes have made all difference in my life and I can't thank you enough."

Sincerely,

Heather O.

Randa's Country Confectionery



Triple Chocolate Chip Cookies

Don't miss out on these melt in your mouth, eat 'em with a big glass of milk, hide 'em so you don't have to share sensations! A delicious mix of white, milk and semi-sweet chocolate chips all in one delectable cookie.

Suggested Donation \$10/ dozen

Text or email your order by Tuesday 12pm

Pick up at 429 South 31st Street, Mesa, AZ, 85204
Wednesday From 3:00 - 5:00 PM

randadutcher@gmail.com
480-797-0515

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!

Make This Your Fittest Year Ever!

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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