

NEWS & TIPS

Keeping Fitness Personal

Summer Schedules

We're heading into June and have a few spots open! Small group training is like personal training with 4 friends. You get a lot more than in a group class at the gym! Space is super limited so sign up ASAP if you want a spot.

MWF 6am

MWF 830am

MWF 930am

Food Facts

We've all heard the "low carb" buzz. But did you know there's more and more evidence every day of the effects a high carb diet has on your health? It's not just the sugary things either. And it's not just for weight loss! Most modern diseases saw a drastic increase in incidence once we started eating 60-70% carbs daily. To reduce disease risk, reverse problems you're already having, feel great, and drop weight you've got to embrace the facts and focus on veggies for your carbs!



Want to Learn Low Carb?

Heard about "keto" and not sure how people can possibly give up carbs? Scared to try it because you've heard mixed messages? Or maybe tried it but didn't get anywhere? I'm here to help!

My 6-week course takes you through everything you need to know to change to a fat burning metabolism. We're now up to over 50 people in the last year who've gone low carb and gotten great results. You can do it too! I'll be with you every step of the way.

**The next group starts June 1st.
50% off by mentioning this newsletter!**

www.fabu-life.com



FITNESS FUN

Two things you can implement in your routine that will help you get results!

1. Move more! Studies show that sedentary time - those hours at a desk, driving, watching TV - can be detrimental to your health. In fact, the benefits of a session at the gym every day are negated if the other 23 hours of the day are sedentary. So get up and move! Try to get 5-15 minutes of movement every couple hours. Take the stairs, park farther away, walk to the mailbox, pace while you work, get a headset for your phone.... It all adds up!

2. HIIT it! Higher intensity, shorter duration workouts are proven to be at least as good as long bouts of lower intensity efforts. You'll boost the "feel good" hormones, tap into fat stores, and it's great for your heart health too. A simple way is the "Tabata" protocol: 20 seconds of maximum effort, 10 seconds of rest, repeated a total of 8 times. That's it! 4 minutes. Keep it simple with jumping jacks, running in place, squats, pushups, or whatever you'd like. Just DO it!

Remember, no amount of working out will make up for poor food choices. The old days of "calories in calories out" is just wrong. It's a much more complicated process. Getting your diet in check PLUS adding in these fit tips will make all the difference!

ON A PERSONAL NOTE....

Many of you know I am actively involved in my church and in charity work. I have done numerous mission trips in the past, but have never been outside the country. This year, God has given me the opportunity to serve in the Dominican Republic at a school for orphaned, abused, and abandoned children. We are bringing our version of vacation bible school to them and spending the week showering them in love.

There are lots of ways you can be a part if you'd like!

1. **Prayer support.** We need all the prayer we can get! We need prayer for financial support, safe travels, courage to share the Gospel, strength for the long days, and especially for the kids.
2. **Tee Shirt Fundraiser:** You can get a great tee shirt and help our fundraising [HERE](#)
3. **Yard Sale Fundraiser:** Come and spread the word! Saturday 5/19 at my house rain or shine! Lots of great stuff!!
4. **Direct Donations:** [HERE](#)
5. **Sharing** the above with anyone who may be interested too!

THANKS SO MUCH!

