



ACHIEVE

ABSOLUTE

FITNESS

WITH TRACI MORROW

JULY 22, 2008

Team Genesis Newsletter

Volume 1, Number 2

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



"Eating seems to be the hardest part of the equation for me."
-Oregon

"I get my workouts in, but I'm failing in the kitchen."
- Michigan

If either of these sounds familiar, you are not alone. I was the same way!
-TRACI MORROW

It is never too late to start eating right.
Today's the day!


The goal of the Team Beachbody Website is to be a "one-stop health and fitness spot". Do you want to blast your entire body in a timely manner? Put in any of the BB workouts and have a personal trainer in your home on your own schedule.

Making a commitment to exercise is a big step in improving your health, but it is important to realize that healthy eating habits are just as important when trying to change the way you look and feel.

If you have made a commitment to healthy eating before, and have slipped back into old patterns, you are not alone. So do not beat yourself up. Assess where you are now, and recommit to fueling your body with food that it needs.

Want to eat clean and fuel your body, but don't know how? Join the club. For only \$2.99 a week, the site will plan menus unique to your personal goals and will generate a printable shopping list according to the menus created for you.



Just go to the  tab. It does not get any easier than that! All you have to do is shop!

Happy Independence Day America!

I hope that everyone had a great 4th of July! Our family celebrated with a Holiday barbeque at our home!

Hosting a party is both fun and stressful. In all of the business, it was going to be impossible to cram in my hour and a half P90X Yoga workout. As an alternative; I pushed play to Tony Horton's **Ho Ala ke Kino** yoga tape. It is a 30 minute yoga routine set on the beaches of Hawaii. Not only did I get in a workout, I also got some peace in the midst of Holiday craziness!

I highly recommend this workout, and the price was just dropped to \$9.95. Check it out on the TeamBeachbody site. and Eniov!

Community News



A Note From Your Coach

The Dreaded Plateau

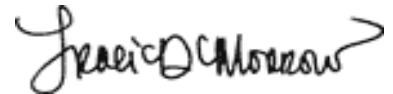
You bought your program, started with enthusiasm and excitement at the possibilities, and now, a few months into your program you're noticing a drop off in your results. You may be feeling tired and sluggish and maybe wondering if this program really works, or if your body just won't shed the weight. Sound familiar? You're NOT alone! Not by a long shot! What you're experiencing is normal and you can push through!

When you first started your exercise program you may have experienced results when your workouts were new and exciting. You looked forward to your workout because you knew how great it made you feel! But the newness wears off, and your body adapts to the program. This is normal. Think of when you try something – anything – new. At first it's hard and you strain to complete it, and then you hook into routine, and it becomes like second nature. Workouts are no different, and just like you mentally adjust, your body adjusts too, and you hit the plateau. All your hard work that once produced wonderful results, are no longer meeting your needs and goals. PLATEAU.

There are two ways to break through plateau. Change up the foods you're eating (add some calories, eat less calories) for a couple of weeks, and change up your workout. Add weight, lower reps; lift less weight, and up your reps. Tony Horton calls that "muscle confusion" and it means that you are never giving your body a chance to "settle in" to your routines. How long should you go between changing it up? It's different for everyone. Stick with your program and continue to push yourself (higher weights/higher reps) and when you feel things getting easier – that's your body's message to you to CHANGE IT UP!

If you feel sluggish, it may be because your body is lacking crucial nutrients and energy. Pay attention to that! Altering any or all of the variables will provide variety and stimulate your body's metabolism to once again speed up and begin burning stored fuel (body fat). Muscle confusion is crucial!!! Changing what you eat is important!!! Keep your body guessing, keep pushing play, and keep up the good work!

Blessings and a Smile,



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



Slimming Pack (30-day supply)

ActiVit® Fat Burning Formula
Slimming Formula

These safe nutrients work naturally to help you accelerate fat burning and boost your energy. This is especially valuable, of course, to those trying to lose weight this summer!

*Regular Price: \$54.90 *Club Member Price: \$49.41



Together... We're Better!

www.TRACIMORROW.com