



ACHIEVE

ABSOLUTE

FITNESS

WITH TRACI MORROW

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Team Genesis Newsletter

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**Absolute
Fitness**

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Food



To Buy, or Not to Buy...ORGANIC!!!

This past month I went to Tony Horton's fitness camp in Las Vegas! While I was there, I learned some great tips from nutritionist Melissa Costello.

Buying organic produce can be expensive, so it is important to understand that some produce items do not need to be organic.

Non-organic produce is often sprayed with over 100 different chemicals and pesticides. Certain produce with thin skin absorbs these chemicals, and be toxic to your body. Head to the organic section for these thin skinned items:

- Peaches
- Apples
- Strawberries
- Pears
- Nectarine
- Blueberries
- Imported Grapes
- Spinach
- Bell Peppers
- Celery
- Lettuce
- Potatoes

Produce with thicker skin does NOT need to be organic. Buy regular and simply wash these items:

- Onions
- Bananas
- Pineapple
- Mango
- Frozen Sweet Peas
- Asparagus
- Kiwi
- Avacados
- Cabbage
- Broccoli
- Eggplant



For more information like this, visit: www.KarmaChow.com

Worldwide Season of Fitness

The Olympic summer events are here and what an amazing season it has been so far. The tenth of a second difference between medals has been exciting to say the least.

I am especially impressed when I direct my attention to the swimming events. No one can deny the pure skill and gift of Michael Phelps, but my admiration has been focused more on 5 time Olympian Dara Torres (shown to the right). After two retirements and giving birth to a daughter two years ago, the 41 year old mom took 3 silver medals in Beijing.

It shows that in the face of age and pregnancy, hard work, determination, and a commitment to fitness can go a long way! You go girl!

Community News



A Note From Your Coach

Decide. Commit. Succeed. It really is THAT simple.

Just on the heels of our family vacation, I cannot believe another school season is about to start! As kids get their new school clothes, and start thinking about bedtimes & homework schedules, parents everywhere are looking at school time routines as well. Maybe this summer you got into great shape with one of the Beachbody programs, if so; GOOD for you! But for many, the summer is a lazy time of year, where workouts get skipped here and there. Either way, did you know that **the average American puts on 8 lbs** between the start of school and New Years?! No wonder gym memberships go up in the month of January!

This year, plan to set a *NEW* New Years Resolution; one that DOESN'T include losing the weight gained over the holidays! Do you realize that you if start a new 90 day program in the first two weeks of September, you will finish right on the doorstep of the Christmas/Hanukkah – just in time to slip into that black holiday dress (well, ladies, anyway :) and show off your results!? You already have a program that will bring you results – crack open the box and PRESS PLAY! The company slogan: Decide. Commit. Succeed. is simple and to the point.

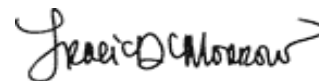
Decide. When you purchased your program you made the decision to spend you hard earned money to invest in YOURSELF. You're worth it!

Commit. Set up your WOWY calendar with a start and finish date, and take your pictures. 90 days is going to pass whether you workout or not – why not have a fit body to show for the time?

Succeed. Taking one day at a time, sticking to your workout schedule and menu plans (are you a member of the BB Club?); you can't help but reach your goals, and even exceed them! One thing about these programs is that when you DO them, THEY BRING ABOUT CHANGE. How much easier does it get?

You are worth the time and effort it takes to become the best, healthiest version of yourself! Shoot me an email to let me know what program you've Decided to Commit to. I'll cheer you on, all the way through till you cross your own personal finish line as you SUCCEED.

You're worth it!!



Visit My Forum:

<http://forums.teambeachbody.com/groupee/forums/a/tpc/f/5082996357/m/4392968357/p/185>

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!!!



"This is the hardest workout that I've done in a while. The back to back concentrated moves leave you feeling absolutely worked!"
-Erinne Baker, CA

Tony Horton One on One Vol. 1, Disc 1 Home Direct:
You've never worked out with Tony Horton like this before. If you are on home direct, every month for \$19.96, a new workout will be delivered to your door. Plus, get a FREE DVD wallet to hold your new workouts!

No set, no cast, NO MERCY!

*Regular Price: \$19.95

*Club Member Price: \$17.95



Together...We're Better!

www.TRACIMORROW.com