

News from Fitness Fusion

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

Sent: Mon 4/22/13 7:35 PM

To: ~~Jenniferboyd62@hotmail.com~~



Fitness Fusion Newsletter

April 22, 2013

Dear Jennifer,

just for today, i'll remember that life's lessons are before me all the time. . . .



Are You Too Busy Cutting Trees?

WEEKLY INSPIRATION

For those who want to lose weight and get healthy, one of the biggest obstacles to overcome is not becoming overwhelmed with this formidable task. In a nutshell, the more weight you have to lose, the longer it will take. Here is a parable that brings it all home for me. It goes like this:

Once upon a time a very strong woodcutter went to work for a timber merchant. The pay was good and so were the work conditions. For that reason, the woodcutter was determined to do his best. On the first day, his boss gave him an axe and showed him the area where he was supposed to work. The first day, the woodcutter cut down 18 trees. "Congratulations," the boss said. "Keep it up!" Very motivated by the boss' words the woodcutter tried even harder the next day but found that he was only able to cut down 15 trees on day two. The next day he tried even harder but, at the end of day three, he had only cut down 10 trees. Day after day he found himself cutting down fewer and fewer trees. "I must be losing my strength," the woodcutter thought. He went to the boss and apologized saying that he could not understand what the problem was. "When was the last time you sharpened your axe?" the boss asked. "Sharpen? I had no time to sharpen my axe. I have been too busy cutting trees..."

This little parable about cutting trees beautifully captures a major mistake made by those wanting to lose weight, reclaim their bodies and live a healthier life. Each day provides you with numerous opportunities to "sharpen your axe." Each healthy choice you make sharpens your axe and you simply can't get where you want to go without sharpening your axe every day. You must tend to the issues of today before you can realistically entertain thoughts of tomorrow. So I suggest you look forward to each day's choices. Each health decision that you make provides you with an opportunity to sharpen your axe! Take down another tree in the Weight-Loss Forest and close the gap between WHO you are and WHO you want to be!

MAKE THIS YEAR YOUR FITTEST YEAR EVER!

Acupuncture Free Seminar!!

brown

Brown Chiropractic and Acupuncture

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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



When:
Wednesday, April 24th
 *by appointment

Spaces are filling up quickly!!
 Give Megan a call to schedule your appointment now!

\$15 adjustments, \$45 Acupuncture, \$15 Graston, \$40 massages and 25% off of all our Metagenics Supplement Line.

Milk: the Perfect Post-Workout Drink

YOUR WEEKLY DIET TIP



Next time you finish a tough workout, you may want to reach for Nesquik instead of Gatorade. One study shows that muscles recover more quickly when a person drinks low-fat chocolate milk after strenuous exercise, rather than high-carbohydrate recovery beverages. You can also use soy or almond milk.

In a James Madison University study, 13 male college soccer players trained for a week, drinking either chocolate milk or an energy drink branded as a "recovery beverage." While both groups performed and rated their muscle soreness similarly, the milk-drinkers had far lower levels of *creatin kinase*, an indicator of muscle damage. Researchers say the chocolate milk has an ideal ratio of carbohydrates to protein and was more effective in repairing muscle damage.

Other studies suggest that when consumed after exercise, milk's blend of high-quality protein and carbohydrates can help refuel exhausted muscles. Milk also rehydrates the body, and is packed with essential minerals such as calcium, potassium and magnesium that need to be replaced after strenuous activity.

The two-hour window after a workout is a crucial, yet often a neglected part of a fitness routine. A good recovery routine should replace fluids and nutrients lost in sweat, and help muscles recover.

Marisa's Health and Wellness Corner

Breakfast Stuffins

Prep time: 10 minutes
Total time: 35 minutes + standing time
Makes: 12

Ingredients 1 bakery loaf whole wheat or whole grain bread 1 jar (12 oz) roasted red bell peppers, rinsed and drained

1 c chopped onion
 5 oz baby spinach, coarsely chopped



3 lg eggs
3 lg egg whites
1 1/2 c 2% milk
1 Tbsp Dijon mustard (optional)
3/4 c reduced-fat Cheddar, shredded

Directions

1. Heat oven to 350°F. Coat standard 12-cup muffin pan with baking spray. Remove crust from bread and cut into 1/2" cubes to get 3 3/4 cups (about 7 oz). Set aside. Reserve remaining bread for another use. Pat roasted peppers dry, remove any seeds, and dice. Set aside.

2. Heat medium skillet coated with olive oil spray over medium-high heat. Add onion and cook until golden, about 4 minutes. Add spinach and cook, stirring, until wilted, about 1 minute. Let cool.

3. Whisk together eggs, egg whites, milk, mustard (if using), and 1/4 tsp each salt and black pepper in large bowl. Stir in cheese, reserved peppers, and cooked spinach mixture. Gently fold in bread cubes and let stand 15 minutes.

4. Divide mixture evenly among prepared muffin cups. Bake until puffed and set, 20 to 25 minutes. Let stand 5 minutes before removing.

NUTRITION (per stuffing) 118 cal, 7 g pro, 14 g carb, 2 g fiber, 4 g fat, 1.5 g sat fat, 235 mg sodium

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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