

-Welcome-

'Transforming Bodies from I Wish to I Have'
Make time for Your Health w/ 10 Steps to a Fit Lifestyle:

1. **Decide to Change for YOU!** – Define your own success and path to a Healthy You-influence yourself and those around you.
2. **Life Starts with Baby Steps** – Establish realistic goals and reward yourself for meeting those goals.
3. **If You Fall Off...Get Right Back On!** – Be real...there are always bumps on the road. Don't get discouraged, just get going again.
4. **Creativity is Key** – Look for different ways to exercise in and out of the home.
5. **Cut Tube Time** – Time is valuable-don't waste it. Cut TV time by an hour to increase time for activities.
6. **More Rest=Less Stress** – Know how much sleep you need and get a full nights rest every night.
7. **Drink Thirst Away** – Keep hydrated by drinking 8 glasses of water a day.
8. **Don't Diet-Just Eat Right!** – 60% Carbohydrates (Fruits & Vegetables), 10% Healthy Fats (Avoid Saturated & Trans Fats), 30% Protein (Meats, Nuts & include Dairy).
9. **Be Fast Food Wise** – Ask about food alternatives or nutrition facts for a balanced meal.
10. **Share with Others** – Support systems of family, friends and/or co-workers increase success with encouragement and motivation.

Don't Let Weight Gain Ruin Your Vacation

A summer trip is easily one of the most anticipated events of the year-the chance to get away from work and to relax with your loved ones is priceless.

With all of the excitement, it's not surprising that most people unknowingly end up gaining a pound each day of their vacation. And if you're going on a cruise then your weight gain may be closer to two pounds each day.

But wait, your summer vacation doesn't have to end in weight gain. Keep the following tips in mind

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as you embark on your summer adventure and you may come home fitter than when you left.

Tip One: Have a Plan

Vacations are the perfect place to gain weight since it's the last thing on your mind. Your best line of defense is to keep your fitness goals at the forefront of your mind. Before you leave for your trip sit down and set a goal.

A realistic goal is to maintain your current weight or to lose a pound or two. Get the whole family on board and keep each other accountable throughout the trip.

Tip Two: Make Exercise a Must

So often exercise is looked at as a chore, but vacations are the perfect time to really enjoy a good workout. You won't be rushing home from work trying to squeeze in a few minutes at the gym, rather the vacation workout can be a relaxing and enjoyable experience.

Virtually every hotel these days has some type of workout room equipped with cardio machines, dumbbells and a universal machine. If you are taking a cruise then you are in for a real treat – most workout facilities on cruise ships have huge windows that look out onto the ocean.

Vacations are also a great time to take your workout outdoors; take a run on the beach or do sprints, pushups and crunches on a grassy field. If you want more ideas of workouts you can do using just your body weight then give me a call or send me an email.

Tip Three: Maintain your Metabolism

When traveling it is easy to go for hours without a meal-between flights and long drives food sometimes isn't readily available. The problem here is two fold. First your metabolism slows from the long absence of food. Secondly you are more likely to indulge in a high calorie meal when you get around to eating next.

Avoid this yo-yo of starvation and overindulgence by carrying healthy snacks with you and eating something every three hours. A handful of almonds, a piece of fruit or a small protein bar are fantastic options to keep on hand.

Tip Four: Eat Smart

While we all know that eating in is usually healthier than eating out, on the road you simply don't have a choice – all of your vacations meals will be eaten

out. So take the time to order with your health conscious mind, and not simply your taste buds. Watch out for extra large portions-don't be afraid to take a doggie bag back to your room (assuming of course that you have a refrigerator).

Another thing to keep in mind is to keep fried food consumption to a minimum. Fried foods contain more fat and calories than other options, they are also likely to give you heartburn and indigestion-two things you don't need spoiling your vacation. Stick with dishes that contain veggies, lean meats and whole grains.

Enjoy your vacation! And when you get back into town call or email me for a fitness and fat loss consultation and I'll show you a step-by-step plan for getting you the body that you deserve – in less time than you think.

Dieting Alone Doesn't Make the Cut

Have you tried losing weight by dieting alone? Frustrating isn't it? Exercise is a vital part of the weight loss formula and is proven to increase your metabolism all day long. Dieting alone could never do that.

Fruit Medley



Craving something sweet? This recipe is the perfect summer dessert. If you don't have nectarine or pear on hand, be creative and use other fresh fruits. **Servings: 2**

Here's what you need...

- 1 white nectarine, chopped
 - 1 pear, chopped
 - 1 Tablespoon chopped pecans
 - 1 Tablespoon chopped dates
 - Dash of cinnamon
1. Mix the nectarine, pear, pecans, and dates in a medium sized bowl. Sprinkle with

cinnamon and mix until well coated.

Nutritional Analysis: One serving equals: 119 calories, 3g fat, 24g carbohydrate, 4.5g fiber, and 1.5g protein

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