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Your New Favorite Thing

We all have a list of our favorite things. It may not be written down anywhere, but you know the things that make you happy.

The list holds your favorite foods, music, TV shows, movies and even people in your life that you can't get enough of. This is the stuff that you really enjoy. It's the stuff that makes your life worth living.

Somewhere on the list is your health and appearance. You know that looking and feeling great make a good life even better.

The interesting thing about your list is that without fail you'll always make time for it.

- When your TV show airs, you watch it or record it to watch later.
- When your favorite actor stars in a new movie, you do your part by going to the theatre.
- When you're hungry, you turn to your favorite foods.
- When the weekend rolls around, you do everything you can to spend time with the special people in your life.

Yet when it comes to exercise you automatically say, "I don't have time."

Time for TV, but no time for exercise... We live in an age where life is full. You don't have extra time anymore.

You no longer have time. You make time.

- You make time for your TV show.
- You make time for your hobby.
- You make time for your friends.

It's time to drop the charade of "I don't have time to exercise" and call it what it really is.

An excuse.

You know how to make time for your favorite things. You know you want good health. You know you want to look great. You know you want more energy.

Exercise delivers all those benefits - and more.

I believe that exercise belongs on your list of favorite things.

Make It A Favorite: How do you turn something that you've dreaded



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

Sarah School Teacher, Temecula Ca

into something that you enjoy?

1. **Block the Negative:** Your thoughts play a big part in determining your favorite things. Block out any negative thoughts you may have about exercise. Focus your energy on creating a positive attitude that will get you excited about hitting the gym, rather than dreading it.
2. **Focus on the Benefits:** With exercise you have so much to gain and nothing to lose. Exercise makes you stronger, sexier, happier, and gives you more energy. Pick the benefit that moves you the most and fixate on it.
3. **Get Guidance:** The easiest way to put exercise on your list of favorite things is to experience it at its best. Get onboard with one of my personal training programs and I'll show you the most effective and enjoyable techniques that will get you into the best shape of your life.

Smaller is Better

Here's a quick and easy way to lose weight. For dinner tonight use a small plate instead of a full sized dinner plate. It sounds simple, but you will actually eat less off a small plate than you would a full sized plate. This is a great way to encourage smaller portion sizes without feeling like you are being deprived.

Energy Muffins



Finally, a great-tasting muffin recipe with no added sugar! Naturally sweetened with banana and blueberries, these muffins are as sweet as they are delicious. Enjoy one with a side of scrambled egg whites for a quick and nutritious breakfast. **Servings: 18**

Here's what you need...

- 1 cup mashed banana
- 2 egg whites
- 1/2 cup water
- 1/3 cup refined coconut oil
- 2 cups wheat flour
- 1 teaspoon baking soda
- 2 1/4 teaspoons baking powder
- 1 cup frozen blueberries, left to thaw in a strainer

1. Preheat oven to 350 degrees. Prepare 18 standard-sized muffin

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 a 16 week fitness program at cre8yurbody. Four months later, cholesterol down to 190, I've lost 25 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**

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cups with paper liners.

2. In a large bowl, combine banana, egg whites, water and oil. Add the flour and mix. Gently fold in blueberries. Immediately spoon batter into muffin cups.
3. Bake for about 20 minutes. Remove muffins from tins and cool on a wire rack.

Nutritional Analysis: One serving equals: 98 calories, 4g fat, 13g carbohydrate, 2g fiber, and 3g protein.

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