

News from Fitness Fusion

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

Sent: Mon 4/01/13 10:01 AM

To: ~~Jennifer Boyce@Kornblum.com~~



Fitness Fusion Newsletter

April 1, 2013

Dear Jennifer,

Commitment

The moment one definitely commits oneself, the Providence moves, too.

All sorts of things occur to help one that would never have otherwise occurred.

A whole stream of events issue from the commitment, raising in one's favor all manner of unforeseen incidents and meetings and material assistance which no one could have dreamt would come one's way.



Whatever you can do, or dream you can, begin it! Boldness has genius, power, and magic in it. Begin it now!

-Johann Wolfgang von Goethe



Jan's Weekly Inspiration

"If you ask me, How are you?" I'll answer "Great!" Because in saying so, I make it so. And I give thanks I can choose my attitude." Redecorate Your Life

A few years ago, due to a sewer pipe breaking, which flooded my home in "brown water", I had to completely renovate my little home.

Walls had to be removed and rebuilt; tile had to be removed and replaced in the hallways, bathrooms, storage and laundry areas and somehow, what was supposed to be an easy task, became a 2 year redo! Anyway, a neighbor stopped by the other day to see how it all came out and to check out my newly redecorated home. Her reaction was very interesting. She said it not only looked different but that it also felt different too! More "ME" and very warm and intimate, she commented! I knew I loved it and it was truly a complete transition and stepping out of my comfort zone in decorating for myself. Decorating for others has always been easy!

The bottom line here is this: Not only had my home changed... so had I. Change, of any kind, has a way of creating a ripple effect in your life. When I initially began to think about changing my home, the task seemed impossible. So I began slowly. I remember feeling frustrated in the beginning because, just like weight loss and lifestyle change, it just couldn't happen fast enough for my liking.

Losing weight and getting fit is a lot like redecorating. However, in this case, you are redecorating your life. Getting fit and healthy will take time but it will also change you in ways you can't even imagine right now. So as you begin to take charge of your health and reclaim your body, I have one suggestion for today. Before you put any food into your mouth, ask yourself the same question I asked myself each time I considered adding something new to my home: Does this go with my new look? Then, only choose those things that contribute to the new look you are striving to create. That's how you reclaim your body and redecorate your life.

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Wishing the Best

Thinking of you on your birthday and wishing

you the best of times, the

best of friends, and

special moments to

remember always.

Happy Birthday

Marisa

Mike

Carol J

Norma G

Stay Connected



Jan



SPRING IS HERE & IT'S TIME TO SHOP!

KOS*USA will be at Fitness Fusion Thursday, April 4th 5 - 7 PM

Bring a friend or two. Sign up for a free drawing and win free workout sessions OR a new outfit from KOS (Barry).



<http://www.kosusa.com>

Marisa's Health and Wellness Corner



Slim Lemon Squares

Makes: 16 servings

Ingredients

Nonstick cooking spray
 3/4 cup all-purpose flour plus 2 tablespoons
 2/3 cup granulated sugar plus 3 tablespoons
 1/2 stick cold butter, cut into 1/2-inch cubes

1 egg
 1 egg white
 1/4 teaspoon finely grated lemon zest
 2 tablespoons lemon juice
 1 tablespoon water
 1/4 teaspoon baking powder
 1 tablespoon powdered sugar

Directions

1. Coat an 8-x-8-x-2-inch baking pan with nonstick spray; set pan aside.
2. In a small mixing bowl, combine 3/4 cup flour and 3 tablespoons sugar; cut in butter until crumbly. Pat mixture onto the bottom of prepared pan. Bake in a preheated 350-degree oven for 15 minutes.
3. Meanwhile, in the same bowl, combine egg and egg white. Beat with an electric mixer on medium speed until frothy. Add remaining sugar and flour, lemon zest, lemon juice, 1 tablespoon water, and baking powder. Beat on medium 3 minutes or until slightly thickened. Pour mixture over baked layer in pan. Bake 20 to 25 minutes more or until edges are light brown and center is set. Cool in pan on a wire rack.
4. Sift powdered sugar over top. Cut into 16 bars. Store in refrigerator.

Note: 1 BAR IS 100 calories

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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