

News from Fitness Fusion

From: **Fitness Fusion** (fitnessfusionnews@gmail.com)
 Sent: Tue 4/30/13 7:27 AM
 To: ~~XXXXXXXXXXXXXXXXXXXX~~



Fitness Fusion Newsletter

April 30, 2013

Dear Jennifer,

To a large degree, the measure of our peace of mind is determined by how much we are able to live in the present moment. Irrespective of what happened yesterday or last year, and what may or may not happen tomorrow, the present moment is where you are--always!



Nip Springtime Allergies in the Bud

WEEKLY INSPIRATION

The spring allergy season is in full bloom and allergy sufferers need to take action to prevent symptoms, an expert says.

"If you start after the symptoms are in full swing, it's much harder to stop the allergic reaction than to prevent it from the beginning," Dr. David Rosenstreich, director of the allergy and immunology division at Montefiore Medical Center in New York City, said in a center news release.

Symptoms of seasonal allergies, commonly referred to as hay fever, include itchy eyes, nose and throat; sneezing; stuffy or runny nose; tearing up; and dark circles under the eyes. "In the early spring, trees are the first to start producing pollen as soon as they start budding, and it creates major problems for people with allergies," Rosenstreich said. "The symptoms people experience often resemble a common cold, but, if it happens every year at this time, it's most likely allergies."

In addition to medications, lifestyle changes can help relieve hay fever symptoms. These measures include:

- Limiting outdoor activities when pollen counts are high.
- Leaving windows closed at home or in the car to keep pollen out.
- Installing and using your air conditioner early, to filter the outside air that comes into your home.
- Washing your hair after being outside.
- Avoiding mowing lawns or raking leaves, both of which stir up pollen and mold.
- Not hanging sheets or clothes outside to dry.

"There's no reason for people with allergies to suffer," Rosenstreich said. "As long as you take the proper precautions, you should be able to enjoy the outdoors and make the most of the warm weather."

About 35 million Americans have allergies, according to the American Academy of Allergy, Asthma & Immunology.

More Information

The American Academy of Family Physicians has more about hay fever.

SOURCE: Montefiore Medical Center, news release

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MAKE THIS YEAR YOUR FITTEST YEAR EVER!

GET MENTALLY FIT WITH MEDITATION

YOUR WEEKLY FIT TIP

I'm sure you know that the age-old practice of meditation has many wellness benefits: It can improve heart rate, ward off illness and reduce stress, depression and even insomnia.



Surprising as this may be, it can also increase your ability to burn calories throughout the day! Studies show that meditation slows down the release of cortisol, a steroid in the body that slows your metabolism.

Meditation also stabilizes your mental state and helps control eating binges.

So how do you meditate? It's simple. Just sit comfortably for 10-15 minutes and close your eyes. Silently repeat a mantra - a sound, word or phrase - to calm the mind and body. Just listen to your breathing or feel your ribs expand and release; smile with your eyes closed and feel your spirits lift and your stress leave your body.

Namaste

HEALTHY SNACK MIX RECIPE

Marisa's Health and Wellness Corner



Ingredients

Raw Almonds - Isn't this what all the skinny people are eating?

Raw Cashews - I keep my bulk supply in the freezer so they don't go rancid.

Dried Cranberries - The kind for salads. Look for plain old simple dried cranberries. Stay away from the artificially sweetened brands.

Dark Chocolate Chips - The darker the better.

Instructions

Using the snack-sized zipper bags, and I make at least 10 bags at a time. And a shot glass to measure. 2 shots of each nut. 1 shot of cranberries. 1 shot of chocolate chips.

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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