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Do You Eat These Anti-Aging Foods?

Do you wish you looked a few years younger? Look no further than your dinner plate. The foods that you regularly eat noticeably contribute to how you look and feel. Read on for the anti-aging foods that really make a difference.



More Meat, Please

Do you like getting your protein fix from meats? If you're in the market for young-looking skin that doesn't disclose your age, you'll be pleased to know that eating meat can help you do just that. Just be careful, because not all meats are created equal.

For increased collagen that keeps your skin tight across your face, lean meats are the way to go. Are you more into fish? Then get your fill of salmon. Full of the amazing omega-3 fatty acids that have been the talk of the medical community for years, salmon helps ward off cancers and improve your circulation, all while giving your skin that healthy glow you want and keeping your skin from getting dry.

Fruits & Veggies, Too

Beside your meats (or in lieu of them if you're not a meat-eater) you'll

Testimonials



When I started at SIMPLY STRONG, I used a cane, and for any distance over a block or two, I used a walker. After only two and a half months, my sense of balance and leg strength have improved so much that the walker is in storage and I only use the cane when I am shopping or walking a long distance. I can't wait to see how I will be

feeling six months from now!

Marcia – age 77



Because your meals (or in lieu of them if you're not a meat eater), you want a healthful helping of fruits and vegetables. Especially if you want skin that makes people wonder if you and your children are brothers and sisters.

What kind of fruits and vegetables can help you out? When it comes to your skin's health, any fruit or vegetable is useful. Just remember that the more color a fruit has, the more nutrients it holds. The more nutrients, the better it is for your skin!

A few of the best include the following:

- avocados—they provide healthful, monounsaturated fats that help your skin stay well hydrated
- oranges—full of cell-hydrating water, vitamin C does double duty by helping create collagen, which keeps your skin plump and smooth
- grapes—a particular chemical called resveratrol comes from grape skins and is remarkably efficient at fighting inflammation and bringing the aging process to a nice, slow pace
- pomegranates—on top of fighting free radicals, they help preserve the collagen you've worked so hard to get in the first place
- blueberries—they're small and full of antioxidants that fight the damage to your skin caused by free radicals, sun damage and stress
- kale and spinach—these and other leafy greens serve to protect against damage done to your skin by the sun, improve your skin's elasticity (which helps you look younger), and keep your skin as hydrated as possible
- cauliflower and Brussels sprouts—they may not look like much, but they're loaded with antioxidants and reduce your risk of cancer and give your immune system a boost, while cauliflower even works to keep your teeth whiter

And a Little Grain

It's hard to eat meal after meal without getting a little bit of grain in your diet. Fortunately for you, there is a way to make your grain intake lend your skin a helping hand. How? By eating oats. Oats, such as those found in oatmeal, are made up of complex carbohydrates and are low on the glycemic scale. Eating oats is particularly helpful for looking younger, as they help you feel full longer and avoid putting on age-increasing pounds. Additionally, oats are full of plant-based chemicals that are responsible for preventing skin cell damage. When you have healthier skin, you have a healthier you who looks young and happy and is ready to take on the world!

To look even younger, a strength-training program is a must. Here's why:

Stimulating your fast-twitch muscle fibers through strength training is the only proven way to drastically combat aging and to regain your youthful body. In fact, most people are able to regain up to one-third of their muscle strength and mass after participating in our exercise program for just a couple of months. Many studies have also shown that seniors who



I've never been athletic or exercised. But after breaking my foot and elbow, I decided it was time to get stronger. SIMPLY STRONG was just perfect for me—and has transformed my life! I think I'm almost addicted to my workouts! I've gotten stronger, healthier by every marker, lost four sizes, have so much more energy—and people tell me I look at least 10 years younger! The other amazing thing is I've done it without pain, within my time schedule and without any prior ability. It's never too late to change your life!

Donna – age 67



I have been working with Ed Collins for over two years. From my earlier days, I had worn out parts of my body from intensive exercise and competition. The slow-motion weight-training regimen has allowed me to maintain and improve my overall fitness without excessive strain on my body. I like that it is an exhausting workout in a brief amount of time. Yet I get the gain without the pain.

Geoffrey – age 67

couple of months. Many studies have also shown that seniors who exercise regularly live longer than those who don't. Isn't that amazing!

Here at SIMPLY STRONG, we specialize in working with men and women over the age of 50 who want to regain their youthful appearance and energetic functioning. We accomplish this with an evidence-based program of resistance training (strength training). Our program is very safe, effective and, best of all, time efficient.



Call or email me today and I'll get you started on an exercise plan that's designed to get you looking and feeling younger than you have in decades!

541-844-1608

Refer a Friend and get Two Free Sessions!

Members, remember when you refer a friend who signs up for a package, we would like to "Thank You" in the form of **two FREE sessions** for the referral!

Forward this newsletter to your friends, family and co-workers for a **FREE initial consultation** plus an additional **two FREE workouts** by using the 'Refer a Friend' link below. They'll thank you for it and so will we!

GIFT CERTIFICATES AVAILABLE



I am an 81-year-old female and have exercised in some form or another all my life. A few years back, I broke my leg and had both hips replaced, which limited my ability to exercise as I once did. I tried working out in gyms but never felt it got me in the shape I desired. A friend of mine suggested I try SIMPLY STRONG which intrigued me, as I liked the idea of a "personal trainer" and the fact that the workouts were in only 15-minute segments. I have been working out at SIMPLY STRONG for over a year and I feel so much stronger and my balance seems so much more steady. I thoroughly enjoy my workouts now.

Doris – age 81

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Slow-Cooker Chicken Tacos

Here's a simple, delicious dinner that your whole family will love. Simply throw the chicken ingredients into the slow cooker in the morning, and come home to a healthful, flavorful meal.

Servings: 8



Here's what you need:

- 2 lbs. boneless, skinless chicken thighs
 - 3 bell peppers (any color), thinly sliced
 - 1 yellow onion, thinly sliced
 - 1 (4-oz.) can green chiles, chopped (I use mild!)
 - 1 (14-oz.) can diced tomatoes
 - 1 (16-oz.) jar green salsa
 - 4 cloves garlic, minced
 - ¼ cup cilantro, chopped plus more for garnish
 - 1 Tablespoon ground cumin
 - 1 Tablespoon chili powder
 - 1 Tablespoon fajita seasoning
 - 2 teaspoon sea salt
 - ½ teaspoon black pepper
 - Large lettuce leaves
 - Avocado, sliced
1. Combine all of the ingredients, except the lettuce leaves and avocado, in a slow cooker. cover and cook on low for 5 hours.
 2. Remove the chicken thighs, shred with a fork, and mix back in. Serve, using a slotted spoon, on the lettuce leaves. Garnish with sliced avocado, chopped cilantro and a sprinkle of fajita seasoning.
 3. Enjoy!

Nutritional Analysis: One serving equals: 202 calories, 6g fat, 589mg sodium, 14g carbohydrate, 5g fiber, and 20g protein.

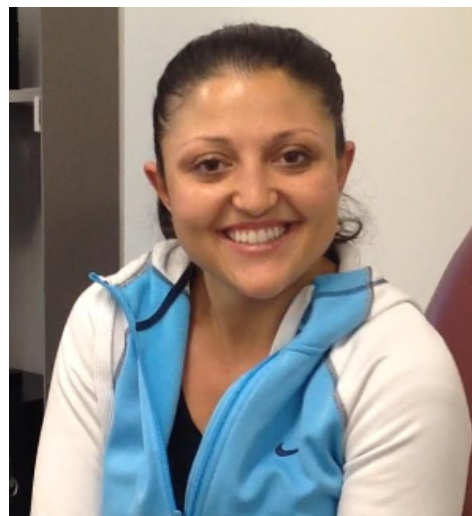
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When my chiropractor first suggested SIMPLY STRONG, I was somewhat resistant to the idea of going to some gym to work out. After all, I am a busy farmer, and thought I was in pretty good shape physically. However, since the atlas in my neck kept going out and giving me intense headaches, I decided to give it a try. I found out it wasn't just "some gym." After several months, my headaches lessened considerably, and the need for chiropractic has decreased. While it has helped my neck problem, it has also benefited my overall health and stamina. Thanks, Ed, for being a great trainer!

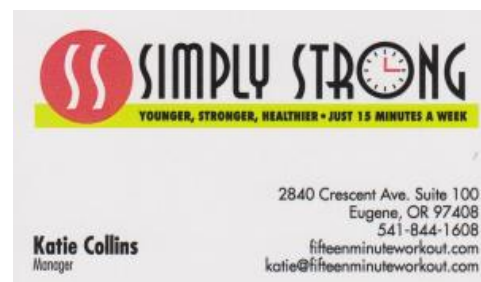
Jonathan – age 58





When I started working out, I was one of the youngest ones. But, for me, it's not about fixing a problem that's already there, it's about preventing future problems. So, I think that as long as you are working to build muscle, you are not going to have the metabolism issues in your 40s and 50s. You are not going to have the injuries, the back problems and the muscle deterioration. It's all about being proactive. I love working out here at SIMPLY STRONG and I love seeing the progress!

Angela – age 25



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