



Say Fitness, Inc.
449 S. Federal Hwy
Deerfield Beach, FL 33441
Phone (954) 421-2116

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sayfitnesspersonaltraining

Be the Best You, in 2019

2019 is going to be the year when you slim down and shape up. If this sounds like a familiar sentiment, then you're not alone. January is one of the most popular times for men and women to realize that they could lose a few pounds and get ready for the year ahead. While safety may come in numbers, success alas does not, and many people will fail to shift their excess baggage from 2018. So, you want to lose weight in January? You need a plan!

After the excess of the New Year, January can be a perfect time to really get going with a new diet plan. Psychologically, the start of the year is about new beginnings and starting different chapters of life, which can add a great sense of motivation. If you're looking at how to lose weight in 2019, then you need to follow a few tips to set you off in the right direction.

Keep Moving!

There's no reason to stop working out. Going to a party? Go for a run or get in a good workout at the gym before you head out. Or plan a semi-private training session in the morning after a big bash. You'll be less likely to overindulge if you know you're going to get a good workout in the next morning.

Choose Wisely!

Take your time and look at your options. Be smart about your choices. If that finger food looks loaded with cheese, keep walking. Some things just aren't worth it. If you're going to indulge a little, make sure it's with your favorite food. Make those calories count. Have a small amount and move on.

Mind Over Matter!

If you have a choice of plates, grab the smaller one and fill it with healthy choices. It will feel like you're eating more, when in fact you're eating less. Less is more in this case.

Be the Life of the Party!

This doesn't mean doing keg stands with the host. Alcohol is a diet killer so choose your beverage wisely. My favorite is a nice glass of champagne at 80 calories a glass. You can still have fun without getting wasted! It's been proven. If your mouth is busy socializing, it's less likely to be in the corner overeating. If there's a dance floor, get out there and burn some extra calories.

Stay Hydrated!

Cold water fills you up and fires up your metabolism. The work it takes to heat up the water in your body helps you burn off those extra calories. This one's a no brainer: DRINK COLD WATER!



Kristi



Damian



Toni



Michael



Abby

Recipe of the Month: Vegan Smoothie Bowl

Eat this thick and creamy smoothie bowl with a spoon! Banana and frozen berries whip together with a little nut milk for toppable vegan breakfast. We use fruit, nuts, and seeds for topping, but feel free to experiment with whatever you like.

Directions

1. Combine banana, berries and soymilk (or almond milk) in a blender. Blend until smooth.
2. Pour the smoothie into a bowl and top with pineapple, kiwi, almonds, coconut and chia seeds.



Ingredients

- 1 large banana
- 1 cup frozen mixed berries
- ½ cup unsweetened soymilk or other unsweetened non-dairy milk
- ¼ cup pineapple chunks
- ½ kiwi, sliced
- 1 tbsp sliced almonds, toasted if desired
- 1 tbsp unsweetened coconut flakes, toasted if desired
- 1 tsp chia seeds

Prep: 10 min

Ready in: 10 min

Serving size: 1 bowl

Per serving: 338 calories, 12g fiber, 64g carbohydrates, 9g protein, 36g sugars

The Holidays are here!
So why not get a jump start on your fitness goals before the holiday treats come!

Enjoy this special offer for yourself, family, and friends!

Everyone is **WELCOME!**

At Say Fitness, your goals are as important to us as they are to you!

Enjoy 1 week of

FREE

Personal Training

Expires: December 31, 2018



First time resident guests only
Present coupon to a staff member