

ELEMENT FITNESS

Why Aren't You Motivated?

A good dose of motivation can change your life almost overnight.

The best part of our job is seeing clients achieve amazing results. Whether they drop a few sizes, lose the baby weight, get off their blood pressure meds, or shrink their waist the excitement is always contagious.

There really isn't a clear way to describe the euphoria that settles in once you've realized your fitness goal. You have to experience it.

Though each successful client is unique with different goals one element unites them.

They are all highly motivated.

You see, we are in a unique position. We know how to get you (or anyone else) into great shape. We can coach you through a 50 pound weight loss. We can guide you to a healthier body. We can even train you to become more athletic.

But there is one catch.

You'll need to be motivated.

See, saying that you want to get into great shape isn't enough. You need motivation-and that's just half of the equation. The other part (and the most important) is ACTION.

Nothing happens until you take action.

You can want it, think about it, mull it over, ponder it, plan it, and then re-plan it. But nothing happens until you take action.

While we may not know your story-it's probably safe to assume that you are dissatisfied with your body and know that you can improve your fitness level. You want to look better, to have more energy, to experience fewer aches and pains, and to enjoy sweet satisfaction as you achieve your goals once and for all.

We know that all of our successful clients were once in your shoes. They wanted to change their bodies. They felt urgency. And then they did what most fail to do. They took action and contacted us.

But there is more to it than that. They then committed to a program, put in the exercise, stuck to their diet and met their goals. There's nothing more gratifying than getting back into those jeans that now sit in the back of your closet.

Those that take massive action get massive rewards. And those that simply talk about losing weight will continue to put weight on, pound after pound. We hate to put that way, but it's the truth.

So what do you want?

To drop 20 pounds

To feel younger

To look better in your birthday suit

How bad do you want it? How much motivation do you have? Enough to take MASSIVE ACTION?

The rewards are great IF you do.

The Art of Eating Mindfully

Do you ever find yourself snacking away without paying attention to how much you're eating? Maybe you're focused on a movie or the ball game. This is a sure-fire way to gain weight. When your goal is to drop pounds it is important to practice the art of eating mindfully. This means that when you eat you should stay tuned in to your level of satiety so that at the first sign of fullness you will stop.

Spring Salad

Crunchy snap peas and soy nuts pair up with soft tofu in this spring inspired salad. Best enjoyed as a light lunch, this salad will treat your taste buds while maintaining your waistline.

Servings: 2

Here's what you need...

- 4 cups mixed greens
- 10 cherry tomatoes, halved
- 2/3 cup sugar snap peas
- 1/2 cup Light Firm Tofu (or 3-4 oz of chicken)
- 2 Tbl unsalted soy nuts
- 1 Tbl unsalted sunflower seeds
- 4 Tbl Newman's Own Lighten Up Low Fat Sesame Ginger Dressing

- Combine the greens, tomatoes and peas, tofu, nuts and seeds in a medium bowl. Add the dressing, mix until fully combined.
- Divide salad into two bowls and serve.

Nutritional Analysis: One serving equals: 184 calories, 6.5g fat, 19g carbohydrate, 14g fiber, and 18g protein.