

1. Thanks again to everyone who came down to celebrate at our grand opening party. We had over 120 people sharing great memories and we look forward to serving the community with amazing results. Whether you were at the event or not, click the link below to see over 200 pictures of the night. If you would like to purchase any of the pictures, just click on the ones you like and follow the instructions.

To see the pictures please go to:

www.youronlineevent.com

Event id - 137694

Enter email address: rahz.xango@gmail.com

Password - fitness

2. Because of the amazing results the first Meta Burn **Challengers** created, **we sold out the 2nd challenge last night and sold out Phase 2 of the challenge** this morning. We can't wait to post the results and share the success stories. If you have been struggling with weight loss or feel stuck in your results, these challenges provide the solution. We will be closing down the challenges until June so if you are interested in doing one in the future, email us back and we will put you on the waiting list. If you are frustrated with your results, don't worry we still have our Meta Burn Workouts and Semi-Private programs to assist you until the challenge opens up. If you are a new client, **our gift to you is a FREE week membership trial** to learn about how the Meta Burn Fat Loss System works.

3. Here is where I want you to really pay attention. We have had many people ask how to enhance their results when they are already exercising and feel they are eating properly. Well there is a 2 part answer to this:

How do you know if you are eating properly already? The best well to tell is to keep a food journal for 2 weeks where you write down all the items you ate or drank and at what times. Then have a nutrition professional review your journal to see the trends and patterns of your **eating habits**. Time and time again we have had clients claim they eat well until our nutrition coaches reviewed their journals and saw that they were missing key components. Our most successful clients journal weekly, come to train at the Meta Burn Training Center at least 3x per week (30 minute sessions), and follow a fat loss **meal plan**.

Post workout shakes are more important then you think

This is the second part. It's not Train + Train = Results. It's Train + Recovery = Results. There is too much emphasis on how hard we train not realizing that training is a stress against the body which requires a strong recovery strategy to repair and rebuild the muscles that have micro damage (yes muscles breakdown but that's how they adapt and get stronger). Most would think that all protein is the key. I am here to tell you that is wrong and will misguide you. A proper post workout recovery shake has little to no fat, and twice the amount of fast acting carbs to protein. I will go more indepth about that in a blog post and even mention a few products and recipes that have created amazing results for all our coaches and clients. The key thing to take home here is eat/drink within 30 minutes after a workout and make sure it is very low fat, high carbs, and half the amount of protein. Yes recovery and nutrition can get a little tricky, so that is why we installed a full servic Nutrition Coaching program to educate our clients on every little detail. We are now in the process of working on a DVD that has the same education so we can have a huge impact here on Long Island. Stay tuned for more updates on that.

Rahz Slaughter

P.S. Check out our new website below. Sign up for a free consult and week or simply download our new ebook on how to combat fat loss.

[New Website!!!](#)

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