



**FAB & FIT**  
*Sweat... in style*

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**Sporty, trend setting fitness apparel, shoes & equipment.**

## Fab & Fit May Newsletter

**"Sweat.....in Style"**  
**Fabulous New Spring Merchandise at less than retail prices!**



### lovethislife....

**lovethislife...**  
 is about celebrating the moment  
 and that we're not guaranteed or owed another day  
 and how cool it is that what we hide  
 can actually be the fuel towards our glory  
 and that it's not so bad being proven wrong

**lovethislife...**  
 is about welcoming the blind turn  
 and the possibility that  
 there's no such thing as coincidence  
 and that empathy is incredibly sexy  
 and that it's never too late to  
 pick up a guitar or a paintbrush  
 or to make an amend or to make a new friend

**lovethislife...**  
 could be about rekindling a past flame  
 or igniting a new one  
 or shapeshifting from a dreamer into a doer  
 or savouring the caress of a love long gone

**Issue: 5**

***Welcome Spring!***

**May Fab & Fit Events  
 You're Invited!**



***"Fabulous Mother's Day"  
 Open House Trunk Show  
 Wednesday & Thursday  
 May 5 & 6, 2010  
 11:00am - 2:30pm  
 Thursday May 6, 2010  
 6:30pm - 9:30pm  
 Host: Fab & Fit  
 Where: Kathy's Home  
 19130 Stream Crossing  
 Dr.  
 Lansdowne  
 RSVP to event thru  
 Facebook***

**Find us on Facebook **

***"Private Trunk Show"  
 Friday, May 14  
 Red Rock/River Creek***

***Personal  
 Shop/Consultations by  
 Appointment Available:***

**lovethislife...**  
means whatever it is  
you want it to mean because

**lovethislife...**  
is a celebration of you and your path

**lovethislife...**  
'cuz it could go at any second

**you rock.**

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lovethislife.net

May 8 - 13

May 17 - 27

Click on the link below  
to arrange your personal  
shop or to request a trunk  
show to receive up to 30%  
in discounts!

**Request a Private Shop or  
Trunk Show**

Fab & Fit Introduces:



Available June 2010



*Kigo is minimalist footwear for everyone. Designed with versatile colors and wearable styles, kigos work as well for everyday wear as for athletic pursuits. The kigo star is designed for women who want style and minimalist comfort.*

*Each shoe is made with lightweight eco-friendly materials, including flexible, high-density rubber outsoles, removable EVA insoles and breathable, stain and water resistant uppers made of post-consumer recycled materials.*

*Whether for commuting, athletics or everyday wear, these shoes are light, healthy and tasteful.*

*Treat yourself with one of the most comfortable shoes to wear.*

## Samba Bermurda

"One of our coolest new products. Our clients already love them. They are great to wear all day long... "from your work-out to the world". Kathy Lubitz, Fab & Fit, LLC.

Samba Shorts; Soft knit drawstring waistband  
Low rise with lots pockets and ties for fun and function. Front patch pockets, back flap pockets, bermuda length with side ties. Each is distinctive and original  
Nylon, tactel



## Blossom Dress

"Throw this dress on after a work-out, wear over your bathing suit or just wear it with a cute pair of sandals or a pair of flip-flops. You'll love the feel of this dress. Buy one today." Kathy

Debuting beautiful dresses for soft comfort either lounging and after workouts. Printed soft jersey; Surplice cross over with full back or scoop front Racerback. Cotton/poly/jersey.



## Sapphire Dress

**"Kigo Footwear  
Website click here for  
more information"**

*"I have been wearing my Kigo footwear when teaching Pilates Mat classes.....they are incredibly comfortable and light. I find this shoe is the perfect footwear for me whenever I am teaching Pilates or Flexible Core BOSU. It offers great protection and foot stability; suited to protect from the many microbes that can be on gym floors and mats. Recommending this one personally.....your feet deserve a break, too!"  
Valerie Konur, Fab & Fit, LLC.*



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