



ACHIEVE

ABSOLUTE

FITNESS

WITH TRACI MORROW

JUNE 10, 2008

Team Genesis Newsletter

Volume 1, Number 1

**Absolute
Fitness**

TRACI MORROW

(626) 390-1977

ABSoluteFitness@
roadrunner.com

**I'm on the
Web!**

TraciMorrow.com

**Visit my
Coaching Blog!**

www.Traciplus7.
blogspot.com

Food



Teach your Family Healthy Eating Habits!!!

Make eating a fun and healthy play date with your kids! Help teach them the benefits of healthy eating while spending quality time making tasty dishes!

Try this recipe: **Traci's Homemade Spaghetti Sauce**

- 1 tsp. pepper
- 1 tsp. celery salt
- 1 tsp. ground oregano
- ½ bay leaves
- ½ tsp. minced garlic
- 1 tsp. basil
- ½ tsp. thyme
- ½ tsp. sage
- ½ tsp. rosemary
- ½ tsp. ground mustard seed
- ½ chopped onion
- 2 shakes of Worcestershire sauce
- 1 15oz. can tomato sauce
- 1 15 oz. can chopped, stewed tomatoes

Instructions: Bring to boil, and then simmer 2-3 hrs. Serve over hot whole wheat pasta and enjoy!

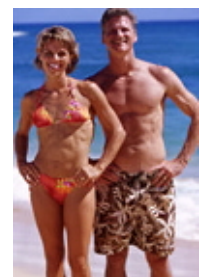
What are you going to do with the next 90 days?

Does the idea of putting on a bathing suit make you nervous? Whether we like it or not summer is here, so why not do something meaningful in these next three months!

Instead of dreading this season, be prepared for it!! **Power90** will transform your body in a way you never thought possible. You will burn fat and sculpt your body in one of the most time efficient programs the company offers.

Keep pushing play and work out with trainer **Tony Horton** all summer! Oh yeah...and put on that Sunscreen!

Community News



A Note From Your Coach

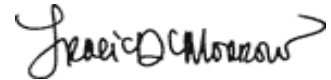
Statement of Purpose

I am so happy to have the opportunity to be a part of your Beachbody journey. Five years ago, I stumbled upon an infomercial for Power90 and on March 31, 2003 my husband and I pressed PLAY for the very first time. I had no idea that it would change my life as it has and I want that for you too!

In the five years since, I have been a Team Beachbody Coach. I have learned how to take care of myself so that I can live a healthy, active and fun life! I have a passion for helping people overcome unhealthy cycles that hinder their quality of life. My purpose of this newsletter is to share with you what I have learned both from the company and its tools, and also from working alongside Tony Horton as we put on fitness camps around this country. My hope is that you will see my results and dare to hope the same for yourself. I will share what I have learned and am continuing to learn. We are all in this together and as you will hear me say often, *Together... we're BETTER!*

In the Newsletters, I will highlight key supplements, workouts, and easy recipe ideas to compliment the Team Beachbody Club. I'll never try to "sell" you on a product or aspect of the Club that I myself do not find valuable enough to spend my own money and time on. The goal here is optimal health so feel free to Google or research anything that you read here. I am looking forward to seeing you realize your deepest hopes for yourself. Dream big... Together we'll make it a reality!

God's Blessings as you begin your journey!!



Why Join the Club?

- 10% Discount on all Products
- Weekly Menus
- Access to the Trainers' Corners and Live Chats
- Beachbody Network News (BNN)
- Play the Million Dollar Body Game

...and Much More!!!

Supplement of the Month



Core Cal-Mag: This calcium-magnesium supplement strengthens bones and teeth with ingredients from nature's best and purest calcium source, Pure Milk! This product is safe for those who do not consume dairy!

*Regular Price: \$17.95 *Club Member Price: \$16.16

-80% of those affected by osteoporosis are women. A balanced diet rich in calcium and vitamin D, and weight-bearing resistance-training exercises are preventatives!

For more information visit:

<http://www.nof.org/osteoporosis/diseasefacts.htm>



Together... We're Better!

www.TRACIMORROW.com