



Savvy Fitness Newsletter

IN THIS ISSUE

[Article Headline](#)

[Article Headline](#)

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[More On Us](#)

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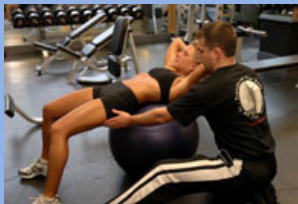
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Issue

January 2008

Dear Karen,

The New Year always bring new hope and the desire to improve your health and well-being. At Savvy Fitness, we understand the unique challenges that everyone faces when making these lifestyle changes. We are here to assist you and ensure that your efforts are successful. Thank you kindly for choosing Savvy Fitness.

Simple Ways to Living a Healthier Lifestyle

You hear a lot about living a healthy lifestyle, but what does that mean? In general, a healthy person exercises regularly, and eats healthy to maintain a healthy weight. Sounds simple, doesn't it?

Well, if you are just getting started with making healthier choices for yourself please remember to first make small changes, maintain consistency, and take more steps as your body desires more. Here are just a few ways you can start living healthy without drastically overloading your system.



Physical Activity

One of the biggest problems in America today is people lack the appropriate amount of physical activity. We know it's good for us but avoid it either because we're used to being sedentary or afraid that exercise has to be vigorous to be worth our time. The truth is, movement is movement and the more you do, the healthier you'll be. The original design of your body is to do something active everyday and even moderate activities can make a difference:

- Get Committed - Choose just a few days a week to do

Fitness Professionals



Therapeutic Massage

something physically active for at least 30 minutes. Whether it's playing a game, ride your bike or just taking a walk.

- **Walk More** - Look for small ways to walk more by parking farther away from the store entrance, take the dog for an extra outing, and take the stairs rather than the elevator.
- **Doing Chores** - Shoveling snow, working in the garden, raking leaves, or sweeping the floor are ways you can keep moving while getting your house in order.
- **Workout Buddy** - We all work best when we are accountable to others and having someone to workout with will help you maintain your health and fitness goals.

Nutrition

Good nutrition is another part of a healthy lifestyle. Not only will good nutrition help you maintain a healthy weight, but it will also give you the energy to perform the necessary tasks throughout the day. Again, look for small changes that you can incorporate to improve how you eat:

- **Fruits and Vegetables** - Ideally, you should eat 5 servings per day and if you can find different ways to add them to your different meals it will add up real quickly.
- **Protein** - An essential nutrient that should be part of every meal.
- **Low Fat** - Switch your salad dressing to something lighter, low-fat or fat-free dairy, such as skim milk or fat free yogurt is another simple way to reduce calories without having to make drastic changes.
- **Substitutes** - Look through your cabinets or fridge and pick 3 foods you eat every day. Write down the nutritional content and the next time you're at the store, find lower-calorie substitutes for just those 3 items.

Creating a healthy lifestyle doesn't have to mean drastic changes. In fact, drastic changes almost always lead to failure. Making small changes in how you live each day can lead to an improved quality of life, so figure out what you can do to be healthy today.

Healthy Winter Hair

What Do You Do?

As the cold weather hits, you probably noticed that your hair starts to behave differently. It tends to dry out and is hard to manage, but there are lots of little things that you can do to protect it. We have listed some favorites and hope that they will help you until the warmer weather sets in. Thanks to all who submitted the following tips:



Don't wash your hair too often during the winter months. Using a dry shampoo will give it a well deserved break - Nicole

Static is a big problem during the winter and I found out that using a metal hanger can stop it in its tracks - Melanie

I condition with 1/2 cup of pure maple syrup, a hotel shower cap and a towel wrap for 30 minutes. My hair is very silky and full of body afterwards. Don't worry, the syrup washes right out - Angela

I use salon shampoos and conditioners due the high quality of the products. They add volume to my hair. When my hair gets very dry, I use a hair treatment - Karen

I use leave in conditioners and conditioning heat activated hair spray - Gail

Use a weekly deep moisturizing conditioner - Eileen

During the winter months, I wash my hair less often (my hair gets oily and sweatier in the summer, then in the cooler seasons.) I also make sure to not go outside with my hair wet because the freezing temperature, which could cause breakage -Jessica

I wear a hat - Rachel

New Year Membership Special

Savvy Fitness wants to make it easy for you to get started with your New Year fitness program by offering all new members a unique special. Contact Savvy Fitness and get started today!

(916) 351-1313

Offer Expires: First 100 New Members