



CRE8YURBODY

PERSONAL FITNESS PROFESSIONALS

Improving Your Quality Of Life

2/15/2009

Can You Game Yourself Thin?

There's nothing worse than getting ripped off.

To invest your hard earned money on a product that promises results that aren't delivered.

That's how millions of new Wii Fit owners are feeling right now, and I don't blame them.

The Wii Fit is marketed as the latest and greatest way to lose weight and be fit. The specialized Nintendo is supposed to do the job of your gym, your treadmill and even your personal trainer.

That's a lot of pressure for a video game.

With all the buzz surrounding the Wii Fit, I decided that some research was in order. What is this Wii Fit, and how is it qualified to get you into the best shape of your life?

The Wii uses television and a wireless "balance board" that is about two feet wide and half as deep. The board is basically a fancy scale, which measures your weight and detects your equilibrium. To play Wii Fit, you stand on the board and do a series of games that fall into one of four categories: aerobics, balance, strength, and yoga.

My research did turn up some cases of documented weight loss as a result of Wii Fit play time. In each case the person went from a sedentary lifestyle (basically a couch potato) and saw weight loss after doing the Wii Fit for 30-60 minutes per day.

Walking for 30-60 minutes per day will give the same results.

To really understand the purpose of this product I did a search on Shigeru Miyamoto, he's the creator of the Wii Fit.

What he said may shock you.

"I don't think Wii Fit's purpose is to make you fit; what it's actually aiming to do is make you aware of your body," he said. "That's why we wanted people to talk with their families about Wii Fit, and become aware of these things together as a group."

The purpose of the Wii Fit is not to make you fit?!

But what about the marketing pieces that are telling you to use the Wii Fit as your one-stop shop for fitness and weight loss?

What about the people who purchased a Wii Fit with the hopes of losing 30 lbs?



Alphonso Allen

Cre8yurbody Personal Training & Wellness Studio

[Email Me](#)

[My Site](#)

951.699-7138

Cre8yurbody Success Stories

I needed to refocus myself on a fitness lifestyle and get motivated. Al emphasized key concepts such as balance, flexibility and core strength. Al has been respectful and encouraging, praising my strengths and showing me keys to overcoming my difficult areas. My program has been a tremendous stepping stone in my quest for fitness at Cre8Yurbody.
Charles Temecula, Ca.

Al's program was really great if you are looking for a FUN and motivational fitness program. His program is creative and LIFE CHANGING. I would definitely recommend Al

It's time to call the Wii Fit what it really is: a video game...entertainment, and that's it.

Don't get me wrong, the Wii Fit is a fun, interactive game that gets you to burn more calories than you would just sitting on the couch. People enjoy playing it with their kids and it sure beats lounging on the couch watching T.V.

But it's just like the creator of the product said; it's not intended to make you fit. Sure, it may be marketed that way but that's not what it's for and that's not what it does.

Don't sell yourself on the idea that a video game will get you into great shape.

Play the Wii Fit. Enjoy the Wii Fit. Burn a few calories with the Wii Fit.

And then contact me for a workout that will truly change your life and get you the body that you want, because **all of my programs were created with the purpose of getting YOU fit.**

You can quote me on it.

Veggie Power

According to WebMD, people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for maintaining a healthy body. Here are 4 quick tips for getting eating more vegetables:

- Buy fresh vegetables in season. They cost less and taste better.
- Buy vegetables that are quick to prepare. Pick up pre-washed bags of salad greens and add baby carrots and grape tomatoes for a simple salad.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Try the recipe below for Potato & Carrot Casserole - a delicious way to eat veggies.

Potato & Carrot Casserole

This casserole is great because it is very low in fat, is packed with vegetables and contains healthy protein. It's also easy to make and tastes great - even the kids will eat it. Enjoy with a side of steamed broccoli.

Yield: 6 servings



Here's what you need...

- 1 onion, chopped
- 2 tablespoons water
- 1 clove garlic, pressed
- 3/4 cup fat free chicken broth
- 1 cup grated carrots

to anyone looking to change their fitness routine and be in the best shape of their life!

**Sarah, School Teacher
Temecula, Ca.**

At my annual/routine physical I found out I was 25 lbs. overweight, my cholesterol was 298 and my triglycerides were high. I dedicated myself to Al's program. Four months later, cholesterol down to 190, I've lost 13 lbs.(so far) and my triglycerides are in normal range. My sincerest thanks to Al. Can't wait til my next session.

**Greg Sommer
Temecula, Ca.**

***Teach us to number
our days, that we may
gain a heart of wisdom***

Psalms 90:12

Other Services Offered

[Meet the Owners](#)

[First Fitness "Wellness
Products" Herbal
Cleansing, Weight
Management, Energy,
Personal Care](#)

[Semi-Private Training](#)

[Nutrition Coaching-
Classes](#)

- 3 cups grated red potato, cleaned but don't peel
 - 3/4 cup egg white (or egg beater)
 - 1/4 cup whole wheat flour
 - 1/4 cup wheat germ
 - 1 teaspoon baking powder
 - 1/2 teaspoon pepper
 - 1 1/2 teaspoon salt
1. Preheat oven to 300 degrees. Grease a medium sized baking pan and set aside.
 2. In a medium sized frying pan, saute the onion in the water until well done. Add the garlic. Add the chicken broth, carrots, and potatoes and cook for 3 minutes.
 3. Remove from heat and stir in egg whites.
 4. In a small bowl, combine flour, wheat germ, baking powder, salt and pepper. Add to the vegetables. Pour into the prepared pan and bake for 60 minutes.
 5. Serve with a side of steamed broccoli.

Nutritional Analysis: One serving equals: 143 calories, .5g fat, 28g carbohydrate, 4g fiber, and 8g protein.

Spread the word. Forward this newsletter to your friends, family and coworkers by using the "refer a friend" link below.

[Forward This Newsletter - Refer a Friend](#)