



ACHIEVE

ABSOLUTE

FITNESS

WITH TRACI MORROW

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Team Genesis Newsletter

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Absolute
Fitness

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Food



Corn and Shrimp Salad

I recently came across this recipe and thought that I would pass it along. I love trying new salads, and this one definitely has a unique taste!

Ingredients:

- 1 pound shrimp
- 1/4 cup light mayonnaise
- 1 Tbs. fresh lemon juice
- 1 cup corn
- 1 head red leaf lettuce
- 1 cup cherry tomatoes
- Ground black pepper
- 1 small bunch chives, minced

Steam the shrimp in their shells for about 2-5 minutes. Let them cool and then peel. In a serving bowl, whisk together the mayonnaise and lemon juice (if you want to spice things up, add a splash of Tabasco). Toss the dressing with the corn and shrimp, then season with pepper. Divide the lettuce onto 4 plates, and top with the creamy shrimp mixture. Garnish with tomatoes and chives and your salad is complete!

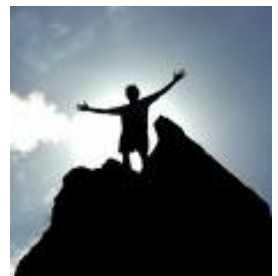
This delicious salad is full of flavor and won't leave you feeling guilty. It serves 4 and is only 220 calories per serving. So eat up, and enjoy!

Coaching

Have you experienced awesome results from a Beachbody program? Are you interested in helping others achieve their fitness goals? Could you use some extra cash? If this sounds like you, ask me about the coaching opportunity! Being a Coach is my passion and it has positively changed my life in a way I never thought possible. I would love for you to join this team!

Email me at absolutefitness@roadrunner.com for more information!

Community News



Product of the Month



Chocolate Meal Replacement Shake

This 30 day supply of creamy shakes will sustain your energy and satisfy your appetite! It is the perfect meal for when you are on the go! I usually add some mixed frozen fruits and berries for an extra sweet kick! It is refreshing and yummy! Enjoy!

*Regular Price: \$29.95 *Club Member Price: \$26.96

A Note From Your Coach

Do I Need Supplements To Get Results?

I get asked this question often, so I thought it was worth mentioning in the format of the newsletter. The answer is easy: YES & NO. :)

You can absolutely go through your program without supplements, just like you can go through your program without changing old eating habits, and you'll see/feel results. The question instead could be: what kind of results do you want to SEE and FEEL, both in the short term and long term.

Going through your workout program without supplements will absolutely help you to burn stored fuel (body fat) and develop lean muscle mass (which speeds up your metabolism). But *how much*, and *what* you eat will determine how well you show off those muscles through your skin. Unfortunately, the nutrients found in our food are not enough to enable our bodies to run at optimal levels; giving us energy, helping with muscle fatigue and soreness, and doing the best we can to take preventative measures against illnesses. That's where supplements come in.

No doubt your medical provider has advised you to be taking a multi vitamin, and perhaps a calcium supplement to keep your bones strong, as well as an omega 3 (good fat – yes, there is good fat that you NEED!) supplement, which helps to reduce cholesterol, aid in brain and eye function, among other things. Many of the supplements Beachbody offers their customers, help solely for muscle recovery (Recovery Formula), and diminishing soreness (so you don't have to waddle around for days after your workouts! Can you tell I'm speaking from experience?!) and aids in quickening the results of your efforts and food choices. But there are many health benefits long term such as brain cognition, maintaining a healthy heart, staving off dementia, arthritis, preserving joint health, osteoporosis, and many others. Research is showing that the *key* to LONG TERM HEALTH has much to do with the nutrition, fitness, and supplement intake choices that we are making TODAY.

One of the main questions I hear is from people who want to know both from the trainers and from their coach: "What supplements do YOU take?" When I host Tony Horton's Fitness Camps around the country, he will always take a moment and talk about the value of supplementation, and how hand in hand with an active lifestyle and healthy eating, you can do your best to ward off disease, infection, fatigue, soreness, encourage healing and recovery, and ultimately attain optimal living. Team Beachbody has gone to great lengths to provide a product line that helps us do just that. So what do I take, and better yet, what does Tony Horton take? Peak Health Multi Vitamin, Omega 3's, and Calcium Magnesium. I also take Joint Support, as I have some arthritis and it helps me IMMENSELY!!! Tony also takes a non-Beachbody product called "Say Yes To Beans" which helps if you have gastro intestinal issues. I know – it seems embarrassing to talk about gas, but hey, when you find things that help why not share it? :) Though I will say that it's always a funny moment at camp when Tony will bring up the fact that he takes a gas supplement. If you are uncertain about the value of these supplements, I encourage you to read up on the ingredients. Supplementing your nutritional intake will not only make you feel better now, but usher you into the "golden years" in the best possible version of yourself. And like me, I think you'll find it refreshing to know that Team Beachbody has done their homework and provided us with competitively priced, high quality supplements, truly making it a "One stop health and fitness shop"! Now if they could just add the "Say Yes To Beans" to their lineup..... ;o)

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<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!!!

For more info on supplements, read "Secrets of the Blue Zones" by Dan Buettner- Oprah.com: http://www.oprah.com/slideshow/health/wellnessandprevention/20081009_tows_bluezones

Together...We're Better!

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