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Increase Your Vitality...But Not the Way You Think



Energy is something we Americans seem to be deprived of most these days. It's apparent when you consider the multitudes of energy drinks and an array of varieties of coffee everywhere you look. But what if I told you that drinking

these beverages isn't the best solution for increasing your overall energy and vitality? Well if you think about it, caffeine isn't one of the macronutrients you learned about in health class, which your body needs to thrive. Caffeine and other energy enhancing supplements may act as stimulants, causing you to burn your current energy or Qi (chee) faster than usual. In the end they leave you depleted of energy and feeling tired once those stimulants are all used up. Consequently how do you increase energy without the use of stimulants?

The truth is that when you are eating highly

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Corn & Black Bean Salsa Recipe



<http://allrecipes.com/Recipe/Corn-and-Black-Bean-Salad/Detail.aspx>

"The secret of getting ahead is getting started."

processed foods regularly, you may end up feeling depleted, but when you eat fresh foods, the opposite is true. Eating mostly fresh alive food is the best way to naturally increase energy and you'll be amazed by the results when you do. Adhering to a diet high in fresh foods will not only increase stamina, but can produce weight loss, promote emotional balance, while also increasing mental acuity. You may notice that your stress levels decline as a result to eating better too. So the next time you grab for an energy drink, think again, it just may be that you need to start eating better instead.

By Tammy Polenz



~Mark Twain

Join Our Mailing List!

Locker Rentals now available



Make sure to reserve your locker now as quantities are limited in both the men's and women's locker rooms. Contact us here at Vedas for more details.

Our smaller half-sized lockers are available for rental for \$10 a month. This provides you with your own personal locker for use and storage of

your belongings.

Please Do NOT Drop Your Weights



To respect the office employees below us, please refrain from dropping your weights during your workout.

Thank you!

Downtown Fit Club now at Veda's!



Downtown Fit Club

BRIZIL BUTT LIFT
REV ABS
P90X
INSANITY
TURBO FIRE
INTERSE CARDIO CONDITIONING

Veda's Fitness
1360 E. 9th Street, Suite 640
www.vedasfitness.com | 216.298.5115

Join us on Thursday Aug 18th, 12:00 Noon
Get in a good sweat on your lunch break
with some simple, healthy fun!
*FREE for Veda's members; \$10 for non-members

BEACHBODY®
www.beachbodycoach.com/vedas
More info, contact:
Beachbody Coach, Liz Bollini
liz.bollini@pb.com

P90X?
Insanity?
Turbofire?
Take advantage of all of the most talked about and utilized fitness systems available here at Veda's.

Thursday, August 18th, 2011 we will be having a Fit Club

orientation at noon. Join Beachbody Coach Liz Bollini as she leads you through a high powered session! This event is FREE for all Veda's members and \$10 for non-members. See you there!

Community Spotlight

There are a variety of ways that we can fulfill our need to be healthy. Spiritual health is one component to living well and giving back to community is one way to grow spiritually.

One of our members, Matthew Kadish, is involved in a great music program that helps kids.

Check out this unique organization at <http://www.peopleinternational.org>

You can also view pics of their last performance on YouTube:

2009 PII Slide Show:
<http://www.youtube.com/watch?v=aiUimOSrXnk>

Slide Show: Meaning of PII
<http://www.youtube.com/watch?v=PtFay-HrBAI>



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