

M2LF September Newsletter

www.moveit2loseitfitness.com

559 307 1408

You have to Move It 2 Lose It Fresno!



Shape UP Fresno!

- Meets Every Saturday
- Lose Weight!
- Enroll the Whole Family!
- 2 for 1 Web Special going on now!
- Call 559 307 1408 Today To Enroll!

Go Ahead...Eat Some Fiber!!!

1. Eat whole fruit instead of juice.

Whole apples and whole oranges are packed with a lot more fiber and a lot fewer calories than their liquid counterparts. Don't drink what you can chew!

2. Break the fast with fruit. Get off to a great start by adding fruit, like berries or melon, to your breakfast every day.

3. Check the label for fiber-filled

whole grains. Choose foods that list whole grains (like whole wheat or whole oats) as a first ingredient. Bread, cereal, crackers and other grain foods should have at least 3 grams of fiber per serving.

4. Eat more beans. It's easy to forget about beans, but they're a great tasting, cheap source of fiber, good carbs and protein.

Going Shopping...Park farther away!

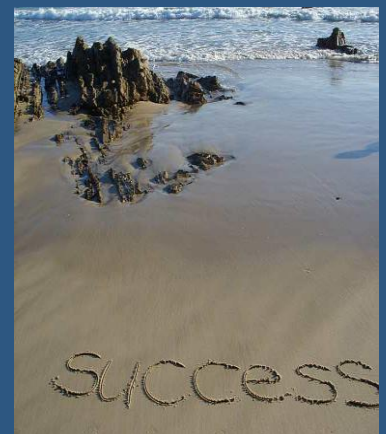
So...you are heading to River Park, and there are no parking spaces available near the front.

Do you keep driving around until a spot becomes available? Think Move It 2 Lose It Fitness!

Go ahead and park farther out in the parking lot and walk to the store! Burn those calories!

"Defeat is not the worst of failures. Not to have tried is the true failure".

George Edward Woodberry



The aim of the Move It 2 Lose It Fitness Newsletter is to provide timely information on diet and nutrition to the public. The contents of this News Letter are not intended to offer personal medical advice. You should seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.