

SusieShina

Be Who You Are...
Be *Fit Enough*

Fit Enough to Increase your Bottom Line

How a Daily
10-Minute Lifestyle Makeover
can help put more money in your pocket!





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Why do you work from home?

- Freedom to make your own hours
- Freedom to have more time with your family
- Financial Freedom to do fun things
- Freedom to do what you want to do, when you want to do it!

Well, how's it going for you...

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You are your business.

- Not exercising...
- Not eating right...
- Not sleeping enough...
- Not taking care of YOU

Your business suffers.



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MegaTrends 2010

- Why are major corporations creating wellness programs for employees?

Increased productivity, laser-sharp focus & ability to make better decisions.



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What Doesn't Work?

- Gym memberships & Detox Diets

WHY??

It is not sustainable to your Work-From-Home Lifestyle...

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What works

Carving out 10-minutes each day for:

- Fitness
- Nutrition
- Stress-Reduction
- Self-Care



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Fitness

Stop the audio for a moment and click on this video. Listen and participate for the next 10 minutes with me on this video at my website:

www.VAnetworking.com/susievideo



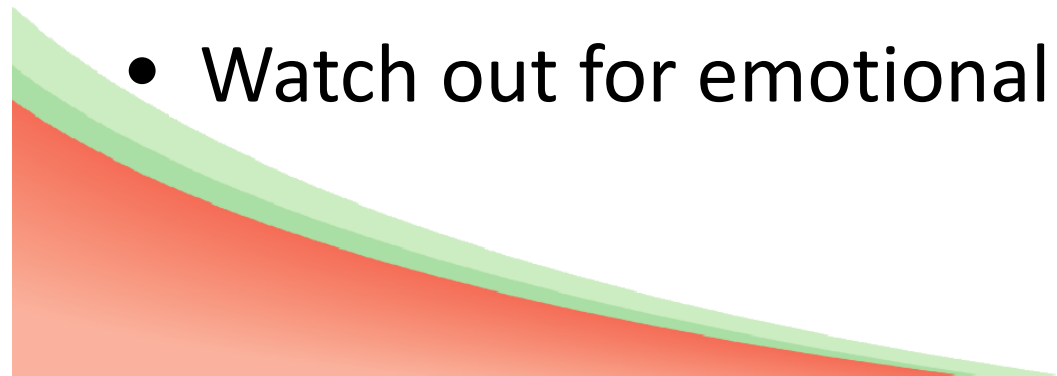
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Nutrition

Not about deprivation – it is about making better choices.

- Eating breakfast
 - Not eating at your desk
 - Closing the kitchen each night
 - Watch out for emotional eating
- 

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Stress Reduction

Stress is the root cause of
Weight gain, Fatigue & Sleeplessness

Practice stress reduction techniques like:

- Deep breathing
- Visualization

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Self-Care

You have permission to put your self first.

- Enjoy a bubble bath
- Read for enjoyment
- Go to bed early!



Do something for YOU.

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Boosting Your Bottom Line

Implementing quick 10-minute daily lifestyle makeovers help you create

- Physical endurance to work on projects
- Mental clarity to secure more clients
- Focus to make better decision
- Better attention to detail leading to better work.



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Fit for Biz Program

6-Week Program begins January 4th, 2010

Each week includes:

- 10-Minute Home-Office Workout Videos to burn fat without leaving your work space
- 10-Minute Stress-Reduction Audios to boost mental clarity
- Daily Action Items to build your sustainable program
- 20-Minute 'Just the Tips' expert interview giving you the newest info to be fit enough
- 30-Minute LIVE Q&A Call with me for support and accountability

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Special Offer for VAnetworking

VAnetworking members receive \$100 off the Fit for Biz Program:

Register before December 21st and get the following bonus gifts:

- Signed copy of 60 Second Circuits: 1000 Ways to Get your Body Back
- Fit Enough, eBook with quick recipes, workouts and simple refocusing exercises
- The 30 Day WOW!, eBook with hundreds of 10 minute lifestyle makeover ideas

The Fit for Biz Program AND Bonus Gifts are valued at over \$300...

Program is only:

\$147.00 for all VAnetworking members

To receive discount COUPON CODE: vanetworking

www.VAnetworking.com/suzieshina

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