

News from Fitness Fusion

From: **Fitness Fusion** (fitnessfusionnews@gmail.com)  
 Sent: Mon 4/15/13 6:03 AM  
 To: ~~XXXXXXXXXXXX~~



Fitness Fusion Newsletter

April 15, 2013

Dear Jennifer,

www.FB.com/TributeToStephenCovey

## 7 cardinal rules in LIFE

- 1 Make PEACE with your PAST** so it doesn't spoil your present. Your past does not define your future - your actions and beliefs do.
- 2 What others THINK of you** is none of your business. It's how much you value yourself and how important you think you are.
- 3 Time HEALS almost everything**. give time, time. Pain will be less hurting. Scars make us who we are; they explain our life and why we are the way we are. They challenge us and force us to be stronger.
- 4 No one is the reason for your own HAPPINESS**, except you yourself. Waste no time and effort searching for peace and contentment and joy in the world outside.
- 5 Don't COMPARE your life with others'**, you have no idea what their journey is all about. If we all threw our problems in a pile and saw everyone else's, we would grab ours back as fast as we could.
- 6 Stop THINKING too much**, it's alright not to know all the answers. Sometime there is no answer, not going to be any answer, never has been an answer. That's the answer! Just accept it, move on, NEXT!
- 7 SMILE**, you don't own all the problems in the world. A smile can brighten the darkest day and make life more beautiful. It is a potential curve to turn a life around and set everything straight.

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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



Jan's Weekly Inspiration

In a noisy world, seek the silence in your heart. And through the power of silence, the energies of chaos will be brought back to harmony--not by you, but through you, as all miracles are. When we visit this silence regularly, particularly in the morning, then the days of our lives become lit from above. Darkness and fear are cast from our midst, slowly at first, one moment at a time. Ultimately, all darkness will be gone from every heart.

Marianne Williamson

Jan

Stay Connected



Why Stress Makes Us Fat  
 YOUR WEEKLY FIT TIP



Stress is often to blame for weight gain. And it's not the resulting emotional eating that's the problem. When you feel stressed, you actually trigger your fight-or-flight response. Your body then releases a number of stress

hormones, notably cortisol. These hormones are designed to help you better handle your stressor by speeding up your heart rate, dilating your blood vessels and shunting blood away from your digestive track so it can go where you need it: your muscles.

Your liver also makes fuel in the form of sugar (from stored glycogen), so you have enough energy to "fight" or "flee" the stressor. However, today's stressors aren't dinosaurs or club-wielding cavemen - they're more intangible, such as meeting work deadlines and paying speeding tickets. Your body doesn't use the sugar your liver produces because you didn't actually fight or flee. But your liver doesn't know that and continues to trigger your brain to make you feel hungry. The extra calories you end up eating - all in response to that stress - get stored in fat cells. If you chronically trigger your fight-or-flight response, your body will try to store up as much fat as possible, and you'll gain unnecessary weight.

#### Marisa's Health and Wellness Corner

##### Best Energy Bites

**Ingredients:**

4 cups rolled oats (we used gluten-free!)  
1.5 cups raw sunflower seeds  
2 teaspoons cinnamon  
1 cup banana chips, crumbled  
1/2 cup dried blueberries  
1 cup chocolate chips  
1 cup sunflower seed butter (can also use peanut or almond butter!)  
1/2 cup agave nectar

**Directions:**

1. Combine oats, sunflower seeds, banana chips, blueberries, cinnamon, and chocolate chips in a bowl. Add sunflower seed butter and agave and stir until well combined.
2. Refrigerate mixture until relatively firm (about 20 minutes). (If you're extra impatient like we are, feel free to throw the mixture in the freezer for half that time!)
3. Using a teaspoon to measure, roll mixture into balls. Feeling fancy? Try rolling the finished bites in cocoa powder, cinnamon, or toasted coconut.

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.

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