



ACHIEVE

ABSOLUTE

FITNESS

WITH TRACI MORROW

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Team Genesis Newsletter

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**Absolute
Fitness**

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Food



Happy Holidays!

Whichever Holiday it is that you celebrate, I hope that you take the time to enjoy the people and things in life that matter most to you.

As for my family and I, we will be celebrating the birth of our King. We will sit around the table, eat a Christmas feast with family, and enjoy this time of year with each other.

Our New Year's celebration is usually spent snacking on appetizers and sipping sparkling cider. We don't even make a main dish because of the variety of snacks spread across the table!

Here is an easy, healthy and hearty snack that everybody always loves!

Ingredients:

- 2 bundles of asparagus
- 1 package lean turkey bacon
- 2 tbs. Smart Balance butter

Steam asparagus for 4-5 minutes. Put directly into ice bath. Lightly coat one side of turkey bacon with SB butter. Dry 2 asparagus at a time and wrap in a bacon piece. Place in glass dish, and bake for 20 min. or until meat looks crispy/cooked. Yum!

Kathy Smiths Project: YOU! Type 2

Beachbody is very excited about the release of this new workout program. Project:You! Type 2 is the only diet and fitness program that is developed in conjunction with doctors, certified diabetes educators, and the American Diabetes Association.

This is the first all-in-one solution to help you manage diabetes, reduce your risk for diabetes complications, and get you back in control of your life! If you or someone you love is affected by diabetes, check this out!

Reg. Price: \$99.95 **Club Mem. Price: \$89.96

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 Two: Getting Conversation Inspiring Results?

I am glad that you have decided to read on. This is exciting stuff! When the Coaching opportunity was created, it was the company's way of thanking their customers for leading by example! Being a coach means the company offers a 25% discount on any future purchases of products or supplements you purchase, but the beauty of coaching is that the company shares the commission with the customers who are leading by example; as a way of saying "Thanks" for showing people in your life what's possible – 25% commission on anything a friend purchases because of YOUR example!

Back in 2003, if a friend bought the program, the connection ended there except for when you'd run into them around town. But this way, not only do you get a "thank you" check in the mail, a relationship is also built as you get to coach them through the tools on the site, and help them access all the tools that helped YOU in your journey! (And there are MANY helpful tools as you and I know!)

I write this in case you are experiencing those Sam's Club moments that I described in "Part 1" of this letter. You could be experiencing these moments with both strangers and friends who are feeling inspired by your hard work and dedication. If your friends are going to be purchasing the program and supplements that you take *because you take them* and have achieved great results; you may want to consider coaching.

People will listen to a friend who's found success because it means *success is possible for them too*. If that's YOU – let me know and I can let you know about taking the easy steps to becoming a coach. I personally find it so rewarding, and never hesitate to encourage someone else to take that step! You absolutely will NOT regret it!

This is my last "Note" for the year 2008. Oh how time flies! Check back next year for all the latest 2009 info and encouragement. God's Blessings as you continue your journey into this New Year!!

Jaei O'Morrow



Together...We're Better!

www.TRACIMORROW.com