



ACHIEVE

ABSOLUTE

FITNESS

WITH TRACI MORROW

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Team Genesis Newsletter

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**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



Craving Something Sweet?

Sometimes you just can't help but satisfy that sweet tooth! So satisfy it with something healthy and delicious, like fruit salad! It is tasty and guilt free, try it out!

Ingredients:

- 2 cups cantaloupe cubes
- 2 cups honeydew cubes
- 1 tsp. Agave Nectar
- 1/2 pint fresh strawberries
- 1 cups fresh pineapple chunks
- 2 tangerines, sectioned

Directions: In a large bowl, combine melon cubes and nectar. Cover and refrigerate overnight. Just before serving, stir in remaining fruit. This recipe will serve 8... a healthy dessert for the whole family.

Healthy Competition

If you are really looking to work toward a goal, I would highly recommend training and signing up for a race. I do half marathons. For you, it might be a full marathon, or 5 K. Only you know how far you can be pushed.

I cannot explain the overwhelming feeling of satisfaction when I finish a race. Although there are often thousands of people running along the same path, I am running for me and sometimes for a person that I love. The competition is solely between mind and body. When your legs don't want to take another stroke, your mind pushes on. Do not underestimate mind and will power, and do not underestimate how good it feels crossing that finish line.

So treat yourself to a rewarding fitness experience and run in a race of some kind. Let me know how it goes!

Community Challenge



A Note From Your Coach

Did you Know...?

There's a difference between ordering from www.Beachbody.com and www.TEAMBeachbody.com!

If you go to www.beachbody.com to make a purchase, you'd see some steep shipping charges! Beachbody's shipping charge methodology is different from purchasing from your coaches site, or your own profile page on TeamBeachbody.com (ie: www.TeamBeachbody.com/TRACIMORROW2).

Beachbody charges shipping on a "fixed cost per item basis", whereas if you purchase from [TeamBeachbody](http://TeamBeachbody.com) (your coaches page or your own Club member page) charges on a "percentage of the order subtotal". This is why a person purchasing four items may see \$6.95 shipping fees x 4 products instead of the roughly \$10.00 you'd see when testing the same order via the coaches site/your own profile Club page on TeamBeachbody.com.

This is a HUGE advantage to drive Beachbody customers to purchase from their coaches or on their own www.teambeachbody.com/your.name.here part of the site.

If you did make a purchase from www.beachbody.com, you'll pay the shipping EVEN IF YOU'RE A CLUB MEMBER as their two systems do not cross-check each other to determine if a customer is assigned to a Coach. Remember it is important for you to **login to your account** at www.teambeachbody.com, and click the **Shop for Products** button to ensure the best shipping prices for your purchases!

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!!!

Product of the Month



Herbal Immune Boost

There have been numerous times that I have stopped a cold dead in its tracks with this natural formula. With a family of 8, I cannot afford to get sick!

Herbal Immune Boost gives your immune system a jump start so you can stay healthy while you're Pushing Play. Try out this 30-day supply.

Regular Price: \$19.95

Club Member Price: \$17.96



Together...We're Better!

www.TRACIMORROW.com