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Five Habits That Cause Belly Fat

There's nothing quite as frustrating as that stubborn belly fat that sits around your waist, makes your pants tight and destroys your confidence.



If you have belly fat to lose, then chances are great that you are harboring one or more of these five habits that cause belly fat.

Read the Five Belly-Fat Habits below to identify the reason why your stubborn belly fat won't budge.

Belly-Fat Habit #1: Too Much Sugar

Sugar is found in many of the foods that you eat daily. From breakfast cereals, to coffee drinks, to protein bars, to energy drinks. More items in your daily diet contain sugar than you're aware of. All of these sugar calories add up quickly and translate into many pounds gained.

Make it a habit to read the ingredients and the sugar count in the foods you are eating. Pay special attention to breakfast items: yogurts, protein bars and any item that is packaged. Avoid eating foods that contain added sugars as a part of your daily diet.

Testimonials



I love SIMPLY STRONG!

Positive, progressive results for toning and body shaping, with best effort in minimal time, was what I was looking for. I have been an active gym member most of my adult life. Twenty years with 30 pounds gained amidst a busy schedule set me looking for something different to seriously change. SIMPLY STRONG is amazing! I can accomplish far better results in 15 minutes a week. I work hard once a week and am done! No more, "I've got to get to the gym, but I don't have time, maybe tomorrow" mantras for me. The confirmation of positive results is, I have lost 24 inches in less than four months. I am confident to continue with toning and strengthening goals. The added bonus of a SIMPLY STRONG positive outcome is when my son affectionately pinches the back of my upper arm and says, "Mom, you have a muscle!"

Belly-Fat Habit #2: Daily Dessert

There used to be a time and place when desserts were reserved for Sunday evenings and special occasions. Not anymore! These days, dessert has become a daily occurrence. Much like the first Belly-Fat Habit, having dessert is another form of having too much sugar, and all those sugar calories rapidly turn to fat.

Forget eating dessert everyday. Save desserts for cheat days and special occasions, and stick with fresh fruit as your daily after-meal sweet.

Belly-Fat Habit #3: Bad Snacking

In recent years, snacking has been named one of the best ways to maintain your metabolism, in order to burn fat all day long; and while there is some truth to eating small, high-protein, high-fiber meals frequently, for the most part all of this snacking has done nothing more than make us fat.

Most snack items are crunchy and salty, two qualities that you'll rarely find in a healthful snack, and contain loads of simple carbohydrates and, you guessed it, more sugar. In order to avoid belly fat, you're better off avoiding all traditional snack foods, and falling out of the habit of "snacking" entirely.

If you're hungry between meals, eat a small amount of protein and fiber, such as a hard-boiled egg with cucumber, or a packet of tuna with celery.

Belly-Fat Habit #4: Daily Alcohol

Having that drink with dinner (or two, or three) can quickly become a fast and steady habit. It's easy to justify the drinks because you had a long, hard day and you deserve it. The alcohol takes your mind off of your troubles and loosens you up for a good time. However, all those alcohol calories are basically sugar, and all that sugar is going straight to your belly. (Beer belly, anyone?)

Breaking your daily alcohol habit is tough, I'll give you that, however it may motivate you to know that it's nearly impossible to lose fat on a day when you're drinking alcohol. Alcohol = fat storage mode. Also it's great to know that once you've allocated alcohol to cheat days and special occasions, you'll lose fat quicker and easier than ever before.

Belly-Fat Habit #5: Lack of Exercise

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.

arm and says, "Mom, you have a muscle."

Corrine – age 62



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 Brandt - age 41



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

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 heartful thing that I could do for myself.

Dr. Carlock – age 68



The secret Fat Loss Formula is to reduce daily caloric intake as you stimulate the body to build muscle.

Call or email me today to ditch that belly fat forever.

Motivate your friends, family and co-workers!

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Thanks to SIMPLY STRONG, my body is definitely beginning to feel stronger. I feel as if I am moving with more confidence when I am doing my errands, housework and, best of all, when walking my dog, Misty. I love my workouts!
Diane Hunter - age 83



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541-844-1608

Fennel, Celery and Green Apple Slaw

Here's a light and refreshing salad that's filled with healthful fiber. Fresh tarragon, fennel and lemon juice lend vibrant flavors, eliminating the need for fattening, store-bought salad dressing. Serve alongside a portion of lean protein for the perfect, fitness-approved meal.



Servings: 2

Here's what you need:

- 2 Tablespoons olive oil
- 1 Tablespoon Apple Cider Vinegar
- 1 Tablespoon fresh tarragon, minced
- 1 teaspoon lemon juice
- zest from 1 lemon
- 2 celery sticks, plus the leaves
- 1 fennel bulb, plus the fronds
- 1 green apple
- dash of salt and pepper

1. In a small bowl combine the oil, vinegar, tarragon, lemon juice and zest. Set aside.
2. Using a mandoline slicer on the thinnest setting, thinly slice the celery, fennel bulb and green apple. Place in a medium bowl. Chop the celery leaves and fennel fronds and add to the bowl.
3. Toss the salad with the dressing and season with salt and pepper. Enjoy!

Nutritional Analysis: One serving equals: 219 calories, 14g fat, 192mg sodium, 23g carbohydrate, 7g fiber, and 3g protein

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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 Oliver – age 34



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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 workouts** by using the 'Refer a Friend' link below. They'll thank you for it and so will we!**

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