

Issue: 12

March 2011

Vedas will be "Kickin' It with Kenny" this coming Tuesday on March 22nd!



Join us here at Vedas on **THIS COMING** Tuesday Morning March 22nd, 2011, as we will be featured on Fox 8 in the Morning Show with Kenny Crumpton. Feel free to come in and work out and perhaps get your "15 minutes of fame!" We will be featured in spots throughout the morning, in particular at 6:55 am, 7:55 am, and 8:40 am. If you're interested in more information, feel free to contact us here at Vedas for details.

The Vedas Team

Think Fit 2 B Fit!



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PM Boot Camp Class Adjusted

Vedas is now offering an additional Boot Camp class at 5:15pm on Wednesday evenings taught by Stephanie Gorbett.

Check it out for free and tell us what you think.

ray@vedasfitness.com



Protein Brownies



Spa Wellness Week is March 21st - March 25th!

Vedas is one of the health clubs being featured by Spafinder.com for SpaFinder Wellness Week. For this week only, we will be offering our holistic services (i.e. Acupuncture) for \$50! Take advantage of this fantastic offer. We'll see you then! Contact us here at Vedas for more details!

ray@vedasfitness.com

New Vedas Facebook Contest - You have to play to win!!!



To kick the new season off on the right track, Vedas is conducting a "March Mayhem" Contest. The Grand Prize includes \$395 worth of services, a copy of Tammy Polenz's soon to be released book "Think Fit 2 Be Fit", and much more! Here are the rules/details:

To enter, a participant must post a fitness tip, suggestion, question, motivational quote, or anything that promotes wellness on the Vedas Fitness facebook page (not to be an advertisement of any kind in nature for products, services, sites, etc.)

Each participant then is encouraged to have all of your friends to join/like our page and leave a comment under **YOUR** original comment.

The participant that gets the most friends to join during the time of the contest will win a holistic package, which includes:

Think Fit 2 Be Fit book by Tammy Polenz, 1 Nutritional Consultation, 1 Full Fitness Assessment, 60-Minute Personal

Ingredients:

(3) scoops of Chocolate flavored whey protein

(2) tbsp heavy whipping cream

(1) whole egg

(8) oz water

Directions:

Combine all ingredients into blender and blend until smooth.

Pour into microwave safe container.

Microwave for 5 - 8 minutes (until you notice bubbles starting to form and the top is becoming firmer).

Remove, cover, and let set at room temperature for 20 minutes.

Nutrition Information:

Calories: 544

Protein: 58 g (42%)

Carbohydrate: 19 g (14%)

Fat: 28 g (45%)

Monthly Quote

"Every day is a gift, not a given. Leave no stone unturned and leave your fears behind."

~Lyrics from "If Today Was Your Last Day" by Nickelback

[Join Our Mailing List!](#)

Training Session, 90-Minute Acupuncture Consultation and Treatment, and 60-Minute Sports Massage. \$395 Value

The contest begins March 21st and ends April 1st. Enter first thing Monday by entering a fitness related tidbit on the [Vedas Fitness facebook page!](#)

Winter Weather Tips Part 2



Tips to stay healthy, happy and energized during the Winter (cont'd):

The first step in this process is understanding our own nature, our unique strengths and weaknesses. Depending on one's nature, winter energy may be a welcome respite and balancing force, or may exacerbate an already stagnant or stuck state. In the former case, it makes sense to surrender by snuggling up to a source of warmth and reveling in a delicious nap. For those falling

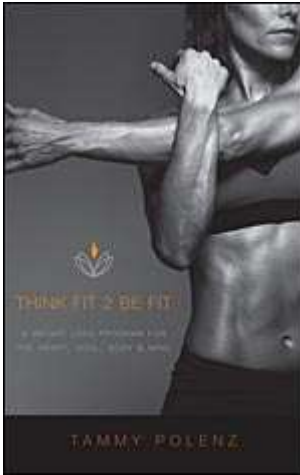
into the latter case, it makes more sense to move our bodies more, sweat a little (or a lot) and get our energy moving!

- **Keep yourself warm and toasty!** Especially your ears, back, and footsies! Don't walk barefoot on cold floors (sound familiar?) as the first point on the Kidney Meridian is on the sole of the foot. Generally wear enough clothes to not get chilled when walking outdoors. Wearing hats and scarves protects certain areas related to immune function. Undershirts that cover the upper back (i.e., not camisoles) are especially important as they protect the 4 important "gate" points involved in keeping "outside evils" (pathogens)" where they belong!
- **Hydrate, hydrate and hydrate even more:** Staying warm and toasty can be drying, but the usual culprit is indoor heating. We need to drink as much -- sometimes more -- water in the winter as during warmer months. The general rule is to divide your weight in pounds in half and this number is the minimum number of ounces daily. However, I advise my patients to drink even more and to add liquid trace minerals to the mix. **Add brushing your skin to flossing your teeth on your "Can't skip" list:** Scrub your entire body with a natural skin brush (not a loofah or synthetic sponge). The health of your skin is key in keeping your immune system in tip top shape. It is preferable to brush dry skin, but if it is more convenient to do it while bathing or showering, please do. However, when brushing wet skin, try to use a brush with firmer bristles.

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Finally, the words of Mother Theresa speak to the Qi of winter, "It's not how much we do, but how much love we put into the doing. And it's not how much we give, but how much love we put into the giving."

[Isis Chen Lan Lum, Licensed Acupuncturist](#)

Club Updates!



Tammy's Book - *Think Fit 2 Be Fit* Coming Soon!

Again, *Think Fit 2 Be Fit* will be in book stores sometime within the next 30-60 days.

Vedas is planning several book launches, so stay tuned for future updates.

For those interested in receiving the first released copies, please send an email to Ray at ray@vedasfitness.com to be placed on our book list.

Thanks for all your support!

March Special

Spafinder Wellness Week is March 21st -March 25th!

To celebrate Wellness Week, from March 21st - 25th, acupuncture and all other training and holistic services will be provided for \$50!

Save anywhere from 20% - 40% off of normal pricing!!

A perfect way to kick off the Spring!!

Expiration: March 25th, 2011
tax not included

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