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## General Recommendations for Body Fat Loss



1. Do not undertake a fat-loss program unless you plan to make a serious commitment to change your eating patterns and habits. You must consume less calories daily than your basal metabolic rate.
2. Base your diet plan around foods that are as unprocessed as possible. Processing greatly increases calorie density. With unprocessed foods, the problem becomes getting *enough calories*.
3. Be compulsive. During the initial twelve weeks, every morsel that passes your lips should be weighed or measured, calorie-counted and recorded. Only by doing this will you gain a true awareness of the calorie content of food and the resultant correct portion size.
4. Synergize. Make use of the following tricks to burn more calories and take in fewer calories.
  - Understand the laws of thermodynamics.
  - Drink three liters (that's 12 cups or 102 ounces) of ice-cold water

## 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**



per day. The body will burn about 125 calories to heat the water to body temperature.

→ Dress cool/sleep cool.

→ Understand the thermic cost of digestion. Eat unprocessed. Eat often, 5-6 times per day.

→ Walk for about 20-30 minutes after your evening meal, but avoid a regimented aerobics program.

→ If you are going to be faced with temptation, eat ½ cup of all-bran or fiber-one and drink a liter of ice-cold water before hand.

→ Increase muscle mass to increase basal metabolic rate. You burn more calories each and everyday.

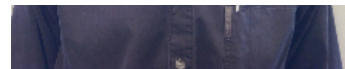
5. Be patient and persistent. In nature, it is difficult to correct any derangement at a rate faster than it occurred in the first place.

6. Training at SIMPLY STRONG is focused on stimulating the body to grow muscle. As you grow muscle your basal metabolic rate will increase, so as you lose weight you can be assured that the weight reduction is 100% from body fat.

**The Secret Fat-Loss Formula:** Reduce daily caloric intake as you stimulate the body to build muscle. These two activities, given enough time, will work. It's like a snowball rolling down hill, the longer you do these two things the results will become more apparent!



**Motivate your friends, family and co-workers! Use the "refer a friend" link below to forward this newsletter and subscribe your friends.**



I was 35 years old and my ability to play golf and coach soccer without pain in my back did not exist. SIMPLY STRONG has given me my life back and I now enjoy running, coaching and playing golf pain-free. I would recommend anyone young or old to try this and see how you can change the way you feel and enjoy life!

**Shawn – age 42**

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Working out at SIMPLY STRONG has increased my strength, my endurance, and has helped me with all aspects of my life. My endurance for work and for working out, playing golf and playing basketball has improved immensely. I consider it the most healthful thing that I could do for myself.

**Dr. Carlock – age 68**

SIMPLY STRONG is making me feel younger and healthier. I am able to do for myself, when other times I could not. I love how Ed keeps track of my progress and I love knowing about my progress. It makes me feel stronger; I love it! I don't want to be without it! For 15 minutes, it's worth it. I don't like to work out, but I love this workout here at SIMPLY STRONG!

**Linda – age 67**

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# 541-844-1608

## Hearty Chicken Casserole

Casseroles like this are a lifesaver on busy weeknights, and unlike most casserole recipes, this one is dairy-, grain- and gluten-free. The tender, hearty veggies and chicken are mixed with tomatoes and basil then topped with a sprinkle of toasted ground nuts and nutritional yeast. You get to enjoy delicious flavor while filling up on protein, veggies and fiber that powers your body and energizes your day.

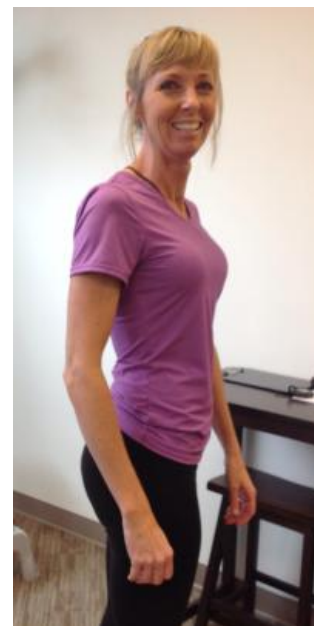


Servings: 8

### Here's what you need:

- 1 teaspoon coconut oil
- 3 Tablespoons pine nuts
- 3 Tablespoons pecans, chopped
- 3 Tablespoons nutritional yeast
- dash of sea salt
- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 1 yellow onion, chopped
- 2 bell peppers, chopped
- 2 eggplants, chopped
- 2 cups roasted chicken, cubed
- 1 (28-oz.) can crushed tomatoes
- 3 Tablespoons fresh basil, chopped
- ¼ cup white wine
- ½ cup cheese substitute

1. Preheat the oven to 350 degrees F. Lightly grease a casserole dish with coconut oil.
2. In a small skillet, place the coconut oil over medium heat. Add the pine nuts and pecans. Sauté until golden brown. Remove from heat and pulse in a food processor with the nutritional yeast and dash of salt. Set the nut mixture aside.
3. In a large skillet, place the olive oil over medium heat. Add the garlic and onions and cook for 5 minutes. Add the pepper and eggplant and continue to cook for 5 additional minutes.
4. Mix in the chicken, tomatoes, basil and wine. Bring to a boil, then simmer for 5 minutes.



I am so grateful to SIMPLY STRONG for changing my life. I am consistently learning about my body, muscles, hormones and how it all works. This started out as something I was going to do just to get my back healthy again and it has become a way of life now! Not only do I feel healthier and stronger than I have ever felt, but my husband has joined and I couldn't be happier.

**Shelli – age 45**



then simmer for 5 minutes.

5. Spread the chicken and veggie mixture into the prepared casserole pan. Evenly sprinkle the nut mixture over the top of the casserole. Cover with foil and bake for 50 minutes. Remove the foil and bake for another 10 minutes. Enjoy!

**Nutritional Analysis:** One serving equals: 223 calories, 7g fat, 320mg sodium, 19g carbohydrate, 9g fiber, and 19g protein.

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## 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 **FREE workout**. They'll thank you for it and so will we!

GIFT CERTIFICATES AVAILABLE

[fifteenminuteworkout.com](http://fifteenminuteworkout.com)

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If you can spare just 30 minutes a week, Ed and Katie will share their support, motivation and innovative strength-building techniques to help you become SIMPLY STRONG! My short workouts have provided long-range benefits. Since starting at SIMPLY STRONG, every day I now feel better, I feel healthier and I feel stronger. I'm also hitting the golf ball farther...a lot farther!

**Jeff – age 34**

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I really have gained strength, which is the reason I started working out at SIMPLY STRONG. Also, my balance has greatly improved and I have lost inches around my stomach! Katie and Ed are great trainers!

**Kathv – age 64**





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