

September 2011

Issue: 16

## Think Yourself Thin!



Your brain is the single most important tool that you can use to accomplish anything you want in life. There are several studies, books, and other pieces of literature that provide support to the concept of "mind over matter." In fact, did you know that the very act of thinking literally changes the shape of the brain? So, if you want your actions to change, you have to change your thoughts first.

Start by continuing to read, learn, and focus on health. Your mind moves in the direction of its most dominant thoughts, so fill it with good ones. The more you learn about health and fitness, the faster you will move toward a fit and healthy body. Know in your heart, soul, body, and mind that you are getting healthier every day, that you are already healthy, or that you are in the process of uncovering your own personal path to a healthier life. Constantly remind yourself how you will feel once you reach your goals. Visualize how your clothes will fit and imagine all the energy you will have once you get to your pinpointed destination. Take at least fifteen minutes a day doing just that: visualizing your outcome to train your brain. Your brain does not know the difference between what you see with your eyes and what you imagine in your head. In the end if you "think thin" you will "be thin".

Excerpt from *Think Fit 2 Be Fit*  
By Tammy Polenz

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### Apple-Blueberry Cobbler Recipe



<http://www.mayoclinic.com/health/healthy-recipes/NU00459>

**"Win or lose, you will never regret working hard, making sacrifices, being disciplined, or focusing too much."**

~John Smith



Join Our Mailing List!

## Free Group Classes for Members!



All group classes are now free to all members. Due to the change it is important that you go online to reserve your spot for each class that you will be attending.

For questions on how to do so, please contact [ray@vedasfitness.com](mailto:ray@vedasfitness.com).

We look forward to seeing you there!



## Challenge!!!

The Challenge begins Oct. 1st!

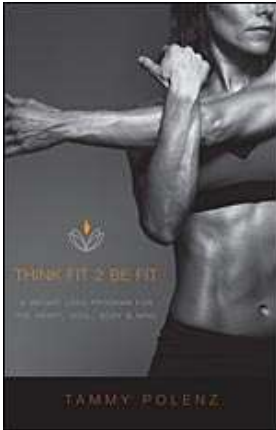
- Sign up for the challenge (Contact Liz - see below)
- Obtain your copy of P90X
- Obtain and utilize Shakeology
- Pre Order P90X2
- Commune with the Facebook group and change yourself for the better!

There is a CASH GRAND PRIZE for the Best Overall Body Transformation!

Contact Liz Bollini at (419) 357-0202, or email her at [liz@vedasfitness.com](mailto:liz@vedasfitness.com)



## Give Us Your Feedback



Reviews and comments are coming in by the dozens regarding Tammy's new book. Take a look at just one of the comments left recently...

**PFP Book Review:** Think Fit 2 Be Fit; A weight loss program for the heart, soul, body & mind By Tammy Polenz In the spirit of PFP's Mind and Body theme for September and October, Think Fit 2 Be Fit, is a perfect book that embraces the connection of the mind-body connection for ultimate health and wellness. Tammy Polenz effectively brings together tangible templates, tools, and checklists with a complete action plan to gain optimal results. Polenz breaks down her program into seven logical and reader-friendly steps encompassing all aspects of total health and wellness. Her program is comprehensive but approachable and will serve as a great resource as a recommendation to clients or to refer to as an industry professional.

Think Fit 2 Be Fit is available on [www.amazon.com](http://www.amazon.com)

Go to [www.amazon.com](http://www.amazon.com) and post your feedback concerning Tammy's book. This is only the beginning. Thank you for all of your support and feedback thus far with Think Fit 2 Be Fit!

## Community Spotlight

Be fit in body and in mind... Here are a couple of dining options to get you out of the fast food rut!



Anna Harouvis

Check out Anna at Good to Go Cafe in the lobby of the IMG building, or online at <http://goodtogocafecleveland.com/cafe/index.aspx>

She has a variety of raw diet selections on the menu, and the signature kale chips are excellent!



Manny Grammatikos

Oasis Urban Cafe is located on the first floor in One Cleveland Center. They have a variety of healthy wraps and sandwiches to keep you full and fit!

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