



What's Your Excuse?

YOUR WEEKLY DIET TIP

BY Marisa Paule

Why is it that most people will never have the body they truly want and deserve? It's not because they can't attain it, it's simply that they don't believe they can. And it's this negative mindset that makes all the difference.

I hear more complaints and excuses from people who are unhappy with the way they look. Here are some top gripes:

- "I don't have time to eat right or exercise."
- "My job is too demanding."
- "My whole family is overweight, so I guess that's why I am too."
- "I can't get in good shape because..."
- "I'm not in great shape because..."

Many people have more than one excuse. So here's my solution: Identify one excuse first, take responsibility and then take action. If you still choose not to, it's simply because you aren't ready to embrace the change and do the journey! Don't GO DOWN THE ROAD OF "BLAME". That only brings on Shame.

You need a PLAN. You need a Professional to help you with that PLAN. Why not call us? We have the best success rate and we do not yell at you (you are not on The Biggest Loser or in Boot Camp), shame you; you already feel bad.

Don't you want to feel Empowered; don't you want to feel Respect for Yourself?

Come in and talk to us; come in and try us out! Let us @ Fitness Fusion help you to be the Fittest, Healthiest YOU this year and hopefully, forever!

Healthy Salad Ideas



Try this stunning Asian-Inspired Salad. Top shredded carrots, cabbage, and arugula with chicken, red onion, edamame, rice noodles, mandarin oranges, walnuts, and a ginger dressing for a meal that's bright, balanced, and tasty. Even the hungriest diner is likely to be satisfied by this one!

- Posted from [Lifed](#)

NEED CARDIO WORKOUT?



Not Sure What? Or How?
Don't know target heart rate to burn fat?
Not seeing "Enough" changes?

Bring a towel, water, heart rate monitor (if you have one) and LET'S GET IT GOING!!!

Since February is National Heart Month I am going to keep **Cardio Saturday's** on through February @ 10AM.

This will be after the Saturday classes that run from 8:30 - 10AM!

MAKE NOTE ON YOUR "FIT" CALENDAR,

February we will have Saturday Fit Physique classes every Saturday @ 8:30 - 10AM

PRICING

Fit Physique - \$15
Cardio Saturday - \$10
Attend Both Fit Physique & Cardio Saturday - \$20

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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Fitness Fusion | 5018 S. Price Road | Tempe | AZ | 85282

