



Fitness Newsletter

March 2016

Hello!

We are very excited to announce our 1-Week Free Trial offers for your family, friends and co-workers! We value referrals so much and it has been the life blood of our company since our existence. We wanted to share something with our clients that you can feel comfortable giving out and is a huge benefit to your referral.

They will get the opportunity to experience TFW for an entire week, on us! Ideally we would love to see them 2-3 times in that week for a scheduled strength training session and 2-3 times that same week for cardio workouts! With the cardio workouts you do not need to sign up, just drop in one of the classes. (T/Th 6:30am, Noon, 6pm or Sat at 8:15am)

As an added bonus we will reward you if your referral joins our program with TFW Bucks! We will give you \$50 in TFW currency to use towards, T-shirts, water bottles, AdvoCare Products or even your next month's payment!

We sincerely appreciate referrals and hope you have fun with the 1-Week Free Cards! Let us know if you need more!

On a personal note, Tony and I took some time off a few weeks ago to reflect and regroup mentally before baby boy makes his appearance! The jury is still out there on naming this child! So if you have any recommendations send them our way! :) We are genuinely getting excited and I have been extremely thankful to continue all my workouts and feeling really good.

I have been asked by several people if I have any cravings! None that I can think of, except maybe wine, LOL! I think that is more because I can't have it right?! Thank you to everyone who continues to ask me how I am doing, it means the world and I appreciate it!

Keep getting after those goals, stay true to your original vision of why you came to TFW! I am a big visualizer and I constantly visualize my goals. How it would look, feel, who's around me, what do I look like, etc. Check out this month's article on Vision. You can use this article towards your health, career, etc.

You are amazing and keep after it everyday! It's the small insignificant things we do daily that add up to a life time of success!

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/'viZHen/ n.
Imagined **idea** or
a **goal** towards
which one
aspires

TRENDING AT TFW

Happy Birthday!

Cindy Zoellner

Beth Rovazzini

Joe Bedwell

Dennis Watson

Joe Meadors

Martha Gutierrez

Jo Ann Remender

5 Fun Facts!

Over 75% of people who read this will try to lick their elbow.

A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top. (this deserves a try)

On average, 12 newborns will be given to the wrong parents daily.

Banging your head against a wall uses 150 calories a hour. (dont try this at home)

A giraffe can clean its ears with its 21-inch tongue!

Asian-Inspired Chicken Wraps Recipe

Ingredients

1½ lbs. boneless skinless chicken breasts, thinly sliced
2 Tbsp. Avocado Oil
1 Tbsp. Onion Seasoning
¼ cup Honey Teriyaki Sauce
3 Tbsp. Onion Dressing
12 oz. pkg. classic iceberg lettuce mix
½ cup sliced almonds
2 cups chow mein noodles
6-8 (10-inch) flour tortillas

Directions

Serve tonight: In large skillet over medium-high heat, combine first 3 ingredients; cook until chicken is no longer pink, about 4-5 minutes.

Stir in next 2 ingredients and simmer 5 minutes. Salt and pepper to taste. Divide lettuce, chicken mixture, almonds and noodles evenly among tortillas. Fold in sides and roll up burrito style. Makes 6 servings.

Serve with fresh fruit.

Freeze for later: Combine first 3 ingredients in a gallon resealable freezer bag. In a quart resealable freezer bag combine next 2 ingredients. In a quart resealable freezer bag combine almonds and noodles. Place all bags in a gallon resealable freezer bag. Seal well, label and freeze. Thaw completely. Prepare as directed above.



CLIENT OF THE MONTH



Cassie Anderson

Since Cassie started here at TFW she has lost 7 lbs and 4.5% body fat! She started out at 21% and going down to 16% body fat. Cassie's first goals when she started were to just get into a routine of working with a mixture of both strength training as well as metabolic training. She has surpassed every goal she has set out to achieve and she has done that by consistently eating healthy throughout the week and getting in at least 3 workouts a week. She has had new goals from assessment to assessment and she has accomplished all of them.

Cassie wanted to get into a routine and lose some body fat percentage and squat 100 lbs. She then wanted to put on some lean tissue and bench press 100 lbs. But that's not all, she then wanted to consume more protein and run 10 miles a week. With plenty of hard work and effort she has made her way to the advanced group just recently and has accomplished all of her goals. Cassie you've seen some great success and results so keep up the hard work.



AdvoCare® Fiber

AdvoCare Fiber is rich in the fibers your body needs to work at its best.* Each serving provides 10 grams of dietary fiber, which can help you reach your daily fiber goal. Furthermore, each serving provides a combination of both soluble and insoluble fiber. Soluble fiber absorbs water in your stomach and intestines. This provides a feeling of fullness that helps curb your appetite.* Soluble fiber can also help minimize the absorption of fats and sugars.* Insoluble fiber does not absorb water, but rather moves quickly through your system, cleansing the digestive tract and eliminating waste as it goes.* Once your digestive tract is cleansed by the insoluble fibers, your body will be able to better absorb vitamins, minerals and nutrients.*

\$16.95 per box
(10 pouches)

Key Benefits

- 10 grams of fiber per serving (combination of soluble and insoluble fiber)
- Supports intestinal function*
- Enhances nutrient absorption*
- Helps eliminate waste and promote regularity*
- Provides a feeling of fullness, which can help to curb appetite*

All Ingredients

Total Carbohydrate, Dietary Fiber, Soluble Fiber, Insoluble Fiber, Sugars, Vitamin A (as beta carotene), Vitamin C (as ascorbic acid), Fiber blend (gum acacia, cellulose powder, psyllium seed, guar gum, oat fiber, apple pectin, oat bran), maltodextrin, fructose, natural flavors, malic acid, sucralose, beet root extract (for color).



ProBiotic Restore® ULTRA

ProBiotic Restore ULTRA has been carefully formulated to contain seven kinds of beneficial microorganisms. This combination of probiotics in effective levels helps to populate the upper and lower intestine. ProBiotic Restore™ ULTRA strongly supports your body's overall health by helping maintain the normal, healthy bacteria your body needs.*

Key Benefits

- Helps maintain normal beneficial intestinal microflora*
- Supports healthy intestinal function*
- Enhances weight management*
- Improves nutrient absorption*
- Aids in good digestion*
- Provides immune system support*
- Helps relieve symptoms of occasional constipation*
- High amounts of friendly probiotics: Seven different strains Six Billion cfu

\$33.95 per bottle
(45 capsules)

Success Secrets

The Importance of Having a Vision

by Julian Burke

In life, we're told to dream big. Reach for the stars. Go for the gold. While I think everyone would agree that having big aspirations is admirable not to mention inspiring, you should take a more calculated approach when setting fitness goals. It may seem counterintuitive to start small, but remember that you want to set yourself up for success not burnout or injury.

Think about it. How many times have you or someone you know set a huge goal to lose 50 or more pounds, or exercise for an hour six days a week, only to fall off the wagon a few weeks (or days) later? The truth is that even when people have the best of intentions and the willpower to set out and do something grand, without a plan and a smart goal, they stumble—and are more likely to fail.

When you first set a goal, you're full of energy and completely motivated, but over time those feelings can wane and your overzealousness can push you to do too much too soon. The fix is to define a progressive set of fitness goals that build on one another to help propel you toward that big dream or aspiration. Breaking a big goal into smaller, realistic goals can help you both mentally and physically. This method can also help you improve your fitness level gradually and safely, which helps to build confidence.

The first step to setting realistic goals is to really think about your goal and write it down.

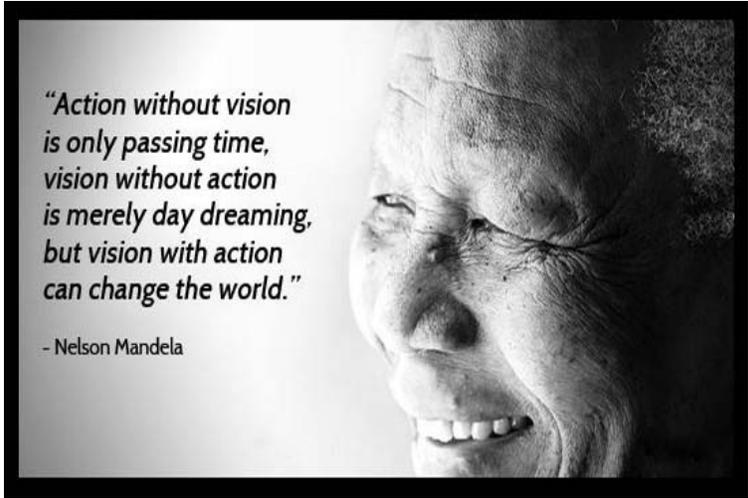
Then, ask yourself these three questions:

1. How big is the goal? Is your goal only attainable in three months or more? If so, make a or goals to get you to that long-term goal. Ideally, you should be able to reach the smaller goal in two to six weeks.

2. What does it take to achieve the goal? This question addresses your goal's frequency. If reaching your goal requires five workouts a week, but you can only get a babysitter two days a week, then you need to scale back your goal. Be realistic

about what time you have to devote to the goal and be honest about your fitness level. Building your fitness base takes time, and being smart about increasing it will help you stay injury-free. As a general rule, never increase your weight lifted or your minutes exercised by more than 10 percent in any given week. Slow and steady really does win the race!

3. Can you see yourself reaching the goal? You want a program that you can stick with for the long haul—not just this week. Be completely honest with yourself and ask if you can realistically see yourself doing what it takes to achieve the goal at hand. If you can and it meets the above criteria, then you probably have a goal !



*“Action without vision
is only passing time,
vision without action
is merely day dreaming,
but vision with action
can change the world.”*

- Nelson Mandela

TFW HAS A NEW REFERRAL PROGRAM

Hey TFW Community we have an awesome referral opportunity for you. If you haven't already received your cards, ask a fit pro today. For each of you will be receiving 1-Week Trial Gift Cards to give to your friends, family or co-workers; someone you feel would be a good fit for our program.

In return, after their 1-week trial, if they sign up for a package you will receive \$50 in TFW Bucks for each individual. You will be able to use this for t-shirts, water bottles, AdvoCare Products or even put it towards your monthly payment.



We are very excited to start this referral program! Your fit pros will be giving out these cards at the beginning of your sessions so don't miss out and get your 1-Week Trial Gift Cards asap. If you have already received two and you need more just as a fit pro.

“The only thing worse than being blind is having sight but no vision.”

- Helen Keller

Spread the Word

Do you enjoy your workouts and accountability at Transformation Fitness and Wellness? If so, tell your family and friends so that they can join you. Here at TFW we love our clients and we are always looking for more who are just like you! Tell us about the people in your life or give them our contact info so that they can reach out to us themselves.



@TFWellness



@tfwellness



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TRANSFORMATION



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