

Amazon Fitness

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Visit our website at:

www.amazonfitness.us

Special points of interest:

- Robin wins Biggest Loser contest
- New Year's Resolutions
- Lean Dessert Protein—review
- Tortilla soup recipe

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Your Health & Fitness

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Start the New Year with a Healthy Resolution!



Make your resolutions stick!

I sit here writing this just after watching President Obama deliver his inaugural address. In it he said that we as a people can meet the challenges we face as a nation. "Today I say to you that the challenges we face are real. They are serious and they are many. They will not be met easily or in a short span of time. But know this, America: They will be met."

Likewise, each of us individually can meet our own challenges and that includes our physical health. We know in our heart and our minds what we must do. We hear it all the time from our doctor, the media, our spouse, friends, etc. The time is NOW to commit to yourself. To commit that you will do what is necessary to meet your fitness goals. Your fitness won't improve without you putting in the time, sweat, and mental effort to get results.

Meet with your trainer to go over your goals, set up a game plan, and commit to yourself that you will follow your plan. It will take time.....time to do your

cardio, plan and make your meals ahead of time, and time to work out. But if you put in the time and make the effort, you will reap the rewards. It will be hard....but anything worthwhile is not easy to achieve.

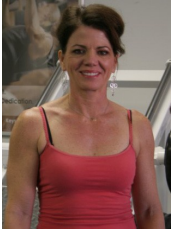
Focus On Supplements—Lean Dessert Protein by BSN

One of the best tasting brands of protein is the Lean Dessert Line. The Vanilla is especially useful for cooking with (e.g. fat free pudding mixed with protein powder, topped with non-fat whipped cream makes a great dessert.

- Produces thick dessert-like protein shakes
- Sustained Release Blend of 6 proteins plus BCAAs, Glutamine Peptides, MCTs
- Flavors are Cinnamon Roll, Chocolate, Vanilla, Banana, Banana Nutbread, and Chocolate Coconut



Click [here](#) to order supplements on-line. Enter discount code **JANUARY09** to get a 10% discount.



The winner of the Amazon Fitness Biggest Loser Winter 2008 is Robin. Way to go!!

Robin Wins Biggest Loser Contest at Amazon Fitness

Congratulations to Robin, the winner of the Biggest Loser contest and the \$700 pot. Over the 12 week contest, Robin lost 2 sizes and decreased the amount of body fat by 23%.

Past winners of the contest have lost 23%, 29%, and 21% over the 12 weeks that the

contest took.

How did Robin do it? Her trainer Pam explains. "Robin stuck with it. Many people start out good, some get re-invigorated at the end. It's in the middle of the contest that people have a harder time resisting temptation and getting in their cardio. Robin

was persistent and committed. Her competitiveness was channeled into getting her cardio in and staying on the diet." That's how all the past winners have done it....they were persistent.



Southwestern Chicken Black Bean Soup

Nutrition Facts

One serving: (one cup soup with 1 tablespoon cheese and two crumbled tortilla chips)

Calories: 227 cal.

Protein: 21 g

Carbs: 27 g

Fat: 4 g

Tortilla Soup

INGREDIENTS

- 1 pound boneless skinless chicken breast, cubed
- 1 tablespoon canola oil
- 1 tablespoon chopped onion
- 1 jalapeno pepper, seeded and finely chopped
- 3 garlic cloves, minced
- 2 cans (14-1/2 ounces each) reduced-sodium chicken broth
- 3 cups fresh corn or frozen corn
- 1 can (15-1/2 ounces) black beans, rinsed and drained
- 2 tablespoons lime juice
- 1/2 teaspoon salt
- 1/2 teaspoon hot pepper sauce
- 1/4 teaspoon pepper
- 1/2 cup minced fresh cilantro
- 16 baked tortilla chip scoops, crumbled
- 1/2 cup shredded reduced-fat cheddar cheese

DIRECTIONS

In a large kettle or Dutch oven, saute chicken in oil until no longer pink. Remove with a slotted spoon and set aside. In the same pan, saute onion and jalapeno pepper until tender; add garlic and saute for 1 minute.

Stir in the broth, corn, beans, lime juice, salt, hot pepper sauce, pepper and reserved chicken; bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes. Stir in cilantro. Top each serving with crumbled tortilla chips and cheese. **Yield:** 8 servings

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Questions or comments? E-mail us at amazonfitness@comcastl.net