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The Right Path to Better Health!

September 2011

OneBody:OneChoice Newsletter

The Gospel of Good Health

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aDear Denise,

Temps at 100* ALL MONTH!

Whew! this has been the hottest month on record with temps above 100* for over 30 days! Hopefully, you survived and are ready to move into the cooler temps that Fall SHOULD bring! September finds many of us in the back to school swing of things which usually means busy, busy, busy! Those of you with kids will have schedules that are more hectic as you try to squeeze in homework, team sports activities, carpooling and of course keeping up with the house, your job, providing nutritious meals for the family and oh yes, **YOUR exercise/fitness routine!**

No matter what the cause, don't let a busy schedule derail your efforts at achieving better health. Staying on track just takes commitment and some planning! Sit down on Sunday and look at the commitments for the week. Make a plan as to what you will cook and when and plan your exercise sessions. Cook extra on the weekends and make use of those leftovers. Left over roasted chicken makes great chicken salad sandwiches or whole wheat

tortilla wraps for school or work lunch boxes. On the days that you must eat or order out, know which restaurants have healthier options and order those! Stick to the plan and don't let fatigue and lack of time provide an excuse to give up and give in by ordering that extra large stuffed crust pepperoni pizza!

Your kiddos need healthy food! They'll sleep better at night, do better in school, perform better in team sports and have fewer health and behavioral problems when they consume a healthy diet on a regular basis. I know getting kids and teens to eat healthy is hard but as their parents, YOU are responsible for their health so take charge and everyone benefits in the long run!

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!**

Keep Moving

If you've put your exercise routine on hold until temps come down, it's time to get started! Get out and enjoy the cooler weather while you can. . .it may not last long!

We had P90X and now Crossfit is all the rage. Are these forms of exercise right for you? If you're new to exercise, then you probably should not jump into a crossfit routine. I advise building a fitness base first and then decide if you want to kick it up a notch with something like crossfit.

You really should walk before you run. . .My point is start slow but doing more should be the goal. So many folks call me a "health nut" and an exercise "freak". I'm doing what the body requires for good health (at least I'm trying to!) and this means I'm

a nut and a freak? One of my clients had a friend tell her recently that she thought the basic work out program I advised (based on current guidelines!) was a bit "extreme". The client is actually loving how she looks and feels now that she's exercising regularly! Another client started working with a trainer that I recommended and she's doing things she NEVER thought she could do and is LOVING the way she feels and looks. I'm so happy when my clients achieve their goals after they get the right education, motivation and support! A casual stroll is better than sitting but maybe it's time to really get moving. . .You'll like the way you look and feel! I Promise!

Healthy Breakfast on the GEAUX!

Mexicali Melt

Spread 2 Tbl vegetarian canned refried beans on each half of a toasted whole wheat english muffin. Scramble one egg with one egg white, divide in two and place on top of beans. spoon 1 tsp salsa and 1 Tbl grated LF cheddar or jack cheese on each half and microwave 30 secs or broil until cheese melts. 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

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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!
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Offer Expires: December 30, 2011

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