



Phat Fit



"Nuke it! Don't Give It More Attention Than It Deserves."

Phat Health Tips: some cool facts...

Elderberries can help fight off the seasonal flu, but new in-vitro research in the journal Phytochemistry also shows that the fruit could be effective against H1N1 as well. Antioxidants bind to H1N1 cells, preventing them from infecting their hosts. -men's health

Raisins provide the same cardio boost as energy gels do. Scientists in SanDeigo tested cyclists and found they received the same enhanced performance but the bonus is Raisins also deliver antioxidants, fiber and vitamins. They are cheaper too! -Mark Kern, PH.D

Wake Up to Water... imagine not drinking all day at work-no coffee, no water, no nothing! You would be pretty parched at the end of the day! Your body is the same after a night's sleep. Keep a glass by the bed and drink it before you hit the shower!

Phat Workout Tip: 2 New Belly Blasting Exercises...

Rotating Superwoman: Lying on your back, arms extended and legs straight, tighten your core and raise your shoulder and legs about six inches off the ground and hold for 15 seconds..then roll onto your belly, keeping your arms and legs off the ground, as if you are flying and hold for 15 seconds. That's one rep! Repeat five or six times!

Rock'n'raise: lie on your back with your arms at your sides, knees pointed outward, and soles on your feet touching. Stay in this position and slowly raise your legs until your toes are pointed towards the ceiling and your hips are slightly off the floor. Slowly return to start...that's one rep. Repeat 15 to 25 times.

Sign up for 3 Months Unlimited Phat Fit! Only \$280!!! Look and feel great for the holidays and start the New Year right!

BE PHAT! BE AMAZING! BE A PHAT CHICK!

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