



Pizazz

ECourse



Welcome to your Pizazz ECourse.

“E” stands for Energy which leads to Pizazz!

This ECourse has 5 Pieces of Pizazz.

You can read them all at once or just read one for the next 5 days.

Piece 1. Where You Stand Right Now

Piece 2. What’s Healthy

Piece 3. How Can You Improve?

Piece 4. Your Overall Body **Pizazz** Plan

Piece 5. But I Can’t Give It Up!

For purposes of this **Pizazz ECourse**, we are using the word **Pizazz** where you might typically see the word fitness and the word Movement where you might typically see the word exercise.

And a **Piece** refers to a **Piece of Pizazz** – you will learn more about Pieces in the **Pizazz Palace**.

At **Pizazz Moves**, we don’t like to be “typical”

Disclaimer: This E course is not intended to diagnose, treat, prevent or cure any illness or disease.

Piece 1: **Pizazz** and Where You Stand Right Now

Pizazz is a term that I use to help define the ability to stay in the best physical, mental, and spiritual shape. Plus, it's just such a fun word, Don't ya think? You may ask, then, "What am I staying in shape for?" To each person, this will be something different.

First, God has given us these amazing "machines" called our body to live in while we are here on earth. Our body is designed to be healthy, heal itself and be a wonderful place for you to live in. Of course, we all want to stay healthy as long possible.

As I said, your body is designed to work as a machine. When each part of the machine is cared for, the entire machine works the best that it can. When the machine is neglected either in part or in the whole, then the machine won't run well and eventually won't run at all.

And of course, we know that we the "**Body of Christ**" are supposed to be just that "Jesus Christ's Body".

Soooo... we want to keep it in as clean and vibrant as we can.

Just like **Him...** for **Him... RIGHT?**

Here's another way of looking at it. If a car, for example, (or any piece of equipment) is well maintained for many years, it will last many years longer. If it isn't taken care of, for example you don't change the oil in it, you cut several years off the life of the car. That's costly to you.

When you look at this as your body, you are shaving away days, weeks, and even years from your life when you don't take care of your machine (your body.)

Pizazz is a necessary part of life. Before we get on the soap box, remember that **Pizazz** is something that you can get into the habit of doing which makes it easy.

Pizazz is not something that you have to struggle with. When you were three you were probably taught to brush your teeth. You learned to put your clothes on. When you were learning how to do them, you likely hated it. But, once you learned how to do it, it became something that you didn't think twice about. Do you worry about brushing your teeth today? No, because it's a habit. That's what we want you to think of when you think of **Pizazz**.

It's just something that you will DO... NATURALLY.

Note: You can learn more about how to create healthy habits in the

"Pizazz Challenge".

The first weeks of learning to increase your **Energy**, **Strength** and **Pizazz** will be the most challenging. You may feel like you don't want to do it or even feel like you dread it. You'll may find excuses about not doing it.

You'll may claim that getting fit is just too hard. You just can't change.

Well, you and I both know that is just not true. You **CAN** change. It's just a choice. Just like every other issue in our lives, God has given **US** the choice.

Think about all the other things you have changed in your life with regards to behavior, actions, thought etc. Why not in the area of health...?... which is **HUGELY** important?

In fact, you have the freewill to better your life by just putting some effort forth for just a few weeks, you'll see that **Pizazz** can be easily mastered by you. Then, you will love it!

Take a good, honest look at yourself right now. What do you see? If you are unhappy about any part of your body, (inside or outside) chances are good that area of your body is bothering you because it's an unhealthy area.

Although many people start looking into **Pizazz** because they want to lose weight, **Pizazz** is not just about weight loss. By understanding where you stand on these factors above, you can work to improve your overall wellness and increase your lifespan as well as the quality of life that you are currently living.

If you don't think that you need to lose weight, that's great! You are one step closer to being healthy. But that is not to say that you don't have health problems beyond that level. Many people are still at risk for high blood pressure, heart attacks and arthritis as well as other concerns even though they aren't "technically" overweight. Therefore, you need to take into consideration the fact that overall health is in fact important to improve.

PS. A very simple way to reduce inflammation in your body "aka" arthritis or any of the "itis" words is to eliminate sugar.

Click on the picture to watch a Quick video about how companies try to "sneak" sugar into our food.



✚ So, that's it for this **Piece**. Think about that and we'll talk in the next **Piece**. You can continue or see ya tomorrow

Piece 2: What's Healthy?

Your weight, your blood pressure and your body mass index are good indications of your overall health.

Yet, it goes further than this, too. You should understand how well your body is working, too. Do you have any physical limitations? If you physically can't lift things for fear of hurting your back, this could be a potential problem that needs to be considered.

If you have problems with your legs, your neck, your arms or anything else, you should address these specific concerns. The best place to start is to work with your doctor to determine why you aren't physically fit in those areas. I would suggest trying to find a natural doctor as well as a medical doctor. They have different areas of expertise, and it would benefit you to learn from both. That way, you can improve your overall health and then improve upon your situation by knowing how to.

The foods that you need play a significant role on your health. Foods are the fuel that your body requires to do a good job at the tasks that you ask it. In our machine, look at the way that food works, the food that you consume is the fuel that your machine needs.



If you don't give it quality food, it won't perform the right way. Have you ever gone to put gas into your car and gotten to a bad gas station where the fuel wasn't high quality or even up to standard? It slows your car down. You don't get the gas mileage that you are used to, and you may even need to perform more maintenance on your car than you usually need to do. How about when you put the wrong item in a recipe... messes it all up, huh?

In the way of your body, healthy food is just as important. If you consume the wrong foods all the time, your body will not be able to perform as well as if you gave it the highest quality foods.

Without proper nutrition:

- Your body can become ill faster and with greater intensity.
- Your body does not heal as quickly from injury.
- Your blood pressure rises, your heart rate increases to unhealthy levels.
- You are more prone to limitations physically as well as mentally.

All sorts of problems can arise from not eating a healthy diet of food.

But **what** foods are healthy and **why** are they healthy?

Vegetables are one of the highest nutrient rich foods. They provide antioxidants to a high level that helps to heal your body, improve your physical **Pizazz** from the inside to the out, and they are very low in calories meaning you can eat more. Yay!!!

Fruits are generally sweeter so they can solve the sweet tooth. They also provide you with antioxidants and all types of nutrients that give your body the fuel it needs.

Whole grains are also an important product of a healthy diet. Notice, I didn't say wheat. The wheat of today is NOT the same as when Jesus walked on the earth. Unlike "white" foods, whole grains give you so much more health. Be careful with this as food advertisers are tricky. Read the labels carefully to determine exactly what's in the food. There is a lot of confusion when it comes to whole grains.

There is a common misconception that says that if you are eating wheat bread or wheat pizza crust that you are "good to go". Well, it is true that wheat "can" be somewhat better than white in terms of how blood sugar releasing into your body – it is not the holy grail of health. And most of the time, it is so processed that it may as well be white. As a matter of fact, in most cases it does more damage than good. A really great way to enjoy pizza is to buy or make a cauliflower crust.

So, choose food like brown rice pasta, breads made with wonderful things that God made like sunflower seeds and flax seeds. Instead of white rice, choose a wonderful grain with lots of protein in it called quinoa (pronounced "keen-wa") and instead of white potatoes, choose yams or sweet potatoes. PS. White potatoes are about the best "white" carb you can eat. Remember to eat the skin. Soooo many vitamins in there.

Craving pasta? (I'm Italian, I get it) but usually it's more about the sauce for me ...heehaw. There are a few great substitutes I have found for pasta. One is called miracle noodles (mostly fiber) and the other one is "pasta" made with hearts of palm... I know! It's great. I like them both for different reasons. Feel free to email me if you need some guidance on that. Renee@pizazzmoves.com

Choosing simple changes like these when referring to the white stuff allows you to get the tastes that you love but without the added calories, trans fats, empty calories and sugars that can cause health issues. Notice I said trans fats. Those are the bad ones. You know which ones I'm talking about. If you don't, please ask me.

But remember your body **NEEDS** good fat such as extra virgin olive oil, avocados, and eggs.

PS Eggs are a “perfect” food. Somewhere along the line, they got a bad rap. But this is not the truth. They are literally the perfect combination of carbs, protein and fat.

**Pretty much,
all the foods
God made Rock!!!**



Water intake is also important. Those that do not get enough fluids end up having a body that retains water rather than having less. The body goes into dehydration mode, causing you to keep in all that you can. Consuming enough water means that you’ll system is hydrated, you’re eating less and that you aren’t getting as many calories from other liquids. You should be drinking half of your body weight in ounces. So, if you weigh 150 pounds, you need at least 75 ounces of water a day. If you drink coffee, you will need to add to that as coffee dehydrates. Not against coffee, just sayin.

Meats are important parts of nutrition, too. You need protein but try to stay away from processed deli meats. Improving your diet to mostly lean meats help you receive all the nutrients you need to help build and keep muscle. Keeping muscle tone in your body is extremely important, especially as we get older.

Just improving these five areas can improve your **Pizazz** greatly. And the good news is that it not “work” you **HAVE** to do. They are just some small “life” changes that you **GET** to do. How cool is that???

That concludes **Piece #2**.

Either continue to read on or come back tomorrow.

It’s up to you...

Piece 3: How Can You Improve?

Improving your body means improving your body's ability to move and function. That's one of the reasons I created **Pizazz Moves** was so people who may not feel comfortable moving and about their body at first with be put to ease and learn that movement can be fun! It's not easy thing to do at first, but it will get easier. Movement, done properly and in balance with other elements we are addressing in the Ebook will become a regular gig for you. You just watch and see. And THEN, when you add the healthy habits you will learn in the **Pizazz Challenge**, you will be getting your **Pizazz ON!**

So how do you start to move? I'm glad you asked.

[Click the pic for a short video](#)



Movement is something that people sometimes hate, but remember your body is made for **MOTION...** If you don't use it for what it was designed to do, it will revolt by getting sick, being sore, not sleeping, being irritated, being stressed out... and the list goes on...

GET IT? GOT IT? GOOD!



Here's another way to look at it: We all have passions and talents that God has put in us. If you are blessed enough to be in your passion then you feel you have a purpose, identity and goal. If you aren't, then you may feel stuck, bored or sometimes just or almost angry that you are not getting to do what you were designed to do. You may even feel like you want to just shut off. Do you feel that way sometimes? Or know someone who does? Well.... That's **EXACTLY** what your body feels when it doesn't get to do what it was designed to do... **MOVE!**

Never thought of it that way, huh?

I'll just let that sink it for a minute...

You will learn more about discovering your passion when you do the

Pizazz Challenge

Many studies have shown that most people do not get the movement that they need, and which contributes to all types of health problems.

Feel free to contact me if you would like to some **Pizazz Advice**.

Please choose a category to focus on: **Move**, **Groove**, or **Improve**

Move Your Body

Groove Your Food

Improve Your Self

Use coupon code

Pizazz5PieceEC for \$12 off

I would absolutely LOVE to chat with you

Again, even if you are not overweight, you may not be getting enough movement into your life. Also, remember that using your muscles by strengthening and stretching them is **vital** to improving health.

Okay, here it comes. The awful, limiting diet that's going to make your taste buds go permanently bland is up next, right?

NOPE! You do not have to be limited by what you can eat because most food that is available in its natural state is just fine for you! It's **GREAT** for you. If you give it a try you may find that you like these foods better than you do the high trans-fat, high sugar, chemical-laden foods that are low in nutritional value.

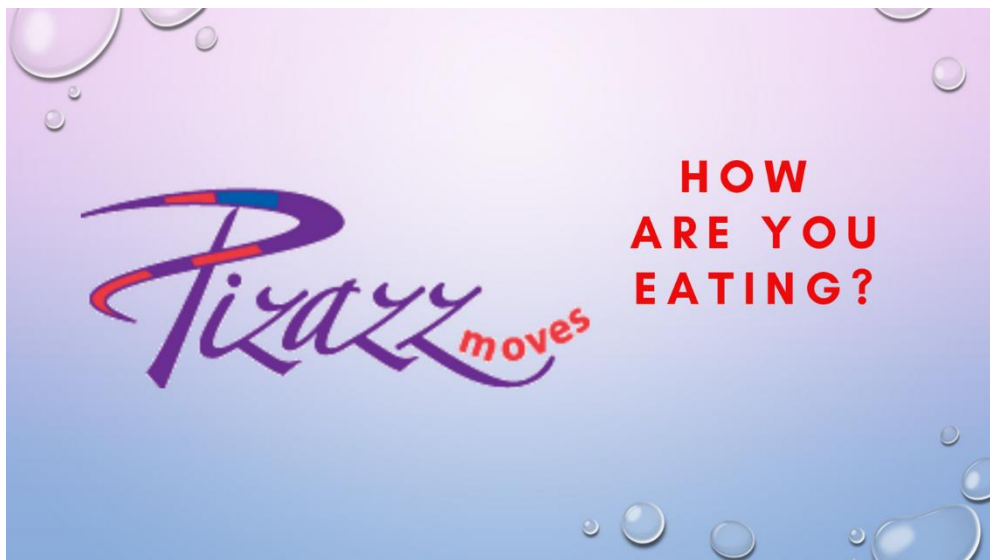
Foods are a **MAIN** part of why people are unhealthy. Improving your nutrition is a mandatory part of improving your health.

Poor nutrition will affect EVERYTHING. It can also lead to unwanted disease and in some cases an early death. Not trying to be a bummer, just a fact that it will most likely catch up to you if you keep feeding your body junk.

Yet, much of the damage that is done through eating the wrong foods can be reversed over time by eating a healthy diet.

Yay!!!! That's exactly what you need to strive for here.

Check out this quick video about eating.



Speaking of your mind...

How can you improve your mind? There are many great ways to make this happen. Remember when we said this plan was going to be fun? There are many great ways to improve your emotional and mental through fun methods.

- **Be "scent-sational."** You'd be surprised about the impact simple things can have on your mood. For example, consider your sense of smell. By being in an environment where pleasurable scents exist, your mood is automatically elevated. Smell flowers, fresh cut grass and watermelon!
- I use essential oils almost every day. There are many ways to enjoy good scents that can really help your body to heal itself the way God intended it to be. Some of the way I use it are

- ✚ Just smelling it (big inhale through your nose) hold it in as long as you can and then remember to exhale through your mouth.
- ✚ Adding it to a carrier oil and using on my body or as a perfume
- ✚ Adding a carrier oil to it and putting in my hair. Rosemary is especially good for brunettes and Chamomile for blonds.
- ✚ Using it in a bath

[Click link below for some amazing and unique essential oils](#)

- **They correspond to body parts and emotions. I use them nearly every day.**
- **You can click through on my site for more essential oils and other fabulous products.**

- **Spend quality time with family.** Surround yourself with whomever you consider to be family. It doesn't have to be blood relatives. Family consists of those who have your best interests at heart. People who are in your Tribe. Having loved ones nearby helps to boost your mood tremendously
- **Take up a new hobby.** Learning something new is a great distraction for a sour mood. Focus your energies on something other than what might be upsetting you. Pretty soon, you'll realize your mood is positive more often than it's negative.

Each aspect is unique and in the way that it will help to improve both your physical and your quality of life. Incorporate as many of these things into your life as you can, and you'll see differences in the way that you feel and the way that you see the world.

This is the end of **Piece 3**

Continue or pick it up tomorrow...



ARE YOU STILL EXCITED???

CAN I GET A HECK YEAH?

Piece 4: Your Overall Body Plan

To improve the physical parts of your body, you need to give it the physical movement that it needs. This means feeding it the right regimen of movements.

Start by working in movement through aerobics and strength training into your day. The word “aerobic” means WITH oxygen so please refer back to the video “Break A Sweat” to remind you that it doesn’t have to be crazy...as a matter of fact, it shouldn’t be... especially if you are just starting out with your movement journey. Visit your local recreational center/gym/community center. You can even start doing these things at home, too. There are important elements to strength training so if you are not familiar with form, please get some guidance on that. I would be glad to help you with that. Feel free to use the coupon I have provided in Piece#3 for a time to talk about YOU.

To make it even better, consider these easy and fun ways to get in the movement that you need.

- Play with your children/grandchildren ○
- Take a group fitness class.
- Start a challenge with your best buddy
- Learn ballroom dancing (my hubby and I did, and we love it)
- Try Pizazz Moves DVD Set - it’s a fun! (They will be downloads)

Here is a 1-minute clip to get your Pizazz On! Click the Pic



- ▣ Exercise with a partner. You are 80 percent more likely to be successful if you don't try to do it alone! Recruit someone to work with you!
- ▣ After dinner, head out for a walk with your spouse/family/friend/children for a few minutes. This is a great way to get in some quality time away from the television.
- ▣ If you can't leave the television, use a stationary bike. During your favorite show, ride the bike. You get the movement you need without missing your television program and time will fly by.
- ▣ Do sports and other physical activities that you enjoy. Swimming, playing a game with the kids/grandkids and even joining a sports team is a great way to get in movement without it feeling like movement.

Your overall body means movement and nutrition and self-care. Otherwise known as **MOVE**, **GROOVE** and **IMPROVE** (insert smiley face)

When you begin to add these into your day, you'll probably find every excuse not to do them. Yet, you will come to enjoy exercising. For many it's a great stress relief and it can be a lot of fun. Make it your goal to put together a movement session that you enjoy. It will make all the difference in how effective it is for you. Be glad to help with that.

Here are the tips that you need to get your diet plan off the ground and allowing you to improve your health considerably!

- Eat more fruits and vegetables. It is a good idea to try to eat in season and as organic as possible. Visit your local fruit/vegetable markets or grow your own garden (if that's something you like to do).
- Start looking for leaner cuts of meat. Replace hotdogs (yuk) and lunch meats with lean beef and chicken, turkey, and fish. Beef often gets a bad name but, a good grass-finished piece of steak or ground beef is often much better than ground turkey or chicken (with a bunch of fillers and bones). Plus, there is a very important amino acid in beef that is particularly important for women. So, please don't give beef the "heave ho." Just be sure it is good beef.
- Be aware of portion sizes. You will learn a simple method to help with portion sizes when you do the **Pizazz Challenge**.

Eat slowly. It will help you feel less hungry. Isn't it fun to chew???

- Try to look for ways to improve your current recipes through replacing sugar, saturated fats, and chemicals.
- Come on over to [Pizazz Place Private FB Group](#) for some fabulous healthy recipes.
- Reduce the amount of sugar, trans fat, and chemicals in the foods that you eat.
- ✚ Look at labels. Look at labels. Look at labels. As we learned in the video in Piece #3, labels can be very deceiving! Any easy way to not have to worry about reading labels is to avoid anything **THAT HAS A LABEL.** Or at least that only has a **FEW** ingredients.
- Remove soda from your diet. It is so bad for you. And “diet” soda/pop is WORST. This single movement alone will improve your health considerably. It adds weight to your body, and it can lead to all types of health risks later in life. If you like the carbonation, there are many “fizzy” waters out there. Just read the labels. Also, for more of a soda/pop flavor, try Zevia. It is sweetened with Stevia. Sometimes, I will use that as my dessert if I want something sweet after I eat.

Here's a funny story about Fizzy water in Italy. Click the Pic.



You may have noticed that I have mentioned several things more than once.

You know what that means...

If you need to lose weight, then you need to consider a calorie reduction. But don't get caught up in that either. WHEN you start eating “**REAL**” food, you will be doing that automatically. You will learn about that and SOOOO much more in the **Pizazz Challenge**

Dropping just a small amount of weight means that you need to eat less and do more physically. There is no fad diet that is more comprehensively safer and effective than just that: eat better and get more movement every day.

Eating REAL FOOD is the VERY important if you wish to increase your **Energy, Strength and Pizazz**. Learning to make REAL FOOD recipes will help so much in your daily life so you can **GROOVE YOUR FOOD**. God has created such wonderful foods for us to eat. Once you learn a few of the basics and a few tips (**Pizazz Challenge**), it will become second nature for you. When we eat HIS food, we are doing ourselves a favor...eh? It's way easier than many people think. You can do it!

Food is a requirement to living and a healthy diet is an essential part of living a long life. Try not to make sacrifices here for speed, convenience, or bad habits. The key is to just make a few changes at a time. Remember; while making changes at first is a challenge, you will get into the habit and will eventually love the differences you have made!

One more **Piece** to go for this **ECourse!**

Don't you feel like you have learned a lot already?

Part 5: I Can't Give It Up!

If you are one of the many that feel that they can't give up the foods that they love no matter what, there are several key things for you to address. Don't worry, they aren't all bad!

First, find out why it is that you can't give them up. For example, are you connected with that big slice of apple pie because it was your favorite growing up, you may have an emotional attachment to the foods. If you love your mashed potatoes loaded with gravy, sour cream, and butter just because you love the taste, that's a different story.

Identifying why you must have a specific food is important so that you can see the benefits of eating those foods. If you need apple pie to feel safe, you need to address this emotional problem. If you just love the taste, you can find ways to get much of the same taste without a lot of the calories. Feel free to use the coupon I provided for some time where we focus on YOU.

Next, determine if there is a better way for you to get the foods that you like. For example, will sweetened sweet potatoes that are mashed still give you the same texture and creaminess that you are craving?

By making small changes to the recipe, you can get all the flavor and texture that you want without causing yourself to become a victim of high fats and sugars that really do a number on your entire system.

Indeed, you may want that slice of apple pie. But use it in a different way. For example, instead of eating it every few days make it the reward that you get for a week of good eating. Limiting how often you get the treats means that you don't have to give them up but that you don't consume nearly as much of it, and therefore you can improve your health overall.

One limit to this is when the food itself is detrimental to your health condition. If you are a diabetic, you simply should not eat foods that are overall sweet because they can cause your blood sugar level to rise so fast that you can cause serious damage to your brain and your heart through the consumption of just some foods.

You should know what types of foods you cannot eat. If you don't know you should talk to your doctor about this. There are certain times in life that foods become prime suspects to leading to health risks. Eating something just because you "think" you want it isn't worth the risk of your life, is it?

There are lots of ways of improving your health.

These are just a few ways to get you started.

My mandate is to show busy people
who are feeling like
they are running on empty,
how to **MOVE**, **GROOVE** & **IMPROVE**
so, they can accelerate
their **ENERGY**, **STRENGTH**, AND **PIAZZ!**

If this sounds like you, feel free to shoot me an email at
Renee@PizazzMoves.com

Or visit my website at PizazzMoves.com

You can also join the [Pizazz Place](#) (sounds like fun, huh?)
to accelerate your
ENERGY, **STRENGTH** & **PIAZZ!**

That's all for now. Hope you enjoyed your **ECourse**.

**I am truly honored that you have allowed me to
speak into your life.**

Peace, Love, & Prayers,

Renee

