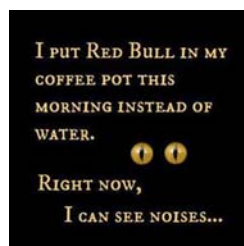


The key to creating change begins in your Mind. If you want to eat healthier and lose weight, you simply must stop making mindless decisions about your daily health. The one step you must take is to eliminate something I've written about before called the MEE Syndrome (Mindless Emotional Eating). The simple act of being aware of everything you are about to put into your mouth interrupts the MEE Syndrome and sets the stage for healthier choices. This is why food journaling is such a helpful habit. It presents an organized way to inject more mindfulness into your daily health choices. If change is something you are considering, why not make today the day you turn that thought into action?

Wishing You Great Health,

Jan



Marisa's Health and Wellness Corner



Grapes & Grahams:

Take one graham cracker and split it into two squares. Spread each square with a light layer of cream cheese. Then sprinkle eight halved grapes over the top. It sounds strange, but it's so delicious!

Reposted from [Lauren Conrad](#)

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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