



ACHIEVE

ABSOLUTE

FITNESS

WITH TRACI MORROW

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Absolute
Fitness

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Food



Happy Thanksgiving

What a fun time of year! In my family, Thanksgiving is a time to celebrate all that we have been blessed with. From family and friends to the food on the table, we are grateful.

Something that I think we all tend to take for granted, is our health. It is the type of thing that when you have it, you enjoy life but don't necessarily appreciate it; and when you don't have it, you would give anything, it seems, to get it back. There are certain illnesses, of course, that are tragic and unpreventable. But, there are also those illnesses that we can prevent with healthy eating habits and exercise.

So don't be bogged down with guilt about all the horrible things that you ate this Thanksgiving. Instead, be thankful for the breath that you have and a new day to start fresh. Give your body the nutrients it needs to thrive. Give your heart the cardio that it needs to successfully supply your entire body with blood. Give your muscles and bones the resistance training they need to support an active lifestyle. Above all, give yourself the chance to **live long and live happy.** Life is already too short. Make the most of what you have and celebrate every day. Be Thankful! :)

Core Omega-3

Not all fat is bad fat! Give your body the support it needs for optimal heart, brain, and joint health with our premium fish oil supplement packed with 1,000 mg of critical fatty acids.

Regular Price: \$21.95

Club Member Price: \$19.76

Product of the Month



A Note From Your Coach

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!!!

Part 1: Getting Conversation Inspiring Results?

There is a moment I'll never forget: the day I was loading my "haul" onto the Sam's Club belt when the young buff 20-something checker said, "Wow – nice arms – where do you work out?" If there could be awards handed out for "best moments" this one would definitely have won one! I was so proud I wanted to flex and show him the new muscle definition I'd just noticed that morning and tell him how I'd never had muscle like that in my whole life, but at the same time I also was so embarrassed because it was a new comment that I'd never heard before and wasn't sure how to respond. For instance, was it wrong for me, a happily married mom of four (at the time) to want to give him a hug and tell him how hard I'd worked and how his comment meant so much? Okay, I'm kidding (mostly) but that moment is one of my favorites. Even now, writing about it I have a little smile on my face at how *good* it felt to hear them spoken about MY arms. I ended up preserving my dignity and thanking him for making my day – that it was actually a home workout DVD that had helped me carve out muscle I'd never gotten from my gym membership. He was VERY interested and we chatted away about Power90 while he rang up my bill. He wrote down the website address and seemed anxious to purchase it himself.

That was in 2003. Back then, there was no coaching opportunity. When strangers saw me with all my kids and asked what I did to get in such great shape, I just sent them to the Beachbody website and never heard from them again. When friends purchased the programs (and nearly everyone I knew at the time purchased it because of the results they saw my husband and I achieve) a few of them finished the full 90 days but many didn't, because well, its hard to complete anything for 90 days, let alone a structured eating plan and hard work. Sure, I coached people for free on the Beachbody message boards for years and even a few friends in "real life", but when my results inspired a friend to try the program; there wasn't a real set accountability for them to check in and ask me for tips.

This is why the company created the Coaching Opportunity...for customers like you and me! Read more about all the potential benefits offered to you in the "Part 2" section of the December Newsletter!

To Be Continued...



Together...We're Better!

www.TRACIMORROW.com