



CRE8YURBODY

PERSONAL FITNESS PROFESSIONALS

Improving Your Quality Of Life

Cre8yurbody Personal Training Fitness News 9/15/2009

21 Universal Rewards of Exercise

The number one reason that most people are out-of-shape is that they don't exercise enough.

I've often wished that I could give each and every one of you a personalized pep talk to get you up off the couch and into the gym, day after day. So here's my pep talk in bullet form - 21 rewards that you will gain from regular exercise.

Do yourself a favor and print this list and post it where you'll see it every day. When you need motivation or encouragement simply read over this list and feel your motivation soar.

1. **You'll reset your body:** Exercise has been described as a giant reset button. A good workout will block appetite swings, improve your mood and even help you sleep.
2. **Your clothes will fit better:** Consistent exercise will tone and tighten your body, causing your clothes to not only fit better but to also look nicer. Also exercise ensures that soon you'll be trading your clothes in for smaller sizes.
3. **You'll be less stressed:** You have enough stress in your life - it's time for a break. A good workout invigorates your muscles, leaving you relaxed and less stressed.
4. **You'll have more energy:** WebMD tallied research studies and concluded that 90% of them prove exercise increases energy levels in sedentary patients. Next time you feel fatigued, fight it with the most powerful tool available: exercise.
5. **You'll be stronger:** Exercise improves muscle

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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

strength and endurance, two things that you use throughout each day. When you exercise consistently you'll be pleasantly surprised when difficult tasks begin to seem easy.

6. **You'll be less likely to binge:** Exercise has a powerful anti-binge effect on the body. This is due in part by an increase in sensitivity to leptin, a protein hormone, which has an appetite-taming effect.
7. **You'll burn calories:** You know that excess body fat is made up of stored and unused calories. Fight back by burning loads of calories with fat-blasting workouts.
8. **You'll be more confident:** Who doesn't wish they walked and talked with more confidence? A consistent exercise program will do just that. As your body becomes more fit, watch as your confidence sky-rockets.
9. **You'll have fun:** Believe it or not, exercise can be extremely enjoyable. Remember how fun it was to run around as a child? Tap into your inner child as you find a mode of exercise that gets you excited.
10. **You'll reduce your blood pressure:** Exercise has been proven more effective than medication in reducing blood pressure to normal levels. A single workout has been shown to reduce blood pressure for the day and regular exercise reduces overall blood pressure in the long run.
11. **You'll lose the jiggles:** Regular exercise tightens flabby arms, legs and waistlines. So wave goodbye to the jiggles with a solid exercise program.
12. **You'll increase insulin sensitivity:** Researchers at Laval University in Quebec discovered that exercise improved insulin sensitivity dramatically. Peak after-meal insulin levels dropped by more than 20 percent after as little as 3 weeks of consistent exercise.
13. **You'll sleep better:** Do you toss and turn for hours before falling asleep? Exercise is a powerful sleep aid. Your tired muscles

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 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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encourage your body to quickly fall asleep so they can get their overnight repair work done.

14. **You'll lower your risk of heart disease:** Regular exercise strengthens your heart and makes it more resilient against disease. A sedentary lifestyle is a major risk factor for heart disease, so rest assured that consistent exercise is your ally against disease.
15. **You'll feel great:** Vigorous exercise releases natural endorphins (happy hormones) into your blood stream that dissolve pain and anxiety. You've probably heard of 'runner's high', this can be achieved by any great workout.
16. **You'll lower your risk of diabetes:** Studies show that exercising as little as half an hour each day can dramatically reduce your risk of diabetes. If you are at risk of diabetes, or already have diabetes, regular exercise is the most effective treatment for reversing the disease.
17. **You'll meet cool people:** You could benefit from a group of new, energetic friends, right? Gyms, bootcamps, workout centers and even the jogging trail are all great places to connect with fun new friends.
18. **You'll improve your BMI:** You know that maintaining a healthy BMI is key in disease prevention. Exercise is the best way to keep your BMI under control.
19. **You'll increase your endurance:** Do you ever get out of breath when walking up stairs or through the mall? Regular exercise builds your endurance for everyday activities.
20. **Your doctor will be impressed:** How many times has your doctor given you the lecture about losing weight and exercising more? Exercise regularly and get your MD off your back!
21. **You'll look amazing:** Are you happy with the shape and size of your body? Regular exercise works wonders on your physique. Within a few weeks you'll see shape and tone in all the right

places.

What are you waiting for? Lace up your shoes and get moving!

Guarantee Your Success

The quickest, easiest way to guarantee that you'll meet your fitness and weight loss goals is to work one-on-one with a qualified fitness professional. You'll be held accountable with your workouts and you'll be instructed properly and shown techniques and strategies that will expedite your results. Call or email today to get started on a program that will take the guesswork out of fitness and to set your results on fire.

Fastest Chicken Stir Fry



Think you don't have enough time to cook a healthy meal? Think again. This healthy and delicious chicken stir fry takes only minutes to make. Instead of chopping the vegetables yourself, this recipe calls for pre-chopped ingredients found in the produce section of your grocery store. Skip the take out line tonight and try this recipe instead.

Yield: 6 servings

Here's what you need...

- 1 teaspoon olive oil
- 1 teaspoon chopped garlic
- 1 cup asparagus, cut into 2 inch segments
- 1 (16 oz) package pre-chopped stir fry vegetables
- 1 (10 oz) package shredded cabbage
- 1 cup chopped pineapple
- 1 cup chopped cooked chicken breast

- 3/4 cup teriyaki sauce
- 1. Heat the olive oil in a large skillet or wok. Add the garlic. When the garlic is browned add the asparagus. Stir fry for 5 minutes or until the asparagus turns bright green.
- 2. Add the chopped stir fry vegetables, cabbage, and pineapple. Stir fry for 5 minutes or until the vegetables are tender.
- 3. Add the cooked chicken pieces and mix in the teriyaki sauce. Stir fry for another minute, until the sauce is evenly distributed.

Nutritional Analysis: One serving equals: 117 calories, 1.8g fat, 15.8g carbohydrate, 4g fiber, and 10.7g protein.

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[Fit Body Boot camp](#)

8-20--2009

All new unstoppable fitness formula Guaranteed to Burn over 870 calories in one hour. If you are tired of the same old boring aerobics classes and not seeing results now is the time to get out of the rut. I'll guarantee that you will have FUN all while reaching your weight loss & fitness goals. Visit my web site and sign up for your one week free trial try before you by Bring a friend. Go to www.cre8yurbody.com and look for the Fit Body Boot Camp Logo on the left hand side near the top. I look forward to seeing you at camp... P.S. The first 20 that sign up will get 1/2 off your next month camp that is if you commit to the program. Hurry slots are filling up FAST

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