

GET THE *Red* OUT!



December 2010 Newsletter

ALICE MARINO, PFT, HHC, AADP
Board Certified Holistic Health Practitioner
Nutrition & Lifestyle Coach
Personal Fitness Trainer
718-815-4007 www.GetTheRedOut.org
718-980-BODY (2639) www.BODIESbyALICE.com

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“BODIES BY ALICE”

presents...

HOLIDAY Workouts!

HERE THEY ARE AGAIN... THE HOLIDAYS!!!

**ARE YOU SATISFIED WITH THE WAY YOU LOOK AND FEEL?
Did you promise yourself to be at your desired weight by now?**

To be eating healthy and to feel energized?

HAVE YOU ACHIEVED YOUR GOALS?

**If not, then it's time to get started before you come down with a
serious case of the notorious “HOLIDAY BLUES”.**

Most Americans gain an additional 7-15 lbs during this time!

Would you care to join them... or ME?

**Call me immediately to discuss all the options available to
GET & STAY FIT FOR THE REST OF YOUR LIFE!!!**

FIRMLY YOURS,

Alice Marino

Handling Holiday Stress

*“And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling,
how could it be so? It came without ribbons. It came without tags. It came without
packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the
Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't
come from a store? What if Christmas, perhaps, means a little bit more.”*

~ Dr. Seuss

www.GetTheRedOut.org

From Halloween until the New Year begins, demands escalate and stress mounts as we prepare to celebrate **The Holidays**. The seasonal stress we feel is often self-imposed as we strive for perfection by trying to give others what they want; draining us of the energy we require to make it through the season. We do too much, spend too much, eat and drink too much, and are together too much. Do you see a pattern? The holiday season has become one of “too much”, and the time is now to care for your whole self by taking charge of this year’s agenda.

Take ownership of your celebration by deciding on the type of holiday you want. Think about the traditions and activities that made you happy last year and repeat them. Keep in mind those things that are important, and establish practical goals to achieve them.

After you have determined what you want from the holidays, follow Santa’s lead and make a list. Write down all that you want to accomplish between now and the end of the year, and then prioritize. Choose only those agenda items that you really want to participate in, and get rid of the rest. Organize your time and calendar by carefully planning your activities in advance, and then, stick to the plan.

Once you know what you want and how to get it, you may run into some pushback from friends and family who have come to depend on your “take-charge” attitude. Letting you run the show may free them from guilt and obligation, but it does nothing to alleviate your holiday stress. Now is the time to change their expectations. Set a limit on how many parties you’ll give or attend; on how much time you are willing to spend in close quarters with friends and family; and on far you will travel and the length of time you will stay with difficult relatives. The holidays come but once a year, so spend time with people you enjoy and who supply you with positive energy.

Now comes the hard part – changing your own expectations. Give yourself permission to scale back on shopping, baking, sending out cards, and decorating. If these are important to you, find simple, creative ways to accomplish each task. Not only will you save time and energy but also money. The last thing you want to do in your quest for a stress-free holiday is to create a financial burden that will follow you into the New Year and beyond.

Finally, if you are ever to achieve any sort of calm during this season of peace and goodwill, you need to take time for yourself. Go back to your “to-do” list and pencil in time for exercise and time alone to keep yourself energized and relaxed. Breathe away the stress, letting go of the things you cannot control. If you have vacation time left at work, take it now when you need it most. And, because it is the season to be jolly, laugh! It’s good for the soul.

Food Focus: Citrus



Isn't funny how Mother Nature always seems to know exactly what we need? As the days continue to grow shorter and the cold and flu season begins, citrus fruits such as oranges, grapefruits, mandarins, tangerines, clementines and lemons begin to make their way to center stage at the grocery store.

You probably already associate citrus fruit with Vitamin C (ascorbic acid), which helps reduce the length and duration of the common cold. In addition, all citrus fruits are acidic, making them the most detoxifying of all fruits. Citrus is an excellent food source rich in vitamins, minerals, phytochemicals, and fiber – all of which are essential for normal growth and development and overall well-being. The medicinal properties of these super foods are responsible in preventing cardiovascular disease, hypertension, stroke, some cancers, neural tube defects, and anemia.

FYI: Did you know that the word “ascorbic” means “no scurvy”? Hundreds of years ago, people who lived in countries that lacked sufficient fresh fruits and vegetables suffered from a devastating disease called “spring sickness”, a severe Vitamin C deficiency. The symptoms were aching joints, bleeding gums, loose teeth, and blemishes on the skin. Known today as scurvy, this disease can be prevented through adequate amounts of Vitamin C.

Recipe: Holiday Spinach and Citrus Salad with Pomegranate Arils



Makes 4 servings

1/2 small organic red onion, thinly sliced
2 small organic grapefruits, preferably pink or red, or 3 oranges
1 tablespoon white-wine vinegar

1 tablespoon organic extra-virgin olive oil
1/2 tablespoon coarse-grain mustard
1/2 teaspoon organic agave nectar or honey
1 clove organic garlic, very finely chopped
Sea salt & freshly ground organic pepper to taste
8 cups torn organic spinach
1/2 cup fresh pomegranate arils (the pulpy seed inside)

1. Place onion in a small bowl, cover with cold water and soak for 10 minutes. Drain and set aside.
2. Meanwhile, remove skin and white pith from grapefruit (or oranges) with a sharp knife, and discard. Working over a small bowl to catch the juice, cut the grapefruit or orange segments from their surrounding membrane; reserve the segments in a small bowl. Measure 2 tablespoons of the juice and set aside.
3. Whisk together vinegar, oil, mustard, agave nectar or honey, garlic, sea salt, pepper and the reserved fruit juice in a salad bowl. Add spinach and the reserved onion and fruit sections. Toss and garnish with the pomegranate arils.

Upcoming Events

“BODIES BY ALICE” GOES “K9”!
***Private & Group Sessions w/Your “Best Friend”**



Your dog is usually an accurate reflection of you; *with that said...* look at that precious pup... Could your pooch be the motivation to get you to shake your tail? Then let's get it moving with "TAILS A WAGGIN!" Join me for the "K9" workout of all times. Think of your 4-legged friend as exercise on a leash, it's that simple! This is unprecedented, so get in on the newest craze!

HOLIDAY GIFT CERTIFICATES

Are Now Available for Your Loved Ones



BE ON THE LOOKOUT FOR MY NEW BUSINESS... COMING IN 2011!!!

Now forming All New 2011 "WOMEN'S GROUPS" ...

An intimate group setting to share our needs with each other and be heard! A moment in time where *you count, you speak and you get answers!* It is not only about weight, but also about living in harmony within you. It's the "Mind, Body, Spirit" connection we all need so desperately.

"WHY WEIGHT"? 2GETHER WE CAN GET THE RED OUT!!!



Join in a group of educated, well rounded (no pun) women in a 100% Confidential Intimate Women's Group to realize and address your innermost obstacles and overcome them. Regain your self-esteem and self-worth and become empowered to engage in self-love and reach your ideal weight as well as live your ideal life! We will explore many different methods including positive visualization, breathing techniques, exercise and meditation just

to name a few. Nutrition will always be addressed as a key element to enable you to live a life you truly love!

Cooking classes: One-on-one or group classes, my kitchen or yours, \$\$ priced accordingly.

Guided Food Shopping tours: One-on-one or with a group, \$\$ priced accordingly.

Group Workshops: **Body Image: Facts vs. Fiction ~ the Sugar Blues**
Eating for Ultimate Energy ~ Women's Health Concerns
Create Your Future Using Imagery ... and more.

Workshops arranged in your home, office, or mine, \$\$ priced accordingly.
Contact me today for details, Alice Marino at 718-815-4007

2010 Referral Program

For each individual you refer to me, that signs up for Personal Training or
A Health Counseling Program, you will receive

A "FREE" PRIVATE ONE-ON-ONE WORKOUT!!!

It's that simple.

Please share this opportunity with your friends, family and co-workers.

Forward to a Friend... It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

*Merry Christmas to All, Peace and Love Abounding to
Each of You for this Holiday Season and Ever More.*

LOLO, Alice and my "Kids"

Mico Monster, Valentino Villain Y Roxi Bear



**PS. HAPPY HAPPY BIRTHDAY TO MY "VALENTINO VILLAIN",
the "Yorkshire Terrorist" who is 8 wonderful years old today!**

PPS. Please do not forget today is "WORLD AIDS DAY".

Let's all pray for a cure and remember the epidemic is ongoing!