



Get Fit. **Life Tip.** **Acai Berry**

The acai berry is the latest health food craze to hit North America, but it has been around for centuries. Native to Central and South America, the inch-long purple fruit grows on acai palm trees and is now sold around the world. The acai berry much like the rest of the berry family is rich in antioxidants which slow down the oxidation process and have a positive impact on your overall health and physical well-being.

What makes the acai berry so unique?

The amount of antioxidants packed into this tiny berry is more than strawberries, blueberries, grapes and any other fruit. The large amount of antioxidant, vitamin C, omega oils and polyphenols found in this tiny berry has created a lot of buzz about the health benefits and healing powers. Although there are no scientific studies on the acai berry alone, it is known that antioxidants, vitamin C, omega oils and polyphenols (all found in the acai berry) may help to fight cancer cells, pre-mature aging, fat retention, and have a positive effect on the heart and cardiovascular system. So why the acai berry? It's a one stop shop for antioxidants and nutrients.

Where can you find the acai berry?

Many foods claim to contain acai berry, but be sure to make sure that it is 100% pure acai berry. You can find acai in powder form, frozen mixes, supplements, fresh and even dried.

Try the acai berry as a new addition to your healthy lifestyle, mix it into your yogurt, protein shake or just eat it fresh.

The September promotion is here!! Check out it out at www.bwittegetfit.com

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

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