



July 2010

Issue: 6

Vedas Wellness Event

Hello Everyone!

Come join us for a day of personal wellness. Vedas is planning a wellness event on August 24th. There will be:

- Over \$1,000 in door prizes
- Gift bags to the first 20 people (per time slot)
- Organic food samples from Wholesome Acres Markets
- Free Chair Massages
- Free Fitness Assessments
- An American Heart Association Rep will be present for heart health education
- Hand and arm massages
- Quick nail polish changes
- Discounts on all products and services that day
- And more!

Date: 8.24.10

Times:

12PM-2PM & 6PM-8PM

Location:

1360 E. 9th St., Suite 640, Cleveland, OH 44114

Phone: 216.298.5115

We look forward to seeing you there.

Think Fit 2 B Fit!

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Recycling

Please note that we have added several small recycling cans in the facility for your convenience to contribute to our recycling efforts.

Vedas Puzzle Contest

See details in coupon section at the bottom of the newsletter.

[Join Our Mailing List!](#)



Healthy Snacking

A lot of people have been asking me lately to give them a list of healthy snacks to munch on, which will keep them on target towards reaching their weight loss and fitness goals. Therefore, this month's article is for all those that feel lost when it comes to choosing healthy snacks.

Some of what I'm going to tell you here you may already know, but hopefully it will remind you to choose healthier when it comes to the foods you decide to snack on in the future.

The first thing to keep in mind is to eat clean when it comes to snacking and even when consuming regular meals. What does "eating clean" mean exactly? It means eating those foods that are just that, food.

Unfortunately, lots of the foods on grocery store shelves today are overly processed and have so many additives that they don't even resemble the original plants or animals they were derived from. The end products may have started out as either fresh produce or as a nice cut of meat or fish, but that all changed after it was dried out, ground up, smashed, bleached, baked, fried, and who knows what else. If that isn't enough to make you think twice, lots of additives like salt, sugar, coloring, preservatives, and an array of other products are added to make it look better, taste more appealing, and have a longer shelf life. What does this mean for you? It means that you are getting a lot less nutrients and a lot more unwanted calories, toxins, and just plain junk that you probably don't want if fitness is your primary goal.

The best snacks to eat are those that are closest to being picked from the vine or that have 1 ingredient, like apples, oranges, chicken, steak, beans, avocados, celery, carrots, etc. The key is to get creative with your foods. You can mix and match 1 ingredient foods to create fun and exciting snacks or meals that support your healthy lifestyle.

Here is a great tasting snack idea to get you thinking clean about your in between meal treats.

Fruit Desert:

1/4 cup fresh blueberries
1/4 cup fresh chopped strawberries
5 fresh stevia leaves diced
10 raw unsalted almonds

By: Tammy Polenz

Upcoming Events

The Mandel JCC Strongman & Fitness Competition

Sunday, August 8th

12PM-4PM

The Mandel Jewish Community Center

www.mandeljcc.org

For more information contact Bonnie Marks at 216.593.6201 or

bmarks@mandeljcc.org

Vedas Wellness Event

August 24th - Details above

CPR Class

Vedas is going to hold a CPR class onsite in the next month.

It will be a full CPR/AED workshop. Each participant will receive a Heartsaver CPR/AED card good for two years.

For those interested, a First Aid component can be added for an extended class.

Cost

CPR/AED \$50

First Aid Component \$25

Date

TBD

For those interested in partaking please contact Ray at ray@vedasfitness.com or by calling 216.298.5115 to be placed on the list.

Green Patio Update

Vedas is moving forward on the green patio project. The railings and stairs are currently under construction at the metal shop. Opening date is scheduled for August 24th.

Win a Personal Training Package

\$260 Value

Log onto Vedas' Facebook page to download the crossword puzzle and enter to win a 4 week personal training package of 4 sessions.

All puzzles must be received by 8.15.10 in order to qualify to win. The contest Winner will be notified on 8.20.10.

Contest rules can be found when downloading the puzzle.

Offer Expires: 8/15/10