

## Casa Marianna

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Instructor

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### *Fitness Tip*     *Does it matter when you eat?*

- **Let hunger be your guide.** If you get home at 8:30 pm after a long day's work, you can eat a wholesome balanced dinner without sabotaging your weight-loss efforts. On the other hand, if you find yourself always sitting down at 9:00 pm with a bag of chips, a self-imposed late-night eating ban might help you from consuming a few hundreds excess calories.
  - **Eat a healthy breakfast..** A healthy breakfast including whole grains and fruit can help you start your day off right and prevent a junk-food splurge later in the day. However, if you're a non-breakfast eater now, and you commit to adding breakfast to your daily routine, make adjustments to your other meals and/or exercise more so that you can maintain energy balance.
  - **Create a calorie deficit.** The most effective way to lose weight is to consume fewer calories than you expend. Adding even a short bout of physical activity to your routine, or cutting out something as small as a can of soda each day, can make a difference over time.
  - **In sum, the key to weight control seems not to depend on the time of day that you eat, but rather what you eat and how much.** The goal is to make healthful nutrition and physical activity changes that can be incorporated into a permanent lifestyle transformation.
- Good luck with your endeavors. If there is anything I can do to help you along your way, please feel free to contact me. *Marianna*

## Organization

Organization Name

Address Line 1

Address Line 2

Address Line 3

Address Line 4

Tel: 555 555 5555

Mobile: 555-555-5555

Fax: 555 555 5555

E-mail: someone@example.com

**Tag line goes here.**

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**We're on the Web!**  
example.microsoft.com

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## September 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## BACK PAGE STORY HEADLINE

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.



**Caption describing picture or graphic.**

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.