

News from Fitness Fusion

From: **Fitness Fusion** (fitnessfusionnews@gmail.com)
 Sent: Mon 2/18/13 3:00 AM
 To: ~~Jenniferboyds7@hotmail.com~~



Fitness Fusion Newsletter

February 18, 2013

Dear Jennifer/Yoga/LAFM,

I love inspiring quotes. There's nothing like the perfect quote at the right moment to motivate me to eat right and stick to my fitness routines. That's why I suggest you create a small stack of mini FLASH CARDS with "power quotes" on them. That way, no matter where you find yourself, you can always pull out a power card and READ a quote to help inspire success.

These don't have to be quotes from famous people. You can jot down sayings you see on bumper stickers, T-shirts, greeting cards, and even the casual motivational comments of friends or family members. Here are a few to get you started:

"You are the one who can stretch your own horizon."

"We all have "EXTRAORDINARY" coded inside us, waiting to be released."

"It's time to start living the life you've imagined."

"JUST DO IT!" "PLAN YOUR WORK - WORK YOU PLAN"

"BE YOUR OWN INSPIRATION"

Cut up pieces of paper, grab a pen and power up with power quotes of your own!



9 Superfoods For Your Heart

The single most important step you can take for heart health starts with what you put on your plate

Eat to your heart's content

With heart disease the number one killer of both men and women in this country, you would think a cure that could dramatically reduce these deaths would be big news. And yet the most effective remedy is so simple that most people can't seem to believe it works. "In traditional societies, where people don't eat processed foods, heart disease is rare," says cardiologist Arthur Agatston, MD, author of The South Beach Wake-Up Call. "If you start with a healthy diet in childhood, heart attacks are almost completely preventable."

In fact, according to new research published in Circulation, people who eat a diet rich in fruits, vegetables, and fish lower their risk of dying from a heart attack or stroke by 35%. Researchers tracked the eating habits of 31,546 people with a history of heart disease, stroke, or type 2 diabetes over five years, and found that those who ate the heart-healthy diet had the lowest chances of having a repeat

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Happy Birthday to our wonderful clients!

Meg
 Brooke
 Heather
 Jo
 LinYang
 Stephanie
 Tatiana
 Veronica W



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stroke or heart attack. What's more, the healthy eaters were 28% less likely to develop congestive heart failure.

But even if you've downed a small army's worth of french fries, cleaning up your diet as an adult can still have a profound effect. Studies have shown that up to 70% of heart disease can be averted with the right regimen, according to Walter Willett, MD, chair of nutrition at Harvard School of Public Health. But is diet alone as powerful as drugs? "Oh, no, it's much more powerful," says Dr. Willett. "Statins, the most effective single medications for reducing heart disease, only cut risk by 25 to 30%.

You would need a cabinet full of prescription drugs to bestow all the benefits of a serious heart-healthy meal plan. There's nothing a drug can do that foods can't do too—lower our blood pressure (like ACE inhibitors), slash "bad" LDL cholesterol (like statins), reduce harmful triglycerides (like fibrates), raise "good" HDL (like niacin tablets), and prevent the unwanted clotting that causes heart attacks and strokes (like aspirin).

Diet can be so effective that the British Medical Journal published a paper suggesting that doctors shelve the idea of developing a combination drug with multiple heart meds in it—the Polypill, as it's come to be known. Instead they recommended a Polymeal—a "tastier and safer alternative" that would include wine, fish, dark chocolate, garlic, almonds, and heaping servings of fruits and vegetables. "But the longer you wait, the more likely you'll need drugs," warns Dr. Agatston.

In that spirit, here are nine top foods for the heart. But this list is only a beginning. A truly healthy diet features a broad range of fruits, vegetables, nuts, and legumes—not a select few. So while you're shopping for kale, don't neglect Swiss chard, arugula, spinach, and romaine. An orange is great, but so are strawberries, apples, bananas, and kiwifruit. Hippocrates understood the concept more than 2,000 years ago: "Let your food be your medicine, and your medicine be your food."

Published January 2012, Prevention

Read more: Prevention.com

Marisa's Healthy Snack Ideas

55 Healthy Snacks Under 200 Calories

Get more nutrition tips and a personalized meal plan at:


SWEET

- 77 1 slice homemade banana bread (170 calories)
- 78 1 cup pineapple cubes with 1 tablespoon unsweetened shredded coconut (170 calories)
- 79 1 cup fat-free Greek yogurt with 1 tablespoon of honey (160 calories)
- 76 1 low-fat Fudgesicle pop with 1 tablespoon almond butter (160 calories)
- 75 1 packet plain instant oatmeal with 1 teaspoon brown sugar and 1.5 teaspoons almond butter (160 calories)
- 74 1 square 70% dark chocolate and 1 ounce dried cherries (155 calories)
- 73 1 cup cherries with 8 ounces unsweetened vanilla almond milk (130 calories)
- 72 1 thinly-sliced banana, baked on a greased baking sheet at 200 degrees (F) until golden (120 calories)
- 71 1 sliced pear, sprinkled with cinnamon, and 1 cup chai tea with 1/4 cup skim milk (120 calories)
- 70 1 cup frozen grapes (100 calories)
- 69 1 cup orange slices, sprinkled with cinnamon (85 calories)

SAVORY

- 68 1 serving whole-wheat crackers with 1 ounce cheese (200 calories)
- 67 1 slice whole-grain toast with 1 tablespoon of almond butter (200 calories)
- 66 1 serving whole-grain tortilla chips with 2 tablespoons salsa (200 calories)
- 65 1 serving whole-wheat crackers and a hard-boiled egg sprinkled with salt and pepper (190 calories)
- 64 1/2 an avocado, topped with salt, pepper, and a spoonful of salsa (175 calories)
- 63 1 ounce mixed nuts (170 calories)
- 62 1 100-calorie whole-wheat pita with 2 tablespoons hummus (170 calories)
- 61 1 cup Jicama spears dipped in 1/4 cup guacamole (150 calories)
- 60 1 cup vegetable juice with 4 slices turkey deli meat (140 calories)
- 59 1 ounce smoked salmon on 1/2 a mini bagel (135 calories)
- 58 2 rice cakes topped with 2 tablespoons of hummus and cucumber slices (130 calories)
- 57 1 serving of pretzels dipped in spicy mustard (120 calories)
- 56 1 cup cucumber slices with one ounce of Gouda cheese (115 calories)
- 55 1 serving baby carrots with 2 tablespoons hummus (100 calories)
- 54 4 turkey deli meat slices with celery (100 calories)
- 53 1/2 cup shelled edamame sprinkled with sea salt (100 calories)
- 52 1 cup snap peas and 1/2 cup baby carrots with 2 tablespoons of fat-free ranch dressing (100 calories)
- 51 1 cup of vegetable soup (100 calories)
- 50 1/2 cup fat-free cottage cheese with dill and chopped cherry tomatoes
- 49 Homemade baked kale chips made with 1 cup kale (70 calories)
- 48 2 large hard-boiled eggs, sprinkled with seasoning of your choice (155 calories)

SWEET & SAVORY

- 47 1 cup no-sugar-added applesauce topped with 10 chopped pecan halves (200 calories)
- 46 1 rice cake, topped with 1 tablespoon almond butter and 1 tablespoon jelly (185 calories)
- 45 1/4 cup raisins with 1 cup broccoli dipped in 2 tablespoons fat-free ranch dressing (180 calories)
- 44 7 walnut halves and 1 cup of sliced plums (170 calories)
- 43 3 dried figs with 2 slices prosciutto ham (170 calories)
- 42 1 ounce dried blueberries with 10 almonds (170 calories)
- 41 1/2 cup fat-free cottage cheese with 1 cup berries (160 calories)
- 40 1 apple and part-skim string cheese (160 calories)
- 39 1 ounce turkey jerky and a pear (140 calories)
- 38 1/2 a grapefruit with one hard-boiled egg (130 calories)
- 37 1 strip all-natural fruit leather with 1/2 an ounce of mixed nuts (130 calories)
- 36 1 small baked sweet potato with 1/2 cup fat-free cottage cheese and cinnamon (125 calories)
- 35 1 cup watermelon cubes sprinkled with 1 ounce of feta cheese and 1 teaspoon chopped dill (115 calories)

reprinted from Pintrest

**Ingredients**

1/2 green bell pepper, finely chopped
 1 cup salsa
 8 flour tortillas, warm
 4 eggs, beaten
 1 cup canned pork
 1 small onion, finely chopped
 1 1/2 tsp olive oil

Cooking Directions

In a skillet, heat oil. Add green pepper and onion and cook until tender, about 5 minutes. Add canned pork and cook until heated through, about 5 minutes. Remove from skillet.

Add beaten eggs to skillet and heat until cooked, about 3-5 minutes. Divide the egg and pork mixture equally among the tortillas. Top with salsa. Roll up burrito-style.

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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