



Volume 5, Number 3

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Exercise Essentials Newsletter

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Notting Hill marathon anyone?



Welcome to the first edition in this new format! Our staff have been working hard to update our newsletter and we hope you will enjoy the results. Please give us your feedback as we seek new ways to make fitness and exercise information clear and entertaining.

Who knew?

The National *Heart, Lung and Blood Institute* paid big bucks to fund a 2 year study to find the best diet for losing and keeping off weight.

I know you won't be surprised at the results; the kind of diet doesn't matter, scientists say. Low-fat, High-protein, All Veggie, Cabbage Soup, your body doesn't care as long as you burn more calories than you consume. Heck, you could devise your own Ben & Jerry's diet as long as you stay within your total calories for the day!

The best way to know exactly how many calories you should consume each day is by having a metabolic test. This test is done at the "No Sweat" Fitness Studio in Palm Desert and takes only 20 minutes. Scroll down for a money saving coupon!



This economic downturn stresses women more than men (84% vs. 75%). So how do we cope? The American Psychological Assoc. reports that 40% watch TV or movies, 39% eat more, 25% increase their shopping (huh?) and the rest drink, smoke, or gamble--maybe all at the same time!

Mom was right

My mother always admonished me to wear a jacket when it was cold or else I would catch a cold. I complied only because I had to appease her maternal

I feel great, sorry about your



rainforest.	<p>anxiety.</p> <p>Many years later, I took every opportunity to inform my mother that she was wrong; you can't catch a cold from being cold, a cold virus didn't know if I was wearing a jacket or a mini skirt. If I was going to get a cold, it would probably be from shaking someone's hand.</p> <p>It looks like I now owe my mom an apology. Researchers in the UK found that when they chilled test subjects' feet, almost 3 times as many caught colds within five days as compared to those with toasty toes. The theory is that the chilling caused the blood flow to the nasal lining to decrease which lowered their defenses against viruses.</p> <p>I'm putting on that jacket right now, Mom.</p>
<p>The acai berry has gotten such praise for its antioxidant properties that you can now find it in juices, yogurts, and a host of other products.</p> <p>While this is great news for our health, it's not great for the rainforest. International food conglomerates eyeing mounds of cash have cut down trees to grow more berries. Add this to the growing list (along with over fishing and refilling plastic bottles) of how doing right suddenly seems oh so wrong.</p>	<p style="font-size: 1.2em; color: #ff8c00;">Save 15% on Metabolic Testing</p> <p>Not losing weight, yet eating hardly nothing at all? Find out EXACTLY how many calories you need to consume each day. Print this coupon and bring it to your appointment at "No Sweat" Fitness. The coupon is transferable, so share this offer with your friends and family!</p> <p>CALL 238-1467 TO SCHEDULE AN APPOINTMENT</p> <p style="color: #ff8c00;">Offer Expires: May 15, 2009</p>

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