

CRUISELETTER

It'sss Thaaat Tiiime!

JANUARY, 2013

In case you haven't noticed (which you should've if you've been in the gym this week!) It. Is. Busy. Season. Meaning, folks that needed that extra nudge (unlike you!) of the new calendar year to set a goal are here. You're AMAZING! You made the choice ON YOUR OWN when you KNEW you NEEDED it. Well done, well done.

However, we can join the NY enthusiasm by repping our own goals. I asked you last month, but here's the official, 2013 request:

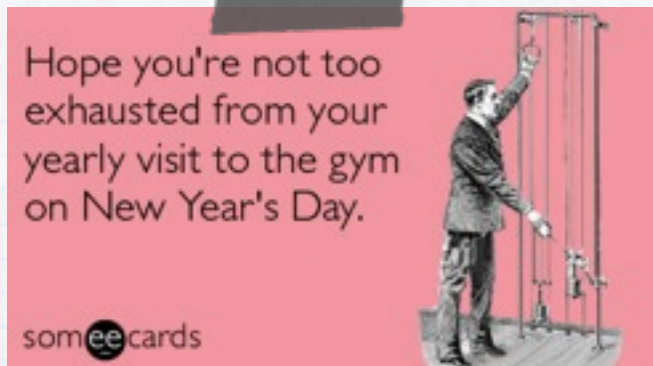
Set ANY resolution for your HEALTH/WELLNESS. _____

Write it down, post it where you'll see it, and remind yourself daily of what'd you'd like!

***** BRING ME A SHEET OF PAPER/POST IT NOTE WITH YOUR "GOAL"***** beginning next week (of the 14th). I'll remind you!

I'm SO excited for Biggest Loser to start again! Remember how unrealistic this show is, one guy lost 29 lbs in ONE freaking week tonight.. BUT the show makes me cry; I love it. It inspires me, I hope you enjoy it too. Should I be more of a Jilian?? Let me know.... ;)

Love, Rebekka



THINK LONG TERM!
YOU CAN DO IT!!!



<http://today.msnbc.msn.com/id/43160888/ns/today-entertainment/t/olivia-goes-against-sister-win-biggest-loser/>
#UOpycKXhAzU
Before and afters are so fun. Ya ya ya if these folks can do it YOU can too... but wait, you can! For real!!!
Biggest Loser Ranch-- optional!

SHOUT OUT:

HOORAY TO BRENDA!
Meeting a first 'goal' of hers last week!
Part of her 'secret': cutting out wheat.. on top of an already low sugar diet. Try it. For 1-2 weeks.
You can always revert....