

## News from Fitness Fusion

From: **Fitness Fusion** (fitnessfusionnews@gmail.com)  
 Sent: Mon 3/04/13 5:40 PM  
 To: jenniferboyd83@hotmail.com



### Fitness Fusion Newsletter

March 4, 2013

Dear Jennifer/Yoga/LAFM,



#### Vitamin D's Critical Link to Belly Fat

Are you one of the millions of Americans who struggles to lose weight, but is stuck and the weight is just hanging on, especially around your middle? You're not the only one. Studies in exercising have shown us the unfortunate results that you may not be able to eliminate that spare tire no matter how many crunches you do. There is evidence that one way to eliminate belly fat specifically is to increase your intake of vitamin D. Not only is a thinner waist every overweight person's dream, it is also much better for your health.

Research conducted at the Medical College of Georgia on 650 teens showed that those with a higher intake of vitamin D had lower overall body fat and lower amounts of fat in the abdomen. Abdominal body fat has been linked to a higher risk of some diseases. For women, a waist size above 35 inches and for men, a waist above 40 inches is linked to insulin resistance increasing the risk of diabetes and heart disease. When you have insulin resistance, your blood is flooded with glucose, which increases your risk for diabetes. It also fills it with other molecules that promote heart-clogging blood clots.

In the absence of the active form of vitamin D both adipose (fat) and cancer cells are allowed to multiply relatively unchecked. With a sufficient amount of vitamin D however, fat cells are signaled to shrink, making weight loss much easier when calories are restricted and keeping cancer cell growth in check. With so many of us trying to lose weight, we are working against ourselves by not providing our bodies with one of the major tools necessary to reach our weight loss goals. Because there is less sun in the winter and we spend less time outdoors it is even more difficult to get enough vitamin D, which may explain winter weight gain.

[ANY LAB TEST NOW®](#) offers the 25-hydroxyvitamin D test which measures the level of active vitamin D in your body. This lets you know if you have the enough vitamin D circulating in your body to start losing weight and, specifically, losing it from your middle. There is hope for eliminating disease and preventing obesity, and it may be as simple as popping a vitamin D supplement before you launch your weight loss program. Take the right steps now and your body will thank you.

#### In This Issue

[Jan's Message](#)

[Health and Wellness](#)

[Good Eats](#)

[Class Schedule](#)

[Prices](#)

[About Us](#)

[Facebook](#)



Everything, absolutely everything you've ever wanted, now lies within reach!

Of course... you still have to reach!

Happy Birthday Everyone!

Aimee  
Richard  
Donna  
Nancy  
Sharon



#### Stay Connected



Reprinted with permission from Faith Pagdon, Any Lab Test Now Chandler, 2075 W Warner Rd, Suite #5, Chandler, AZ 85224 [www.AnyLabTestChandler.com](http://www.AnyLabTestChandler.com)

### Marisa's Health and Wellness Corner

## 12 DELICIOUS AND HEALTHY SNACKS

(Pssst! They're all under 100 calories too!)



### Healthified Mini Chocolate Cheesecakes

Prep Time: 20 min Total Time: 2hr 20min Servings: 12

#### Ingredients:

- 12 foil baking cups
- 12 thin chocolate wafer cookies (from 9-oz package), crushed (2/3 cup)
- 12 oz 1/3-less-fat cream cheese (Neufchâtel), softened
- 2/3 cup sugar
- 2 teaspoons vanilla
- 1/4 cup unsweetened baking cocoa
- 1 whole egg

- 1 egg white
- 1 oz bittersweet or semisweet baking chocolate,  
melted

**Topping:**

- 1/3 cup fat-free hot fudge topping
- Fresh raspberries, if desired

**Directions:****Step 1**

Heat oven to 325°F. Place foil baking cup in each of 12 regular-size muffin cups. With back of spoon, firmly press slightly less than 1 tablespoon cookie crumbs in bottom of each foil cup.

**Step 2**

In large bowl, beat cream cheese with electric mixer on medium speed until creamy. Beat in sugar and vanilla until fluffy. Beat in cocoa. Beat in whole egg and egg white until well blended. Stir in melted chocolate. Divide cheese mixture evenly among crumb-lined foil cups.

**Step 3**

Bake 28 to 32 minutes or until set. Cool in pan on cooling rack 15 minutes. Remove cheesecakes from pan; cool 15 minutes longer. Refrigerate about 1 hour or until chilled.

**Step 4**

To serve, carefully remove foil baking cups. Spread fudge topping on cheesecakes. Garnish with raspberries. Store cheesecakes covered in refrigerator.

Reprinted from [Live Better America](#)

Have any Questions or comments? Make sure to e-mail us, visit us on Facebook or at [www.fitnessfusionaz.com](http://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.

[Forward this email](#)

SafeUnsubscribe

This email was sent to jenniferboyd83@hotmail.com by [fitnessfusionnews@gmail.com](mailto:fitnessfusionnews@gmail.com) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

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

