

# Fresh\*Breezes

The Ezine That Helps You Live The Life That Awaits You

Volume 2, Issue 3

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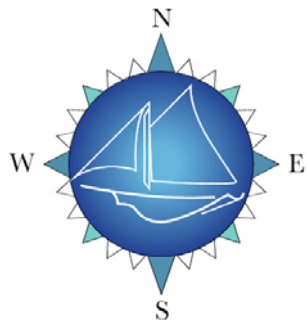
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**The Future Within, LLC**

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Welcome to Fresh\*Breezes, an ezine...

...thoughts and tips for life's difficult transitions...

Endure a major loss? We help you Get-A-Life, through Coaching

## Personal Note From Patricia

**You are right! This is a new design** for our "almost a newsletter"--first issue in the new format, with a slightly new twist. I have been changing and honing parts and pieces of it for a few days now, with very little time for formal exercise. So between this and the heavy snowfalls we have had, my daily 1 to 2-mile walks have been non-existent!

**I usually walk** to and from work-outs at pilates and the gym. These three activities have been the most help to me in my quest for "slim" and "tone". There are two very important reasons for this, even besides the obvious good exercise.

**First of all, I am scotch!** Since I pay ahead of time for both ...I *will* be there to get my money's worth.

**Secondly, I have buds, who notice when I am slacking off,** and it happens to be part of their jobs to push me. Funny, the name of my current gym is *Push Gym*.

**My partner at *Push*** always asks me right away if I walked to the gym that day. If I didn't, it's up on the tread mill for a fast trot, and then...my full workout.

**And at pilates, my teacher loves to play drill sergeant,** pacing up and down the floor barking at 14 sweating and puffing bodies--"well, ladies, when are you going to stop talking and *join us*? And..."that was 'left strap on the right foot', Patreetzia!"





Coach Patricia

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## Got A Life? You do if...

### You are Well and Fit:

- You treat your body with respect and care.
- Laughter plays a big part in the health of your body and your mind.
- In eating you make sure to nourish with the best foods, lean meats, veggies and fruits, whole grains, and some "new" best foods: *dark chocolate and red wine!* Junk foods sneak in sometimes! Good food supplements can cancel out the junk...
- You honor the "temple of your soul-spirit" in daily life.
- You make sure you exercise several days a week, either in work or play, to keep strong and toned.
- Over-indulging in food or drink you keep to a minimum.
- You realize that adequate sleep and a occasional nap are essential to health and longevity and in just feeling good!

[...and it's not even necessary to have your left foot in the right strap!] :)

*"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."*

*~Pierre de Coubertin*

Read on... You are welcome to check out past issues of Fresh\*Breezes in the Archives of one of my websites. [Just click Newsletter Archive to the left.](#)

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I am interested in hearing what topics you would like to hear.

**What is your most pressing question right now?** Just pick up the phone and call me: 303-794-7824, or if you prefer, email me: [patricia@thefuturewithin.net](mailto:patricia@thefuturewithin.net)

"One of the greatest discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn't do."  
~Henry Ford

**Take advantage of a valuable 25-minute Sample Session of coaching!** Again, call me now at: 303-794-7824 or email me: [patricia@thefuturewithin.net](mailto:patricia@thefuturewithin.net)

**I look forward to hearing from you.**

**My true wish is that you all have love in your hearts now and always!**

With sincerity and love,

Patricia Muscari, Certified Life Coach  
The Future Within, LLC