



October/November 2011

Issue: 17

Eating Seasonally is Good for Your Wallet



Eating the foods that are in season is not only good for your pocket book, it's what your body needs to combat weather changes. Food has a thermogenic response in the body and interestingly enough this effect corresponds perfectly with the changes in temperature outside. To give you a better

idea of what I'm talking about here, let's look at how tropical fruits work physiologically. Tropical fruits tend to be high glycemic, which means they contain high amounts of simple sugars and create a blood insulin spike when consuming them. This type of food pulls water into the body quickly, ultimately producing a cooling affect. High protein foods like chicken and fish are more difficult to digest, so when we eat them your body works harder in the process of metabolism, causing your body to produce more heat and use more water in the digestion process. If we look at nature we see that the types of food abundant during certain seasons correspond with the body's thermogenic needs during that time. As an example, fruits provide the simplest of sugars and have the highest water content, are available during the hottest months of the year.

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Stir-Fried Chicken with Gingered Vegetables



<http://www.foodfit.com/recipes/recipe.asp?rid=1149>

Grains, which have are moderately high on the glycemic scale and tend to also be higher in calories are harvested in the fall when it's time for the body to naturally put on fat in preparation for the cooler months. Game and fish are the most natural food resources during the winter months when it's cold outside and your body needs to produce more heat to stay warm. Try to keep this concept in mind when grocery shopping. Eat what is naturally plentiful during each season and you'll not only be helping your pocket book, but your body will thank you too.

By Tammy Polenz



Meet our newest trainer!



Vedas would like to welcome Aaron Clark to the facility. Aaron Clark earned his bachelor's degree in exercise science from Bowling Green State University. He first gained an interest in exercise while competing in athletics in high school and has made it his passion since then. Aaron has a background in biomechanics, kinesiology, and sport conditioning. He has experience

working with all age groups ranging from 7 years up to 65 years of age. Some of his clients have included middle school athletes, as well as high school/college athletes. Aaron enjoys working with any individual who wants to become healthy and fit. In his free time, he enjoys boating, fishing, and spending time with family and friends.

Welcome to the Vedas Team, Aaron!
Take advantage of the 25% off coupon below to train with Aaron -see below

Contact him at aaron@vedasfitness.com

Class Changes...

**"Unless you puke, faint, or die
- Keep Going."**

~Jillian Michaels

Join Our Mailing List!



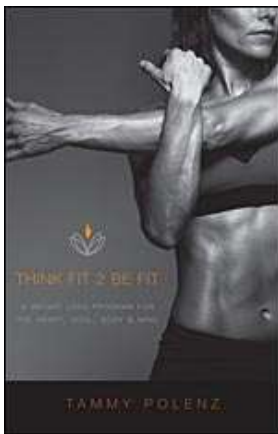
We want to say thank you and congratulations to Stephanie Gorbett! She will be leaving us for a fabulous opportunity out of state.

We will be replacing the Wednesday 5:15 class with Liz Bollini's group class. We will be offering a sample class on Monday November 14th at 5:00 pm. Look for the flyers and contact Liz for more

details.

Signup online on Mindbody, Contact Liz Bollini at (419) 357-0202, or email her at liz@vedasfitness.com

More Exposure for Vedas!



Congratulations to Tammy who will now be a featured contributor to [PFP Book Review:](#)

PFP Magazine is a recognized leader in the fitness industry. 2012 continues to be a year of growth.

Also, Vedas will now be administering the Corporate Wellness at Burke Lakefront Airport. We continue to stay committed to our members and clients fitness needs and look

forward to expanding and providing additional services.

Community Spotlight: Enjoy and Save!

EAT AND SAVE!

In the lobby of the IMG building. Owner Anna Harouvis

10% off to Vedas Members!!!



In One Cleveland Center. Owner Manny Grammatikos

**Fall Savings Special - \$3.00
SMOOTHIES!!!!**

**enjoy the savings with smoothies using
100% fruit puree between now and
Christmas!!**

AND

"Like" Vedas on Facebook!!

Click on the link below and "like" us on facebook. Our facebook community is growing... Don't miss out!

[Like us on Facebook !\[\]\(dd161862f9164df98f62b726e9846241_img.jpg\)](#)

**We want your input! Take a brief
survey...**

Ready to remove stress and improve mental focus?

A new company is getting ready to put its exclusive, primary footprint in the Greater Cleveland, OH area.

This company will be offering two, natural, healthy, great tasting beverages that produce an effect on the body. These products include a Mental Clarity Beverage and a Relaxation (think unwind without sleep) Beverage.

We set out with a simple mission. Let the consumers HELP us develop the beverages. This way they can play an active role in the company's success.

What we are asking? We have a simple 10 question, anonymous survey. We ask that you take 5 minutes to fill it out and provide us with your thoughts. We will use this input to develop YOUR beverages.

THANK YOU for your time in advance and remember GO offer your input by filling out the survey NOW.

Over the next few months stay tuned for updated news on these exclusive beverages.

Fill out the survey between now and next Friday, November 18th to be heard!!

[I WANT TO TAKE THE SURVEY!!!](#)

Cardio Equipment Sign Up



The winter months are approaching and with that comes the need for more people to work out inside due to weather conditions. As a result, if you require a certain time slot and specific machine, then it would be best to sign up online ahead of time. Thanks for your help and cooperation.

**Save
25%**

On all Personal Training Services with our new trainer Aaron Clark during the month of November.

Offer Expires: November 30, 2011

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