

# THE HEALTH REVOLUTION MONTHLY

## Health and Fitness Newsletter

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## January Specials at Beachbody

Beachbody had pulled together some fantastic specials for the month of January to help you kick off 2015 with a plan. There are plans for every health and fitness level to begin or maintain a steady progression. These specials are live through the month of January ONLY so don't miss out!

### Tip:

Remember to drink half your body weight in oz daily!!



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### The Newest Program Insanity Max 30

30 minute workouts, 5 days a week, color coded containers (**no calorie counting**), a workout schedule, 30 days FREE to Club Beachbody and a complimentary accountability group to keep you motivated. How does Max 30 work? You go as hard as you can, for as long as you can until you "Max Out" after that point, you keep going at a more maintainable speed for the remaining 30 minutes. There are two options for the month of January

#### A) Insanity Max 30 Kickstart Challenge Pack

Includes the 3 Day Refresh, a 30 day supply Shakeology, the 10 Max 30 DVD's to get your body moving, and everything mentioned above! \$220

#### B) Insantiy Max 30 Challenge Pack

Includes a 30 day supply of Shakeology, the 10 Max 30 DVD's to get your body moving, and everything mentioned above! \$180

Specials continued on page 2...

### Healthy Swaps for 2015

Looking to lose a few pounds, but exercise alone isn't cutting it? That's because abs are made in the kitchen and you need to get your body on track! Here are some easy swaps that we have incorporated into our own journey. We slowly added one at a time because being healthy isn't a sprint, it's a marathon. Changing too much too soon can lead to overload and overwhelm. When you are too overwhelmed you are more likely to stop your new habits and revert to the old ones. So take these each at your own pace!

#### Breakfast:

Swap out that fast-food sandwich for a Shakeology which is loaded with 70 super-foods to help you curb cravings and get your body aligned.

#### Snacks:

Skip the vending machine and bring your own. Vegetables like carrots and celery need very little prep, cost next to nothing and pair nicely with healthy fats like PB or humus to keep you feeling satisfied.

#### Dinner:

Skip the ground beef and reach for something lean like turkey, chicken or bison instead. Season it with salt, pepper, and garlic and you'll hardly know you've changed it up.

### Shakeology Recipe of the Month:

#### Orange Sunshine

- 1 serving Tropical Strawberry Shakeology
- ½ cup 100% orange juice
- ½ cup water

For the best taste experience, use a blender and add ice.

The more ice, the thicker it gets. Enjoy!

Calories: 216

Find more recipes or to order Shakeology [CLICK HERE](#)

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## Our Story– The beginnings

Many of you follow me on Facebook and have seen bits and pieces of Andrew's and my health and fitness journey. Well, here's the whole story or at least the beginnings...

Almost 6 years ago Andrew and I began dating again. We had known each other since high school but had gone our separate ways. We had each been in serious relationships and almost married off to other people. When we finally did begin our relationship again we were happy and doing well. He had been going to a gym and I joined because it was one more opportunity for us to do something together and spend time with each other. We quickly got burned out because our gym was falling apart and becoming run-down. So we joined a new gym. It was 15 miles out of town and required that we bring our clothes with us to work, that we stop on our way home, and as we discovered this gym wasn't conducive to the types of workouts we wanted to do. There was no space for anything but machines and classes. We had no where to go for ab ball routines, crunches, free weights or med balls.

If that wasn't bad enough, New Years day was here and now our busy gym was splitting at the seams with people beginning fitness resolutions. We were waiting 15 minutes between exercise just to get an open machine. We were done. We were burned out, tired and disheartened by the lack of availability. To top it off we also began working full time jobs and taking almost full loads of classes at the local community college. Working out was not our first priority.

A year later and Andrew and I were the heaviest we'd ever been. I went to the doctor for check up and almost cried when I stepped onto the scale. I was almost 150lbs.. Not much for some, but I normally am around 130. Andrew was above 300!!! We had to do something.

The first step was changing our diets. We started incorporating the swaps listed on page 1. Slowly we began to lose weight, but not very quickly. We started walking and jogging in the neighborhood. A little more weight lose, but we weren't being consistent so it never lasted as a routine for more than 3 days.

One day in July of 2013 a friend invited me to join a 7 da Shakeology accountability group. The group was fantastic and I LOVED the way Shakeology made me feel. I was full, I was not craving carbs, and I was feeling like this could be the change I needed. Shakeology was a great start. I was losing weight, but I still wasn't focused on my fitness, and Andrew hadn't joined me at all.

In December of that year P90X3 was released. Andrew asked if I wanted to try doing the program together. I have to be honest, the first time he asked I laughed and said no.. There may have been some colorful language in that answer. I had heard of P90X and how tough it was. Who was I to think that I could do P90X3? Andrew persisted and we decided to begin it January 1, 2014.

Those 3 months were the most challenging months physically and mentally. I was pushing myself daily to complete the workouts. I was mentally psyching myself out going. Together Andrew and I held each other accountable and we completed the first 90 days. When we finished, we felt like we could do anything! Looking back now, I am so glad that he talked me into what seemed like the biggest and scariest hurdle ever because that was the beginning of our journey.

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Specials Continued from page 1

### 21 Day Fix

This program is what revolutionized fitness and weight loss last year with it's premiere! 30 minute workouts for 21 days straight, color coded containers that let you choose what you wanted to eat without counting calories and RESULTS in just 3 weeks. This program is available in English and Spanish this month for \$140

### Also on Sale

Les Mills has withdrawn their contract with Beachbody, which is sad for us, but great news for you. Both Les Mills Combat and Les Mills Pump Challenge Packs are on sale until we run out of inventory!

Combat focuses on mixed martial arts and creates an intense 30, 45, 60 min workout to leave you dripping with sweat. \$140

Pump is a barbell-based, rapid weight loss and accelerated strength-training program can give you the tight, toned, and lean body you've always wanted in as little as 3 workouts per week! \$160

To order any of the January Specials [CLICK HERE](#)