

Hi there! Need to lose weight? Want to learn how to create healthy vegan menus? Whether you're vegan, vegetarian, or non-veg, you have found what you're looking for with *Get Down With Sass!* Hope you enjoy this little morsel from Week 7 of my 7-week course. I'm here when you're ready! ☺



Giant hugs to you,

*Sassy*

### Where To Begin?

When you think of exercising, do you have visions of lacing up your jogging shoes and hitting the pavement with a BANG, so anyone observing you might think you are training for a marathon?

Well, that may happen. Some day. But for now, let's start slowly to ensure success.

First, let's start with a little story of how NOT to begin an exercise program.

The year was 1992 and I was on a "diet". Of course, I had no idea what I was doing, which was apparent in the iceberg lettuce salads drowning in ranch dressing and parmesan cheese. And yes, I was proud of myself because I was eating a salad (even though, as you probably know, it was not the most health-promoting or weight-loss inducing salad).

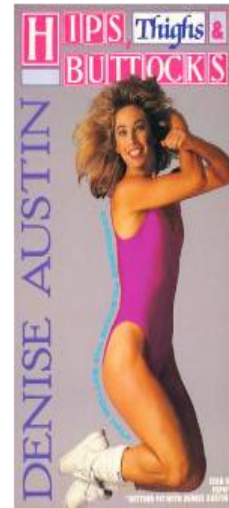
And my exercise attempts were just as clueless.

My first exercise video was by Denise Austin called "Hips, Thighs & Buttocks". The video cover alone promised me fun fun fun! I mean, doesn't she look like she's having a blast? Cool! I couldn't wait to rid myself of my ever-expanding hips and create a rock hard butt and toned thighs.

What I didn't know was how much work it would be to perform the exercises which included difficult and pain-inducing leg lifts and butt crunches. Ouch! Pure torture. After 3 attempts, I hid the video away so it wouldn't produce feelings of guilt if my eyes happened to land on it while eating a comforting cookie or two. ;0)

I later learned that it is incredibly difficult to lose weight in one or two particular areas of your body. You are a package deal, and if you want to tone a specific area of your body, you have to work on the total body so you can lose the surrounding fat layer first or you will rarely see the results you desire.

So your goal, at least as you begin your exercise program, is to lose the fat. . .



*Get Down With Sass Today!*

### Special Price

7 weeks for

\$125

(That's less than \$18/week!)

[Click here to order,](#)

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Thank you, and enjoy! ☺