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OneBody:OneChoice

The Right Path to Better Health!

August 2011

OneBody:OneChoice Newsletter

The Gospel of Good Health

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aDear Denise,

Temps at 100* ALL WEEK!!!!

Could it be any hotter???? Hopefully you're surviving this heat and if you're exercising outside, you're following previous advice and tips. . .more water/electrolyte replacement drinks, earlier in the day, cutting back a little? I'm keeping it short and sweet this month. Lots to do to get ready for the fall semester at [UHCL](#). I'm also revamping my website and developing some new ways to increase my exposure. . .facebook landing page, new [marketing strategies](#) etc. so be on the lookout for an extra newsletter soon announcing all the changes and how to find me etc. In the meantime, if you're on facebook, look me up and friend me! Tell your friends about me! Friends are always a good thing! Enjoy the dog days of summer, eat light, eat healthy and keep working on that balance between mind and body so you

can stay on the path to better health!

Denise

**P.S. If you think this info is helpful, send it to a friend!
Use the forward button at the end of the newsletter!
Thanks!**

Just a reminder that your vacation is not a license to overindulge! You don't have to stick to an extremely rigid eating plan while on vacation but try to manage the damage! Choose your splurges carefully and keep exercising to reduce the impact of your vacation treats!

Keep Moving

more in September!

Healthy Eating is Easy!

Here's a quick and tasty salad that beats the heat!

2 c. halved [cherry tomatoes](#) (or leave whole if you're in a hurry!)

1 can hearts of palm salad cuts, drain

1 lg jar marinated artichoke hearts, drain

1/3 cup chopped [red onion](#)

1/2-1 cup sliced celery

1 medium avocado, cubed

1-2 Tbl [Balsamic vinegar](#)

2 Tb. Olive Oil

1/2 tsp each salt and pepper

optional: herbs like chopped parsley and basil

mix all together and refrigerate for at least 30 minutes! Enjoy!

I tailor programs for individuals, groups and companies that provide the education and support needed to achieve better health. Areas of interest include weight loss, disease prevention ([heart disease](#), high blood pressure, [type II diabetes](#), cancer and stroke), reducing menopausal symptoms and joint pain, stress management, dietary analysis, eating plans and exercise programs.

Have a Healthy Day! Denise

Denise Cazes, M.A., LWMC, RYT200

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 Forward to a Friend



Save
15%

Act now and save 15% off the cost of the individual 6 week program. The coupon must be printed and presented in person. This coupon is transferable and you may share the offer with friends and family if they are interested in achieving better health the RIGHT way! Have them check out my website for more info!

www.onebodyonechoice.com

Offer Expires: August 30, 2011

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