



FAB & FIT

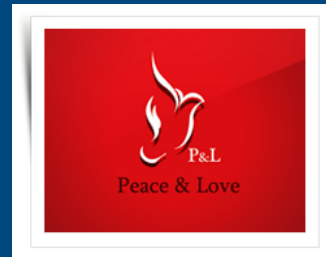
Exercise Your Beauty

Hostess Rewards

Sweat... in style

Happy Independence Day
Celebrate Freedom
Share Peace & Love

Fab & Fit, LLC. July Newsletter



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A Nation's Strength
Ralph Waldo Emerson

What makes a nation's pillars high
And it's foundations strong?
What makes it mighty to defy
The foes that round it throng?
It is not gold. Its kingdoms grand
Go down in battle shock;
Its shafts are laid on sinking sand,
Not on abiding rock.
Is it the sword? Ask the red dust
Of empires passed away;
The blood has turned their stones to rust,
Their glory to decay.
And is it pride? Ah, that bright crown
Has seemed to nations sweet;
But God has struck its luster down
In ashes at his feet.
Not gold but only men can make
A people great and strong;
Men who for truth and honor's sake
Stand fast and suffer long.
Brave men who work while others sleep,
Who dare while others fly...
They build a nation's pillars deep
And lift them to the sky.

kigo Footwear

Fab & Fit Enhances Fitness Options with Addition of Eco-Friendly Minimalist kigo footwear Line

Fab & Fit has added kigo footwear to our line of fitness resources, *becoming the first retailer in the Washington D.C. area to carry the growing shoe line kigo footwear*, eco-friendly minimalist shoes that are stylish enough for everyday wear and durable enough for athletics, is gaining increased awareness as a comfortable, versatile and healthy footwear option.

The kigo team strives to provide comfortable shoes that are stylish enough for everyday wear, sturdy enough for athletics and constructed to be as good for the Earth as for the body.

Each kigo shoe is thoughtfully and responsibly constructed of lightweight eco-friendly materials, including removable EVA insoles, breathable, stain/water resistant uppers and flexible, high-density rubber outsoles. For more information, please visit us at:

[Welcome to kigo footwear!](#)

["Unboxing & Video Intro of kigo edge & curv: http://youtu.be/VRoG1b-1... **Especially for our Barefoot & Minimalist"](#)



Loudoun Women Business Forum

Fab & Fit Fashion Show & Sale

Join us at the Dock at Lansdowne for lunch, guest speaker, networking, and enjoy a Fashion Show with Fab & Fit's line of sporty, trend setting fitness apparel, shoes and equipment.

We welcome you to join us at our next Women's Networking Luncheon. Gain personal and professional growth and develop inter-business relationships within our focus group of Loudoun businesswomen

Thursday, July 1st 12:00 PM - 2:00 PM



For more information or to make a reservation for this luncheon; please, follow up through the following link:

[Loudoun Women Business Forum](#)

Celebrate your Freedom to Shop Fab & Fit at Gold's Gym Leesburg

**LET THE PROFESSIONAL STAFF
AT GOLD'S GYM LEESBURG
HELP YOU WITH ALL
YOUR FITNESS NEEDS**



Membership Special

**Join Gold's Gym Leesburg
By July 31, 2010 for \$29.99**

Bring a friend & receive one month free.

Complimentary one hour training session for all new members

FEATURES: STRENGTH TRAINING, CERTIFIED PERSONAL TRAINERS, PRO SHOP, KIDS CLUB, YOGA, GROUP CYCLING, AEROBIC CLASSES, CARDIO EQUIPMENT, WOMENS ONLY AREA, SAUNA, AND MUCH MORE.

GOLD'S GYM LEESBURG

**1043 EDWARDS FERRY ROAD
703-669-9100**

Fab & Fit July Summer Sale at Rich Hippie

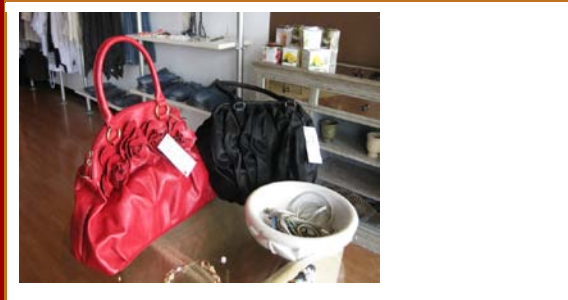
July 1 - July 31

Location:

44110 Ashburn Shpg Plz #
130, Ashburn, VA 20147-
7910(571) 223-323



Rich Hippie "Fabulous" New Handbags



Celebrate Your Freedom to Shop Fab & Fit!



**Celebrate Your Freedom to Shop
Rich Hippie New Summer Merchandise**

Find us on Facebook 

*Rich Hippie Boutique's Photos - New Summer Arrivals
"What Hot" at Rich Hippie--New Handbags Photos
Fab & Fit Rich Hippie Merchandise---What's Hot!
Fab & Fit Merchandise currently available at Leesburg Gold's Gym*

Hosting a "Fabulous" Event:

When you are a Fab & Fit trunk show host,
you will benefit with extra rewards and savings.
So, grab your friends and experience this unique opportunity,
to Exercise your Beauty and stay Fab & Fit.

Here are the benefits to hosting a trunk show with a minimum of six purchasing guests

Your Show's Total Retail Sales	Your % d-i-s-c-o-u-n-t!
\$400.	20%
\$700.	25%
\$1000.	30%

Looking forward to servicing you from: Fab & Fit!



FAB & FIT
Sweat... in style

Valerie Konur: (703) 473-0560 www.sweatinstyle.com
Kathy Lubitz: (703) 338-1862 fab.fit3@gmail.com

Sporty, trend setting fitness apparel, shoes & equipment.

Join Our Mailing List!
"Host a Trunk Show at Rich Hippie Location in Ashburn, VA"
Visit our website to book your trunk show or Fab & Fit information:
www.sweatinstyle.com

**Save
15%**

This discount applies only to merchandise at the Rich Hippie and Gold's Gym Leesburg Location. Coupon must be printed and presented in person, is not transferable, and will not apply with other discounts. Please visit our website and join our facebook fan page for updates on merchandise available at both locations.

Fab & Fit

[Find us on Facebook !\[\]\(23d9fc146e83b5c3013cfa32c784f8d5_img.jpg\)](#)

Offer Expires: July 31, 2010