

FIT Monthly, Jan. 2010

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Happy New Year

The staff at FIT wishes everyone a happy new year. We look forward to spending 2010 with you, and thank you for being part of our FIT family!

Cheers, to another healthy year!

[Click here to go to our Blog](#)

Food as Fuel (Or Fueling Obesity)

There's a new buzzword in the health and fitness industry. Could its concept be contributing to the obesity epidemic?

[Click here to read more](#)

Featured Links:

- [FIT's Website \(this is an old one; in several days a new, redesigned website should be up!\)](#)

Olympic Weightlifting and the Silent Thief

Scott Kolasinski wrote a great article (albeit long -- no surprise, as the guy is a brain) on why Olympic-style weightlifting might be important for your bone.

[Click to read more](#)

Recipe: Spiced Pumpkin, Lentil, and Goat Cheese Salad

Salad in the winter months? Yes, if it involves spiced pumpkin!

[Click here for recipe](#)

The French Diet

The French Paradox, or just normal eating habits?

[Click to find out](#)

With a Positive Attitude You Can

Karen talks about the right attitude, with a heart-warming story.

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