



**Real U Fitness**  
*Building Confidence Through Fitness*

Daniel Mencer, LFC, CPT  
dan@realufitness.com  
(858) 344-2834  
[www.realufitness.com](http://www.realufitness.com)

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## STRAWBERRY-BANANA SMOOTHIE

1 scoop strawberry-banana Dale's Raw Protein Powder  
½ cup water  
3 oz hemp or almond milk  
4-5 ice cubes  
½ banana  
4 or 5 strawberries  
Handful spinach  
Handful kale  
1 teaspoon Maca (optional)  
1 teaspoon Spirulina (optional)

Blend and enjoy!

## FIT TIP OF THE MONTH

### Rest and Recover

This is an often overlooked part of effective training. If you don't plan rest or schedule recovery days in your training, you limit your ability to train. Your body actually gets stronger *after* exercise stress, so you need to allow down time for rebuilding muscle tissue. An effective training program will have regular periods of rest and recovery. This also allows adaptation to the exercise -- you return bigger, stronger and faster. Rest also allows you to recover mentally and emotionally and avoid exercise burn-out.

## BACKPACK DRIVE

I am helping to sponsor a school in Honduras. These kids have nothing, they live in cardboard or sheet metal walls & dirt floor huts & many have no beds at all. Much of the medical support comes from churches in the U.S. like mine (Grace Point). Same with the school supplies. These kids rarely have both parents (one or both have been killed) and many kids just raise themselves and each other, trying to avoid gangs, rape, drugs and, well you get the picture. I'm looking to gather up 60 new backpacks, nothing fancy, by the end of September. If you want, add crayons, or pencils, etc. If you can help it would be awesome. Just drop them off at the gym. Thanks!!!

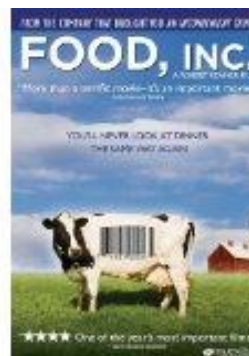
## WHY ORGANIC?

Consider this, the vegetables you purchase are sprayed an average of 10 times by some type of pesticide (insecticide, herbicide, or fungicide) between planting and your grocery store. Some of these sprays make the fruits and vegetables look flawless, bright and colorful, but there are plenty of examples of pretty but poisonous plants and animals in the world.

Think of it this way, when you buy an organic apple you get an apple and just an apple. But buy a regular apple and you get an apple and everything sprayed on it and the tree or on the ground around it. We all know that soda is bad for you, not just because of the high sugar content (about 8 teaspoons per 12 oz can), but also because of the list of man-made ingredients listed on the can. Soda has been linked to everything from high blood pressure to pancreatic cancer.

The next time you buy any fruit or vegetable, an apple for example, picture in your mind that when you bite into that apple you're also eating the sprays that kills insects, fungus, prevent scaring and enhance visual appeal, sort of like eating a soda if you will. Or you can eat an organic apple and just get an apple. Which sounds better to you?

## A MUST SEE



This DVD will change the way you look at the food you see in your local store and the food you eat. Its not about pesticides, herbicides or fungicides. Rather it's about how food is made and supplied and controlled in the U.S. Most of you will be shocked and some

angry and disappointed. This was me. We are in a dangerous situation with the food supply we take for granted. This is a must see and an eye opener.