

The PowerHouse Trainer!

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Health & Fitness Newsletter

HEALTH NEWS: EXERCISE FOR YOUR BONES!

Is exercise necessary for healthy bones? The answer is yes! Even if we take a calcium supplement, eat yogurt and drink milk, it will not be enough to keep our bones healthy and strong forever. The only way to strengthen our bones is to move them! Strong bones can become more of an issue as we age. Excessive bone loss can occur in both men and women later in life

as a result of aging. The result of this can include bone fractures, height loss and Osteoporosis. Exercise places stress on our bones, creating a need for new bone growth. Along with creating new bone cells, this will stimulate our bodies to absorb more calcium, which is used for bone growth. Studies have shown that exercise when combined with nutrition and hormonal

balance can improve our bone density.

Recommendation for best results: Intensity of stimulus should be about 85% of our maximal effort (a weight load that allows us to perform 6-10 reps. Frequency should be 3x per week. And as always, seek advice from a health professional when starting any new training program.

NO TIME TO EXERCISE? DO A "QUICK WORKOUT!"

As lifestyles continue to change, most Americans have schedules that leave little or no time for exercise. You *can* find time to lead a life that is full of spiritual, physical and mental health. By taking small steps daily, eventually you can find the time to change your life. Try some of the following suggestions and you should have time for at least 30 to 45 minutes of activity per day and up to 3 to 5 hours per week. These ideas can help you incorporate more activity into your schedule. You will feel healthier, stronger, wiser and you

may end up wearing a clothing size or two smaller within 6 months to 1 year! First, *decide* you are going to do it, then begin a plan. Become conscious of your routine. Eliminate anything that is unproductive or unnecessary. Keep an exercise journal in which you can reflect on your choices. Keep motivational prayers, quotes, and pictures in your journal. Then, incorporate some of these tips into your plan! Store some recreational items in your vehicle or backpack, so when the opportunity comes, you are ready.

Invest in a pedometer to keep up with your daily steps, try to beat your previous record daily. Upon waking up in the morning, do stretching exercises, and maybe some crunches. Take a Sunday stroll with your family. Start a workout group with your friends. As you do this, you should feel better mentally and physically, knowing that your efforts are producing good things in your life!





TRAINING NEWS: FIT Groups

Our FIT Groups are growing! They are becoming healthier, stronger, and they feel more energetic! They are even losing weight and feeling better about themselves! They are helping each other stay motivated and they are reaching their goals! They are reaping the benefits of being a part of The PowerHouse

Health & Fitness Club FIT Group! If you are already a club member and are involved in a FIT Group, then keep it up! Participate at least 3x per week to get maximum benefits! Invite your family and friends! If you are not a club member yet...what are you waiting for? Become a member and get involved in a FIT

group, and start reaching your health and fitness goals today! Just \$10 a month gets you started as a Club Fit Member! E-mail us for more info: carl@thepowerhousehealthandfitness.com

"They are becoming healthier, stronger, and they feel more energetic!

They are even losing weight and feeling better about themselves!"

ARE YOUR FEET READY FOR SUMMER?

Before you strap on those open-toed shoes for summer, take a look at your feet! *You* may be ready...but are *they*? A perfect pedicure is a must! But you don't have to break the bank to get your feet in shape! Some tips to get them ready: File your nails once a week before bathing. Never *file* your nails immediately after a bath, as this is when they are at their weakest and most

likely to split. Shape nails when they are at their hardest, and file in one direction only. However, after a bath, toenails are softer and easier to *clip*. Use nail clippers, not scissors, after a bath. Skin on your feet needs to be smooth and callous-free, without unsightly cracks and peeling skin. Lotion your feet with a good lotion every night before you turn in! When applying nail polish,

remember that lighter colors, pastels and iridescent shades will flatter bronzed skin. Dark colors can appear harsh and are more high maintenance, since every chip shows! Also, to give yourself a real treat, soak your feet in some warm sudsy water while you are sitting on the couch watching a movie! Then give them a rub after you dry them! It will feel great!

RECIPE: BANANA NUT MUFFINS

Ingredients: 1 ½ cups whole wheat flour, ½ tsp baking powder, ¼ tsp baking soda, ½ tsp salt, ¼ tsp cinnamon, ½ cup finely chopped walnuts, ½ cup mashed overripe banana, ¼ cup (organic) unsalted butter (melted), ¾ cup brown sugar, 1 (organic) egg, 1 cup (organic) cottage cheese

Directions: Preheat oven to

375 degrees. Line a 12 cup muffin tin with paper liners. In bowl, whisk together first 5 ingredients. Stir in walnuts. In separate bowl, combine remaining 5 ingredients. Add wet content to dry content and stir gently. Do not over mix. Divide the batter evenly among the 12 muffin cups. Bake in the over for about 18 minutes, until the

muffins feel firm and springy when pressed on top. Serve warm or at room temperature. Muffins should be eaten within a day or two, or frozen, well wrapped, for up to 3 months. Nutrition: 180 calories, 5g protein, 24 g carbs, 7g fat, 3g sat. fat, 27mg cholesterol, 213mg sodium, 21mg calcium.



SUCCESS STORY: WHOLEFOOD FARMACY PRODUCTS

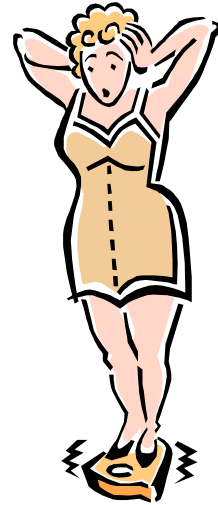
"I am writing to share my experience on the Tri-Decathlon Deluxe program. Well, I must say that I am very pleased and impressed with it so far. All my life, I've had a difficult time losing weight. It comes off very slowly, usually no more than 2 pounds maximum the first week, (if I'm lucky) and then maybe a half pound per week after that. And I'm usually grumpy and miserable the whole time I'm dieting. However, after having been on the Tri-Decathlon, for only a week and a half, I've lost 6 pounds, which is the most I've ever lost in that short period of time. Not only

am I encouraged, but I feel better than I have in years. I have more energy, I'm sleeping better at night, my brain seems a lot clearer, my attitude is more positive, and I have no aches and pains. I'm a much happier person. Prior to the Tri-Decathlon, I had a severe problem with aching joints. I tried everything on the market to get rid of my aches and pains, but there was only one product that helped but it did not take the pain away completely. I stopped taking my joint formula when I started the program, just to see how much of a difference

detoxifying would make, and to my surprise, the aches and pains are gone. I can't believe how great I feel. When I finish the Tri-Decathlon this weekend, I'm going to switch to the Liquithon. Oh yes, one more thing, the food is very tasty, especially the TropiPhi."

Lucille Offiler (Kissimmee, FL)

This is the difference eating whole and organic foods can make! Try it for yourself and see! Just give us a call for more information! (713) 597-9729. Or go to www.breadoflife.wholefoodfarmacy.com



Enjoy whole organic foods and lose weight!

HIGHLIGHT: ABOUT THE WHOLEFOOD FARMACY

The Wholefood Farmacy opened for business in March 2003 with a mission to supply healthy convenient wholefood based meals & snacks, non-toxic personal care items, and to educate the public regarding a preventative based lifestyle.

Over the past century, we've seen enormous advances in medical technology. We have more doctors, more pharmaceutical medicines, and more hospitals than ever before. We also have the sickliest generation of Americans in history. The number one culprit is the American Diet.

The processed food and fast food industries are serving it up and Americans are gulping it down.

Obesity and chronic disease is the result and the masses are driven into the waiting hands of the highly profitable health care industry. We're offered pills that treat our symptoms while the simple underlying causes are ignored. What incentive does the healthcare industry have to focus on prevention? If no one gets sick, the profits dry up!

The ingredients to health, happiness, and longevity are no secret. Every major NON-PROFIT health organization in the world has been offering the same advice for many years. Eat more whole foods, drink more water, exercise on a daily basis, lose weight if you need to, don't smoke, avoid toxins, and reduce

stress.

If you simply eliminate the CAUSE you can eliminate the PROBLEM. To that end, we have made healthy foods delicious, convenient, and affordable. Our salon quality personal items offer superior results without the toxic chemicals.

Nothing short of a consumer based, grass roots return to healthy choices and lifestyles can solve this problem for the generations to come. To help spread the word, we have combined our product offerings with the easiest and friendliest Referral Rewards program in the world. If you're ready to improve your health, increase your wealth, and help us spread the word, contact us!

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**The Powerhouse
Health & Fitness**

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**We're currently working on
our new website!
In the meantime, you can
visit us at**
www.breadoflife.wholefoodfarmacy.com

TRAINER HIGHLIGHT: CARL CORMIER

Carl is our founding trainer! He is certified in both Personal Training and Sports Nutrition and has many years of both training himself and training others! He has personally lost over 100 pounds! He

has a true heart for people and helping them become fit individuals. He not only cares about his clients' physical health, but also their spiritual and mental health as well. Many times he has gone

out of his way to help someone with losing weight and becoming healthy and fit. It truly grieves him to see someone who says they want to be healthy, but simply will not put forth the effort!

The PowerHouse UPDATE: WHAT'S NEW?

We are currently spreading the word about our "online fitness club"! It is our way of providing important health and fitness information to

the masses free! There are 3 different levels of membership, to fit everyone's needs! The newsletter comes with every membership, regardless of which one you

choose, so help us spread the word! Forward this newsletter to everyone in your contact list!

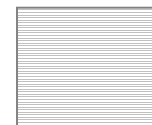
About Our Organization...

Our mission is to help communities all over the world become healthy, fit and whole. We are doing this through an online

fitness club, as well as many services including nutrition plans, fitness & health plans, personal training, fit groups,

training seminars, fitness fairs, and so much more! Want more info? Just contact us!

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