



December 2010

Happy Holidays

Hello Everyone!

In this month's newsletter are some tips to keep you on track during the holiday season, so that your health doesn't fall by the way side.

Think Fit 2 B Fit!

The Vedas Team



Fitness During the Holidays

As the colder months approach and water mains break, holiday parties throw a wrench in our nutritional plan, and hectic work schedules prevent us from getting our work outs in as usual, it's tough to stay on top of our fitness focused lifestyle. The key to remember during this time of year is that fitness is a lifelong effort not a onetime event. Though there will be times in our life where wellness seems like a farfetched

idea, it's important to understand that just like with everything else in life there will be times when we are on top of our game and other

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Zumba Demo #2 & Boot Camp Demo

On January 6, 2011 Vedas will have a potential new instructor demo 2-30 minute classes.

At 12 PM there will be a 30-minute Zumba demo and at 12:45PM there will be a 30-minute Boot Camp demo.

Please contact Ray to be placed on the class participation list, so that we know how many to expect and can prepare accordingly.

times when we're not.

It's ok to let loose and focus on spiritual fun, because when you do it makes all the hard work worthwhile. Plus, it allows us to appreciate getting back on track as soon as possible, like when January rolls around and the holidays are gone.

In other words don't fret falling off the wagon temporarily. Do your best and get back on track as soon as possible=)

Tammy Polenz



New Addition

James Blanchard, is an ACE Certified Personal Trainer and has been in the fitness industry since 1996. He has been an avid athlete and fitness enthusiast his entire life. From competitive running to the US Army Infantry to power lifting to collegiate competitive cheerleading, his experience is vast and diverse. James has developed national class cheerleaders since 2001 and now seeks to develop adults with the same enthusiasm and energy.

Train with James and save money, see below coupon for details.



Stocking Stuffers

Give the gift of health by purchasing gift certificates towards *any individual coaching program or healthy cooking class*.

Unique gift ideas with impact of a lifetime and Save 15%, 25%, and 30% by clicking here!!

Gifts for any budget!

[Contact me](#) if you are looking for a customized gift!

Dina Boyer

Community Spotlight

ray@vedasfitness.com

Monthly Quote

"The difference between try and triumph is a little umph."

~Marvin Phillips~

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One Cure, One Hope, One Life

Giving back will be music to your ears! Listen to some great tunes (forgive my closet piano playing), and help fight childhood cancer!

This special CD, titled "One Cure, One Hope, One Life", is inspired by the true story of Chandler Miles and her courageous fight against a rare liver cancer that nearly took her life. Today, Chandler is a thriving 12 year-old and cancer-free for nearly eight years!

Please join me as we raise funds for the Pediatric Oncology wing at Rainbow Babies and Children's Hospital in Cleveland and the Make-A-Wish Foundation.

100% of the proceeds from the sale of this CD will go to these non-profit organizations.

Chandler and I thank you in advance for your support!

www.oswaldcompanies.com/onecure.aspx

Sincerely,
Stephen Miles

**Give the gift
of Health for
the Holidays!**

Contact us to purchase gift certificates for all of your favorite services like unlimited group classes for \$35, personal training packages, and/or massage services to put under the holiday tree for someone you love and save 10% up to December 23rd! *Look for details about the Zumba and Boot Camp demos on January 6th on the above side pane.*

Purchase any personal training package between December 15th thru January 31st with James Blanchard and save 25%.

**Save on
Personal Training**

Expiration: January 31, 2011

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Vedas | 1360 E. 9th St. | Suite 640 | www.vedasfitness.com | Cleveland | OH | 44114