

News from Fitness Fusion

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

Sent: Tue 2/12/13 5:06 AM

To: ~~XXXXXXXXXXXXXXXXXXXX~~
~~Jennifer.Yoga@LAFM.com~~



Fitness Fusion Newsletter

February 11, 2013

Dear Jennifer/Yoga/LAFM,



Comparison

Resist the temptation to compare yourself to others in a negative fashion. . . . If you are in the midst of making such comparisons--stop! It is human nature to do some comparing, and when we are in a good spot and feeling pretty good about ourselves, it can even be positive, as it may inspire us to emulate someone else. But when we are wrestling with self-acceptance, comparing ourselves to others is one of the worst things we can do. It is tantamount to scolding a child who falls off his or her bike for lacking the skills of a professional bicyclist. We wouldn't think of doing that, but when we compare ourselves to others, with us on the bottom and virtually everyone else above us and better than us, we are hurting ourselves just as heartlessly.

-Gary Egeberg



National Healthy Heart

Awareness Month

Eat Your Heart Out

Did you know that Heart disease is the top killer of men and women in the United States? The good news is with minor changes you can help reduce your risk for Heart disease. One of the best things you can do is to start eating a heart-healthy diet.

Maintaining a healthy diet is one of the best weapons for fighting cardiovascular disease and other heart conditions. When trying to make heart-healthy changes to your lifestyle and diet, it is helpful to know some basics about eating healthy.

These steps will help you reduce your risk for this condition:

- Eat at least 2 cups of fruit and 2½ to 3 cups of vegetables every day. Produce is packed with vitamins, minerals, fiber, and other essential nutrients, and it's virtually fat- and cholesterol-free.
- Cut back on high-fat foods containing partially hydrogenated vegetable oils, trans fat and saturated fat. Use liquid vegetable oils in place of soft or hard margarine or shortening. Limit cakes, cookies, pastries, muffins, pies, and doughnuts.

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Happy Birthday to our wonderful clients!!

Meg
Brooke
Heather
Jo
LinYang
Stephanie
Tatiana
Veronica W



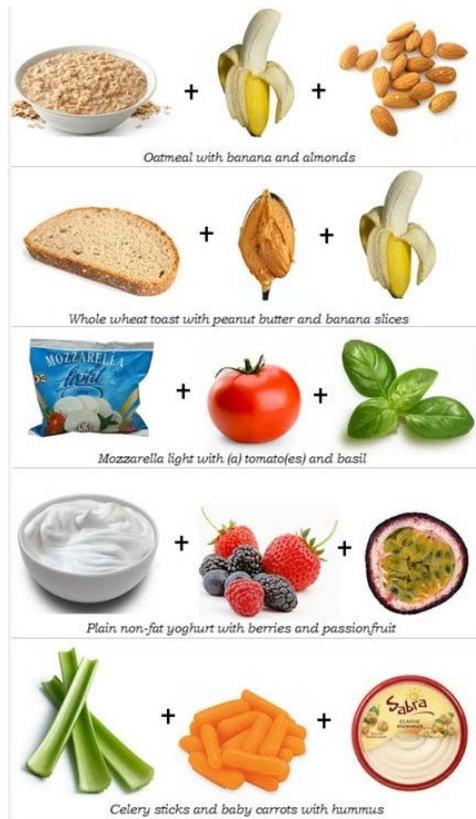
Stay Connected



- Eat more seafood, and eat fish at least twice a week. Recent research shows that eating fish such as salmon, trout, and herring, all of which contain omega-3 fatty acids, may help lower your risk for death from coronary artery disease.
- Read and compare food labels. To use food labels effectively, first look at how many servings the package contains, and then look at the calories and fat per serving. Multiply the calories and fat by the number of servings you're going to eat.
- Cut back on high-cholesterol foods. Some high-cholesterol foods include eggs, red meat, and liver.
- Prepare foods with little or no added salt. The 2010 recommendations by the U.S. Department of Agriculture say you should limit your sodium consumption to less than 2,300 mg per day. The daily sodium intake is 1,500 mg for African-Americans and for people diagnosed with hypertension, diabetes, or chronic kidney disease, as well as adults 51 and older. The American Heart Association recommends that all Americans aim to eat less than 1,500 mg of sodium per day.

Originally printed by [Banner Health](#)

Marisa's Healthy Snack Ideas



reprinted from Pinterest

Healthy Salad Ideas



Kale salads may have become a bit ubiquitous on restaurant menus over the past year or so, but unless you're dining out nightly, you probably haven't gotten tired of them yet. Emily's fresh take on the dish mellows the kale with a quick turn on the grill, then tops things off with sweet roasted golden beets, fresh figs, and a dollop of creamy ricotta. Drizzled with a

balsamic vinaigrette, it's a lovely way to embrace the kale trend.

- 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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Try it FREE today.