

Excerpt from "Eating for Life" by Bill Phillips

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I always hear people say I don't have time to eat good. If we really looked at how we spend our time each day we certainly could find more time to plan better meals. Did you know the average person spends 4.5 hours a month of FaceBook? What activities can you do less of in exchange for better health for you and your family?

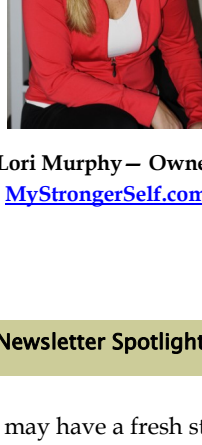
Myth: Eating right takes too much time.

Fact: You can create time by eating right. We all share the same amount of minutes in each day—1,440 to be exact. And we all must decide how to invest that time-how to make the most of it.

As I see it far too many people simply spend time rather than investing it. When you invest it you produce a return that is even greater than what you put in- you actually create time. When you simply spend and squander time you are wasting your most precious resource.

The fact I want to make crystal clear is that investing time in eating right -in nourishing your body-is virtually a sure thing. It pays back phenomenal dividends in terms of enhancing health and energy, which enrich your quality of life.

When you create the time to plan, prepare and enjoy delicious nutritious meals-when you create time to make the Eating for Lifestyle yours, you will be very happy with the return on your investment. Give it a try and you will see what I mean."



Lori Murphy – Owner
MyStrongerSelf.com

Newsletter Spotlight

"You may have a fresh start any moment you choose, for this thing we call "failure" is not the falling down but the staying down."

-Mary Pickford

Member of the Month

Jeannine Dufault

Congratulations Jeannine Dufault!

Jeannine is an inspiration to all of us. Despite many of Jeannine's physical problems or limitations she is in class every week challenging herself and never complaining. I have watched her get better at balance, stamina and strength. I am also grateful for the fact that Jeannine shared her gift of health with her friends and now they all work out together. I am so proud of you Jeannine and it is a privilege to work with you.

Don't forget to check out our Referral Program at the end of the Fit Chics Newsletter!

Good source of complex carbohydrates



Cantaloupe Cottage Cup

Ingredients: 1 Cantaloupe (carb), 2 portions of low-fat cottage cheese (about 1 cup).

Directions: Slice melon in half, scoop out center removing all seeds and fill with each side with equal parts cottage cheese.

Hardboiled Eggs & Oranges

Ingredients: Eggs and any variety of oranges (carb)

Directions: Boil eggs and slice or peel oranges.

ENJOY!!!!

WELCOME

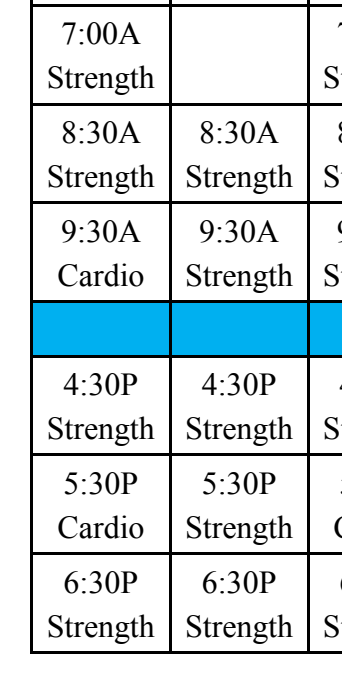
I would like to welcome the Keller Williams Ladies to Fit Chics! Welcome Sherri, Christa, Danielle, Aileen, Lisa S, Kathi and of course Lisa B. You're ALL doing GREAT! Anyone need to buy or sell a home you can find them all at www.KwBrighton.com. For your home staging needs visit www.ReStyleStaging.com and for all your mortgage needs visit www.DanielleBoote.com.

REFERRAL PROGRAM

Ladies I have really enjoyed working with all of you and seeing the progress you're all making. I would like to continue to put my efforts toward improving the program and helping you get results. I have more time to do this when you are my marketing team! If you are happy with the program and my services, please tell a friend. Each time you refer a friend you get **FREE TRAINING!**

Let's continue to build this business together and get Livingston County fit one Fit Chic at a time!

Contact Lori for more comprehensive details on our referral program.



My Stronger Self – Strength Training and Cardio Class

MON	TUE	WED	THUR	FRI	SAT	SUN
7:00A Strength		7:00A Strength	7:00A Strength	7:00A Strength		
8:30A Strength	8:30A Strength	8:30A Strength	8:30A Strength	8:30A Strength		
9:30A Cardio	9:30A Strength	9:30A Strength	9:30A Strength	9:30A Cardio	9:30A Strength	
4:30P Strength	4:30P Strength	4:30P Strength	4:30P Strength			
5:30P Cardio	5:30P Strength	5:30P Cardio	5:30P Strength			
6:30P Strength	6:30P Strength	6:30P Strength	6:30P Strength			

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www.MyStrongerSelf.com

To remove your name from our mailing list, please email Lori@MyStrongerSelf.com

Questions or comments? Email us at Lori@MyStrongerSelf.com or call 810-923-4585