

March 2013



Fellowshippers

We would like to welcome our new members! Amber Hicks Joyce Patten

Welcome back to Pam Lynch!

Celebrations of Success

Awesome job!!!!

*Alene Mullis 8 lbs	Anne Hackney 13 lbs	** Bobby Chrisco 10 lbs
Wayne Herndon 15 lbs	Cathy Moore 4 lbs	Sandra Myer 32 lbs
Connie Vickers 14 lbs	Juidith Maher 56 lbs	Kitty Collier 40 lbs
Nita Wilson 8 lbs	Pat Brewer 7 lbs	

*Alene Mullis says that her husband, Stanley has also lost 8lbs because she has inspired him!

**Bobby Chrisco has her husband writing down his food as well!

**Don't forget to check out the new shipment of Genesis
T-Shirts!**



Healthy Recipes

Roasted Brussels Sprouts and Shallots Recipe

Prep Time: 20 mins **Cook Time:** 1 h 20 mins

Ingredients

- 24 small shallot(s)
- 1 teaspoon salt, Kosher
- 2 tablespoon oil, olive, extra-virgin
- 2 pounds Brussels sprouts
- 1 teaspoon salt, Kosher

Preparation

1. Preheat oven to 375° F.
2. Peel shallots, leaving the root ends intact so they'll hold together. Place on a large sheet of foil; sprinkle 1 tablespoon oil over the top. Seal the packet and bake until the shallots are tender, about 45 minutes. Remove from foil and set aside to cool.
3. Meanwhile, remove the outer leaves from Brussels sprouts and trim the stems. Cut the small sprouts in half and quarter the larger ones. Place the shallots and brussels sprouts in a roasting pan. Toss with the remaining 1 tablespoon oil and salt.
4. Increase oven temperature to 400° F. Roast, tossing twice during cooking, until the brussels sprouts are tender and lightly browned, 25 to 35 minutes.

12 Servings

Nutritional Info (Per serving):

Calories: 87, Saturated Fat: 0g, Sodium: 180mg, Dietary Fiber: 4g, Total Fat: 3g, Carbs: 13g, Cholesterol: 0mg, Protein: 4g Carb Choices: 1

Recipe Source: Eatingwell.com

"Ranting Ravens" (Our Glen Raven Ladies)



March 2013



Celebrations of Success

Rick Cockman has lost 4 lbs since he started Personal Training with Alan!

Quotable Quote

Before Genesis came to Glen Raven I could not do many of the things I can do now! I had knee problems that prevented her from working on an exercise ball but with Alan's personal training I now can!

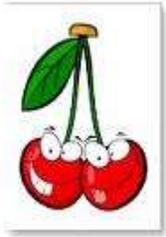
A Letter to Alan

Alan,

When Glen Raven opened the gym across the street I thought it was a good idea, and I did not go. When you started the Genesis program over there I thought it was a good idea, and I did not go. When they put in the showers I said to myself "okay you know you are going to have to go now"! Chuck and I started in October and were very quickly committed to going every day during the week. We mostly did the treadmills in the beginning. After they put in the other machines we tried them a little but really were not sure exactly what we should be doing. At the beginning of January we decided that maybe we needed a little "professional help" so we decided to sign up for your personal training and at least try it. I cannot tell you how much better we feel and how much better we can move! It is amazing! We wanted to get more "bendable" and certainly we have attained that goal. Chuck is able to lift our 5 year old grandsons with much more ease than ever before. Our plan is to work hard and set more goals for ourselves that will allow us to continue to improve our flexibility, stamina and strength. With your continued help and encouragement who knows where we will be this time next year. We really appreciate all that you have done for us! Belinda G.

**Afternoon Classes on Tues, Wed & Thurs 5:30 pm.
Come join the fun!**

March 2013



News from the Wild Cherries! (Cherry Grove)



Welcome to our new members! Fannie Stephens and Nannie Lea

Welcome back to Carrie Shaw!

Celebrations of Success Way to go Ladies!

Tina Allmond 5lbs Tammy Somers 3 lbs

"Why do I succeed?"

"I succeed because I am willing to do the things you are not. I will fight against the odds. I will sacrifice. I am not shackled by fear, insecurity, or doubt. I feel those emotions, drink them in and swallow them away to the blackness of hell. I am motivated by accomplishment, not pride. Pride consumes the weak, kills their heart from within. If I fall, I will get up. If I am beaten, I will return. I will never stop getting better. I will never give up - ever."

"That's why I succeed" Master Kendrix Tae Quan Do
Submitted by Rose Cobb

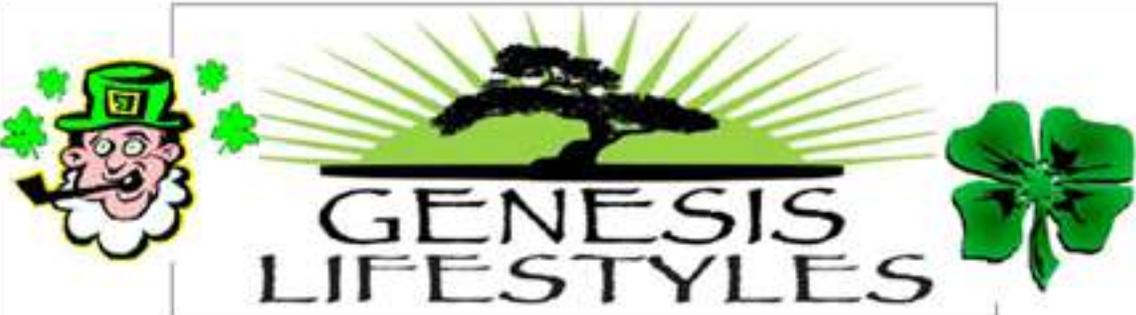


Don't forget to check out our New Genesis Web Site!
www.genesislifestyles.com

*If you would like to be removed from the mailing list, please contact Harriette Garrison at hgarrison.genesislifestyles@gmail.com.

March 2013





GENESIS LIFESTYLES

Happy St. Patrick's Day (All Month) March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FELLOWSHIP BAPTIST CHURCH: 5:45-6:45AM MON THRU FRI 8:30-9:30AM MON, TUES, THURS & FRI 5:45-6:45PM MON, TUES, THURS 11:00AM SAT					1 Friendship Center 10:30-11am	2 CLASS 11:00AM
3	4	5	6 Peak 10:30	7 Twin Lakes 11-11:30am	8	9 CLASS 11:00AM
10	11	12 Home Place 10:30-11:00	13	14 Alamance HealthCare 10:30-11am	15 	16 CLASS 11:00AM 
17 	18	19 Twin Lakes 11-11:30AM	20	21	22	23 CLASS 11:00AM
24	25	26 Peak 10:30	27	28 Burlington Manor & Clare Bridge	29	30 CLASS 11:00AM
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