

News from Fitness Fusion

From: **Fitness Fusion** (fitnessfusionnews@gmail.com)
 Sent: Mon 4/08/13 6:00 PM
 To: ~~JenniferJoy829@gmail.com~~



Fitness Fusion Newsletter

April 8, 2013

Dear Jennifer,



You were built to be lieve, designed to receive, and born to go where no one ever has.

Dream. Dr eam really BIG now!

**Behold, a light ...
The Universe**

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Jan's Weekly Inspiration

Going home means getting comfortable being who you are and who your soul really wants to be. There is no strain with that. The strain and tension come when we're not being who our soul wants to be and we're someplace where our soul doesn't feel at home.



"Finding Your Way Home"

Jan



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

Success Story - Cynthia Wells



Starting Weight: 215
 Current Weight: 153

I have lost a total of 62 pounds in just over one year. I still have many days that I struggle, but I keep pushing forward and get the great inspiration and support from all the wonderful ladies at Fitness Fusion.

Stay Connected



**PHYSICAL & EMOTIONAL LIFT
YOUR WEEKLY FIT TIP**



Most women feel like they must be superwoman. They have to balance growing career responsibilities and financial investments while simultaneously maintaining strong relationships with loved ones.

This whirlwind of responsibility and activity can have a debilitating effect when it becomes overwhelming! It can stop us from achieving results and accomplishing our

goals.

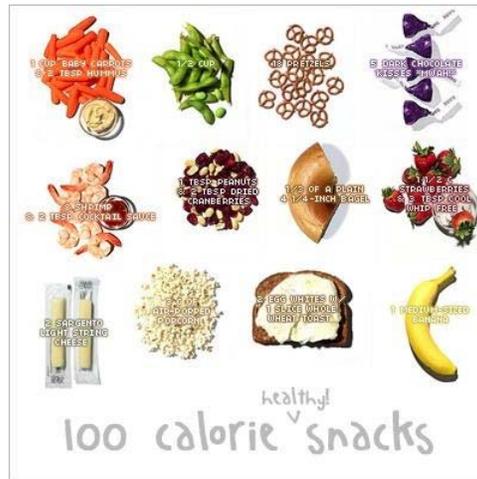
So what's your No. 1 weapon against debilitating stress?
Exercise.

Yep, working out at least three times a week will trim excess fat and sculpt your bod, but more importantly, it causes your body to release endorphins. These feel-good hormones make you feel exhilarated as well as calm and relaxed.

And best of all, it'll give you an emotional advantage that will help immediately alleviate stress. Scientists agree that exercise can enhance the body's ability to respond to stress.

So don't forget to work out - your well-being depends on it!

Marisa's Health and Wellness Corner



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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