

As you know your wellness doesn't end with just a workout. This newsletter will help you fill in the gaps giving you access to the following: online coaching, an online gym (WOWY), recipes, meal planning, shopping lists, cooking tips, nutritional supplements, workout instructional videos etc. Take a moment to read through the newsletter and check out all the links to help on your journey to optimal health and wellness.

The New Year's Resolution Trap

New Year's day...it never fails to evoke feelings of hope and renewal, but is it really a trap?

You've been handed a proverbial clean slate - another chance to shrug off your bad habits and reach for your dreams.

In an attempt to bottle that New Year's vigor, you'll make a few New Year's Resolutions. But before you put pen to paper, you ought to know this:

It has been reported that 92 % of all New Year's Resolutions end in failure.

That means that less than 1 out of every 10 people will successfully accomplish their resolutions in 2009.

Ouch - those statistics are brutal. Who in their right mind would take the time to make resolutions when failure is that imminent?

As your trusted source for fitness advice, I'd like to coach you through this sticky situation. Yes, most people fail to achieve their New Year's Resolutions. However, I am going to clue you in on what the 92% do wrong and teach you what the 8% who succeed do right.

First up, the 92% who failed. These well meaning folks shared a common mistake that put the nail in their coffin before they'd even begun.

They bit off more than they could chew.

In all the excitement of becoming a better person and changing their life in the New Year they made the crucial mistake of committing to do too much. But reality set in, a few weeks or even days into their reformed life, and they gave up.

The 92% gave themselves an easy way out. They approached their resolution with an 'all or nothing' attitude. Once the 'all' became too tough they opted for 'nothing'. And just like that another resolution ended in failure - end of story.

Now let's examine the 8% who succeed with their resolutions year after year. The key to their success is quite simple (you may have even guessed it by now).

They set realistic goals.

I'll repeat that... they set REALISTIC goals.

- Instead of resolving to lose 50 pounds by June, they commit to exercise 3-4 times each week.
- Instead of resolving to give up all carbs, they commit to bring healthy snacks to work instead eating from the vending machine.
- Instead of resolving to drop 3 sizes in 3 months, they commit to losing 1 pound each week until they reach their desired size.
- Instead of resolving to never eat out again, they commit to eating healthy all week and rewarding themselves with one meal out on the weekends.

Did you see the difference?

If you want your resolution to stick then think of something simple and realistic. Sure, it certainly won't sound as cool as the resolutions that the 92% make - but they aren't going to keep theirs anyway.

Remember that the whole point of making a New Year's Resolution is to become a healthier, happier and more successful person. Small changes done consistently will make a big difference.

If your New Year's Resolution has to do with losing weight and getting into great shape (and whose isn't?) then guarantee your success by working with a fitness expert who can show you the ropes and guide you to success.

I'd love to team up with you - together we will transform your body in 2009!

Call or email to get started today.

So-Called Health Food

This is the time of year when grocery stores put 'health' and 'diet' foods on display. Before you reach for that box of 'health bars' or '100 calorie packs' take a moment to actually read the nutrition label. Many of these items aren't healthy at all. They are simply cleverly disguised junk food that will actually promote weight gain rather than weight loss. Stick with items that are low in sugar and fat, and eat fresh produce often.

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Jennifer Brango

Great Valley Adventure
Boot Camp

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610-457-8444

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

Register for the Winter Blast/Quick Start & Jan. 12th Camp - Receive \$75.00 Off

SAVE MORE THAN 40% ON ADVENTURE BOOT CAMP! [CLICK HERE FOR FULL DETAILS - FREEBIES](#) (click link for preferred location on the next page)

* All discounts will be applied after completion of first camp

++ Special Program Discounts subject to change without notice

Eat-Your-Spinach Frittata

This recipe is a great way to eat more spinach-and we all know how that turned out for Popeye. Frittatas make a great dinner, so don't limit this as a breakfast food. The key to making a low fat, high protein frittata is to replace most of the eggs with egg whites, as this recipe calls for.



Servings: 4

Here's what you need...

- 1 teaspoon olive oil
- 1 teaspoon minced garlic
- 4 cups baby spinach leaves
- 3 whole eggs, plus 4 egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 sweet onion, chopped
- 1/4 cup red bell pepper, minced
- 2 red potatoes, peeled and shredded
- 1/4 cup shredded low fat mozzarella

1. Preheat the broiler and position the rack about 4 inches from the top. In a large nonstick frying pan (with a flameproof handle, since this is going in the oven) heat 1/2 teaspoon of oil on medium heat. Add the garlic and sauté until soft, about 1 minute. Stir in the spinach and cook until it is wilted, about 2 minutes. Transfer to a bowl and set the frying pan aside.
2. In a bowl whisk together the eggs and egg whites, salt and pepper. Set aside.
3. Put the frying pan back on medium heat and add the remaining 1/2 teaspoon of oil. Add the onion and sauté until soft, about 4 minutes. Stir in the bell pepper and potatoes and cook until the potatoes are browned, about 5 minutes.
4. Spread the potato mixture to an even layer in the pan. Spread the spinach over it, then pour the eggs on and sprinkle with the cheese. Cook until slightly set, about 3 minutes.
5. Place the pan under the broiler until the frittata is browned and completely set, about 3 minutes. Cut into wedges and serve immediately.

Nutritional Analysis: One serving equals: 176 calories, 6g fat, 16g carbohydrate, 2g fiber, and 12g protein.

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