

We are here to help you build a healthy new you and are offering many different discount options for Adventure Boot Camp as well as some great deals on top quality Nutritional aids and products. Take a stroll over to www.greatvalleybootcamp.com to view the [discount page](#), [MyNutritionStore](#), and setup a "Risk Free Trial" of the [MillionDollarBody Club](#). We provide these tools to help you stay accountable to yourself while achieving top notch results. Remember, the only competition you have when attending Adventure Boot Camp is yourself. So, lets get out of the comfort zone and strive for greater health in 2009. Take a moment to read through the newsletter and check out all the links to help you on your journey to optimal health and wellness.

Can You Game Yourself Thin?

There's nothing worse than getting ripped off.

To invest your hard earned money on a product that promises results that aren't delivered.

That's how millions of new Wii Fit owners are feeling right now, and I don't blame them.

The Wii Fit is marketed as the latest and greatest way to lose weight and be fit. The specialized Nintendo is supposed to do the job of your gym, your treadmill and even your personal trainer.

That's a lot of pressure for a video game.

With all the buzz surrounding the Wii Fit, I decided that some research was in order. What is this Wii Fit, and how is it qualified to get you into the best shape of your life?

The Wii uses television and a wireless "balance board" that is about two feet wide and half as deep. The board is basically a fancy scale, which measures your weight and detects your equilibrium. To play Wii Fit, you stand on the board and do a series of games that fall into one of four categories: aerobics, balance, strength, and yoga.

My research did turn up some cases of documented weight loss as a result of Wii Fit play time. In each case the person went from a sedentary lifestyle (basically a couch potato) and saw weight loss after doing the Wii Fit for 30-60 minutes per day.

Walking for 30-60 minutes per day will give the same results.

To really understand the purpose of this product I did a search on Shigeru Miyamoto, he's the creator of the Wii Fit.

What he said may shock you.

"I don't think Wii Fit's purpose is to make you fit; what it's actually aiming to do is make you aware of your body," he said. "That's why we wanted people to talk with their families about Wii Fit, and become aware of these things together as a group."

The purpose of the Wii Fit is not to make you fit?!

But what about the marketing pieces that are telling you to use the Wii Fit as your one-stop shop for fitness and weight loss?

What about the people who purchased a Wii Fit with the hopes of losing 30 lbs?

It's time to call the Wii Fit what it really is: a video game...entertainment, and that's it.

Don't get me wrong, the Wii Fit is a fun, interactive game that gets you to burn more calories than you would just sitting on the couch. People enjoy playing it with their kids and it sure beats lounging on the couch watching T.V.

But it's just like the creator of the product said; it's not intended to make you fit. Sure, it may be marketed that way but that's not what it's for and that's not what it does.

Don't sell yourself on the idea that a video game will get you into great shape.

Play the Wii Fit. Enjoy the Wii Fit. Burn a few calories with the Wii Fit.

And then contact me for a workout that will truly change your life and get you the body that you want, because **all of my programs were created with the purpose of getting YOU fit.**

You can quote me on it.

Veggie Power

According to WebMD, people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for maintaining a healthy body. Here are 4 quick tips for getting eating more vegetables:

- Buy fresh vegetables in season. They cost less and taste better.
- Buy vegetables that are quick to prepare. Pick up pre-washed bags of salad greens and add baby carrots and grape tomatoes for a simple salad.
- Stock up on frozen vegetables for quick and easy cooking

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Jennifer Brango

Great Valley Adventure Boot Camp

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Boot Camp Success Stories

Boot Camp has become an integral part of my life and I can hardly imagine a day without it! I have never felt so strong and in-shape in my life-even during my marathon days. Your spirit and creativity has made the daily trek in the dark beginning at 4:45 AM (with walking the dog) a wonderful way to wake up and start my day. Thanks again for being there! Jeanne J.

I look forward coming to Boot Camp. I feel stronger and more motivated. I enjoy the camaraderie of all the women in the class. They are motivational and inspirational to me. Roe R.

2009 Program Discounts

Register & Pay for 3 Camps - Receive the 4th for 50% OFF

Register & Pay for 5 Camps - Receive the 6th for Free

* All discounts will be applied after completion of first camp.

++ Special Program Discounts subject to change without notice

New Camps Start January 12th

The camps scheduled for February 16th will be held indoors at the following locations.
Phoenixville Boot Camp
Phoenixville Civic Center, 123 Main Street, Phoenixville PA

West Chester Boot Camp

Miller Flooring, 827 Lincoln Ave., Suite 15, West Chester PA
Please Register ASAP - [Register Now!](#)

Nutrition 101

In order to optimize your health a good diet is essential. But, with all the fad diets around it can be difficult to know what is 'good'. Nutrition science to the rescue! Though some things are still controversial, numerous studies reinforce the following basic information.

A healthy diet requires not just items from the four basic food groups, but in the proper proportion. The average person will need about 2000-2500 calories (sometimes more for larger men, less for women and those looking for rapid weight loss). About 50% of those calories should come in

in the microwave.

- Try the recipe below for Potato & Carrot Casserole - a delicious way to eat veggies.

Potato & Carrot Casserole

This casserole is great because it is very low in fat, is packed with vegetables and contains healthy protein. It's also easy to make and tastes great - even the kids will eat it. Enjoy with a side of steamed broccoli.



Yield: 6 servings

Here's what you need...

- 1 onion, chopped
- 2 tablespoons water
- 1 clove garlic, pressed
- 3/4 cup fat free chicken broth
- 1 cup grated carrots
- 3 cups grated red potato, cleaned but don't peel
- 3/4 cup egg white (or egg beater)
- 1/4 cup whole wheat flour
- 1/4 cup wheat germ
- 1 teaspoon baking powder
- 1/2 teaspoon pepper
- 1 1/2 teaspoon salt

1. Preheat oven to 300 degrees. Grease a medium sized baking pan and set aside.
2. In a medium sized frying pan, saute the onion in the water until well done. Add the garlic. Add the chicken broth, carrots, and potatoes and cook for 3 minutes.
3. Remove from heat and stir in egg whites.
4. In a small bowl, combine flour, wheat germ, baking powder, salt and pepper. Add to the vegetables. Pour into the prepared pan and bake for 60 minutes.
5. Serve with a side of steamed broccoli.

Nutritional Analysis: One serving equals: 143 calories, .5g fat, 28g carbohydrate, 4g fiber, and 8g protein.

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the form of carbohydrates, with 30% from fats (yes, fat is good!) and 20% from protein.

Carbohydrates are the main source of compounds needed for energy. Simple sugars, such as glucose and fructose, are rapidly broken down in the intestine and absorbed. Some processing starts the minute they hit your tongue. Complex carbohydrates - starches, such as those found in potatoes - take longer, but are also healthy in moderation.

Fats are chemically similar to carbohydrates, and contain fatty acids essential to health. Proteins are lysed (split) to make amino acids, that are then recombined to form proteins used in muscles and other structures.

Meat is a valid and healthy source of protein for almost everyone. About 3 ounces per meal is about right for the average sized person. A cup of pasta is a good source of carbohydrates. Two cups of leafy green vegetables supply fiber, minerals and vitamins.

A balanced meal can be made up of a serving of meat or other protein source, starchy carbohydrates such as pasta, rice, corn or potatoes, and fruit. Easy on the butter or margarine, go light on cheese, sauces and anything high in sugar or fat.

Though you could get the basics from a variety of sources, when considering weight control in addition to getting the proper balance, it's important to know which sources are high in what.

Fat contains nine calories per gram, which is double than other energy sources. Thus, you need to keep those foods high in fat down to modest levels. That also helps control cholesterol levels.

All sources of carbohydrates have four calories per gram. But healthy sources also contain needed minerals, vitamins and fiber. Some examples are fruits (apples, pears, peaches), nuts (walnuts are lower in fat than peanuts or cashews, for example) and grains (for fiber and minerals).

Why is candy bad, unless consumed in very modest portions? Because they are designed to be high in fat, high in sugar with much lower amounts of helpful nutrients. Neither fat nor sugar are harmful in moderation. Indeed, they're essential to good health. But when consumed in a form that contains an excessive proportion, they provide enormous calories and fewer other nutrients.

A single Snickers candy bar, for example, contains 63g, with 53g of sugar, but only 2g of fiber. A cup of broccoli, by contrast, has only 6g total, of which 2.5g are fiber, 1.5g are sugars. A cup of sweet corn has 31g total, 21g are starch (complex carbohydrates), 3g of fiber.

Making a list of items you consume will show you the relative amounts of helpful nutrients - and how many calories each contains. Putting a little arithmetic into your diet plan will help you reduce the number you obsess over - your weight.

Nutrition, Health and Wellness Partners

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[Risk Free Trial to Online Virtual Community and Gym](#)