
GRAY MATTER

Newsletter # 12.5 – December 2008 – FUSIONTS.NET

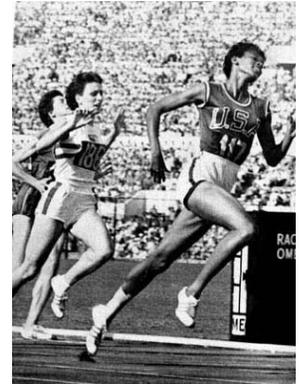
“My focus is on lifestyle enhancement. Whatever you’re doing in life, I want to help you do it better. To me everyone is an athlete - even if you don’t play sports, you compete each day in the Game of Life. I want nothing more than to help you and infect others with my enthusiasm about a healthy lifestyle. Please allow me to use my training philosophy, Fusion Training System, to change your life. Simply believe and you will unlock your greatest and highest potential. Ask yourself rightnow, how great do you want to be?” - Fritzie Villegas



FTS: UNLOCK YOUR



HIGHEST POTENTIAL



Wilma Rudolph: 1st American Woman Runner to win 3 GOLD medals at a single Olympics.

“The triumph cannot be had without the struggle. And I know what struggle is. My life wasn't like the average person who grew up and decided to enter the world of sports. I had a series of childhood illnesses; scarlet fever, pneumonia, polio. I walked with braces until I was at least nine years old. My doctor told me I would never walk again. My mother told me I would. I believed my mother. My mother taught me very early to believe I could achieve any accomplishment I wanted to. I believe in me more than anything in this world. I ran and ran and ran every day, and I acquired this sense of determination, this sense of spirit that I would never, never give up, no matter what else happened. I loved the feeling of freedom in running, the fresh air, the feeling that the only person I'm competing with is me. It doesn't matter what you're trying to accomplish. It's all a matter of discipline. I was determined to discover what life held for me beyond the inner-city streets. Winning is great, sure, but if you are really going to do something in life, the secret is learning how to lose. Nobody goes undefeated all the time. If you can pick up after a crushing defeat, and go on to win again, you are going to be a champion someday. Believe me, the reward is not so great without the struggle. Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.”

A Message from the Creator of FTS:

My passion to helping people in all walks of life has become a desire and commitment. As a Human Performance Coach I established four goals that must be met everyday to ensure I'm delivering my best output towards satisfying "the wants" and fulfilling "the needs":

- **Assist any human being in achieving their optimum physical performance level, while preparing them for a lifetime of fitness.**
- **Tailor my coaching style to the unique needs and learning styles of each client.**
- **Provide a safe, fun and appropriate environment for all individuals to take part in.**
- **Act as a role model by demonstrating appropriate personal behavior at all times.**

**Sincerely,
Fritzie Villegas**