

News from Fitness Fusion

From: **Fitness Fusion** (fitnessfusionnews@gmail.com)
 Sent: Mon 1/21/13 6:50 PM
 To: ~~JenniferYoga@LAFM.com~~



Fitness Fusion Newsletter

January 21, 2013

Dear Jennifer/Yoga/LAFM,



**WEEK # 4 OF THE NEW YEAR!
 EAT A RAINBOW EVERYDAY
 GREAT WAY TO LOSE WEIGHT
 GREAT WAY TO GET ENERGY
 GREAT WAY TO STAY HEALTHY!!!**

<http://liveclozefruit.com>

New Year's Resolutions



We've all made New Year's Resolutions, but what about your New Year's Financial Resolution? For most people, incremental choices and a lifestyle of discipline are the keys to attaining financial independence.

Here are five suggestions for the coming year to help you achieve that goal:

- Review your expenses. The start of a new year is a great time to take inventory of your finances. Track your expenses for six months or so. You may be surprised at the result. Do I really spend that much on coffee? Are my utility bills really that high? For many people, getting a handle on how cash actually flows through their checkbook can be a great motivator.
- Build an emergency fund. Unless you plan to finance your "rainy days" with expensive credit card debt, setting aside cash in an easy-to-access emergency fund should be a priority. Many companies will allow you to allocate paycheck deposits into more than one bank account. Pick a savings account, designate it as your emergency fund, and start socking money away. Strive to accumulate a large enough balance to cover three to six months of living expenses.
- Save - automatically. Retirement savings can be set up along similar lines. By making deposits directly into a retirement account, the money won't remain in your checking account where it's likely to be spent. Of course, if your employer offers to match contributions to a 401(k) plan, be sure to take full advantage of the FREE matching amount. After that, make sure you are maximizing your Tax Preferred Options for Accumulating money.
- Pay down debts. If you're saddled with debt, you're beholden to others. As the old saying goes, "The borrower is slave to the lender." True, it's often more fun to buy stuff on credit - you don't have to wait. But by whittling away at debt, you can expect to cut your overall interest costs and enjoy more financial flexibility in the future.

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~Jan

Adapted from
e-relationship.com

Jan's Fit Tip

Today, start to focus on your Inner Strength. The key ingredient to any long-term plan, inner strength will give you the motivation to never skip a workout. Most people never develop inner strength; they stick to a regimen for about a week before they lose focus. That will not help you achieve your goals. You need a more sophisticated system to better inspire you to stick to your plan and make it automatic. Writing down your goals and saying them out loud, everyday will help you stay on track.

To develop inner strength, you must first identify your strengths. Are you Honest? Are you Assertive? Are you Punctual? Now use your personal strengths and apply them to your Fitness Goals. Believing that you are a competent, strong person will make you more accountable to your actions - and ultimately will help you stick to your fitness goals!

Healthy Recipe



Lentil, Mushroom, and Spinach Salad

Serves 4.

Ingredients

- 6 TBS olive oil, divided
- 1 1/2 TBS red wine vinegar
- 1/2 TBS dijon mustard
- 2 TBS coarsely chopped fresh parsley
- 1/2 medium red onion, peeled and finely diced
- 2 carrots, peeled and finely diced
- 4 cloves garlic, peeled and minced
- 1 c. green or brown lentils, rinsed and drained
- 1 1/2 c. chicken broth
- 10 oz. button mushrooms, brushed clean and thinly sliced
- leaves from 5-6 sprigs fresh thyme (about 1 tsp leaves)
- coarse sea salt
- 5 oz. baby spinach (1 standard clamshell container)
- 2 oz. crumbled feta cheese

Preparation

1. Whisk together 4 TBS of the olive oil, the red wine vinegar, the mustard, and the parsley in a small bowl. Taste for seasoning and adjust ratios if necessary, than set dressing aside.
2. Heat 1 TBS of the remaining olive oil in a medium saucepan over medium-low heat. Add the onion and carrots and saute, stirring occasionally, until beginning to soften, about 5 minutes. Add the minced garlic and cook 2 minutes longer. Add the lentils and the chicken broth and bring to a boil. Reduce to a simmer, cover, and cook for 20-25 minutes, until lentils are tender. Cooking time will depend on the variety and size of your lentils, so taste occasionally for doneness.
3. In a large frying pan, heat remaining 1 TBS of olive oil over medium-high heat. Add the sliced mushrooms and the thyme leaves and stir to coat with the oil, then sprinkle with sea salt. Saute, stirring occasionally, until mushrooms have released liquid and turned golden brown, about 8-10 minutes.
4. Pour half of the dressing on the lentils and stir to coat. Pour the remaining half of the dressing over the spinach, and toss to coat. Divide the spinach among 4 plates, and top each plate with a scoop of lentils, a scoop of mushrooms, and a sprinkle of feta cheese.

[Lentil, Mushroom and Spinach Salad](#) is a post from: [Lifed](#)

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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