

FAMILY FITNEWS

MARCH 2010

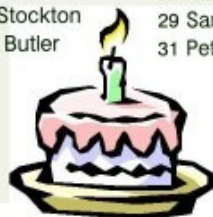


GREETINGS FROM MONICA!

As many of you know, Family Fitness is all about family. Based off his karate/boxing history, Jeff had the idea of opening a health club out here 12 years ago. Sarah took the responsibility of managing it, personal training, and teaching aerobics. As someone who spent a lot of time "behind the scenes" over the years, I've seen our club go through quite a few changes. But none are greater than the one I'm about to announce: after 4 years of college and obtaining my business degree, I am now ready to relieve my Mom and become an official part of the Family Fitness Staff. I hope you are enjoying my 1st major contribution, as it is this very Newsletter!

HAPPY BIRTHDAY TO YOU, MARCH BABY!

- | | |
|----------------------|---------------------|
| 1 Greg Ewers | 16 Irma Hatten |
| 1 Pam Lewis | 19 Jeffrey Presley |
| 2 John Barrett | 19 Charles Shipman |
| 4 Al Nash | 20 Donna Seidelman |
| 5 Meghan Sullivan | 22 Ron Silven |
| 7 Michelle Wertheim | 23 Peter Tillotson |
| 9 Sarah Bonugli | 24 Larry Shallcross |
| 10 Tiffany Yelverton | 25 Abbey Napier |
| 11 Shakodey Carson | 26 Chad Patterson |
| 11 Pat Clair | 27 Chicki Stehle |
| 13 Helen Whitesel | 27 Clay Patrick |
| 13 Judy Menard | 28 Robert Miller |
| 14 Joyce Allen | 28 John Lavin |
| 14 Alice Stockton | 29 Sandra Sankey |
| 15 Cindy Butler | 31 Peter Lewis |



Did you know?!

It takes 17 muscles to smile and 42 muscles to frown. Also, it's contagious! Smile today and see how many people smile back!

GET READY TO WALK, RUN, OR BIKE ACROSS TEXAS!



Who: YOU! And all other interested Family Fitness members.

What: Enter into one of four categories: Walk, Run, Bike, Lift, or Combo and compete with others to travel across Texas!

When: This long term program starts March 1st until the 830-mile race is done!

Where: the Family Fitness cardio room!

How: Record your activity, time, and distance in our daily log book so we can track how far you've gone. Watch your pin move across the state as you compete with other members for prizes!

Why: To spice up your fitness routine by adding a little competition to your life!

SIGN UP TODAY!

SUPERFOOD OF THE MONTH: QUINOA

(pronounced keen-wah) The quinoa seed is high in protein, calcium and iron, and is a relatively good source of vitamin E and several of the B vitamins. The protein in quinoa is considered to be a complete protein due to the presence of all 8 essential amino acids. Quinoa is 12% to 18% protein. The 6-7% fat of quinoa is relatively high when compared to other grains, but it boasts a low sodium content and also provides valuable starch and fiber. Quinoa would be a worthy addition to anyone's diet, supplying variety as well as good nutrition.

(<http://chetday.com/quinoa.html>)

RECIPE OF THE MONTH

(FEATURING OUR SUPERFOOD OF THE MONTH!)

QUINOA VEGGIE PILAF SERVES 6

- 1/2 c carrots, diced
- 1/2 c green onion, diced
- 1/4 c celery, diced
- 1/4 c green pepper, diced
- 1/4 c red pepper, diced
- 6 cups cooked quinoa
- 1/4 c olive oil or butter
- 2 cloves crushed garlic
- 1 c sliced almonds
- 1/4 tsp oregano
- salt to taste

Saute vegetables in olive oil or butter until crisp.

Stir in oregano.

Add sauteed veggies to cooked quinoa, mix well.

Salt to taste.

Add almonds.

Enjoy!

NEW!

Form a HEALTHY HABIT program!

Opinions may vary, but it's safe to say it takes around 25 consistent days to form an exercise habit. As a way to motivate your fitness success, we are offering a **FREE MONTH** of membership to any new or irregular* member who forms the healthy habit!

HOW TO DO IT: During your **FIRST MONTH** of membership, you must come to Family Fitness at least 4 times a week for each week for at least 30 minutes. Please let a staff member know if you'd like to participate in this program so we can track your progress!

This program is open to all new members, and old members with irregular attendance.

YOU CAN DO IT!

*See FF for details

MEMBER POLL:

If we offered on-site massage by appointment for a reasonable price, about how many times a month would you utilize the service?

A)1-2 B)3-4 C)5+ D)Never

Please tell FF Staff or email us your answer! **THANK YOU!**

REMEMBER!!!

Our uniquely versatile pavilion is a great place for weddings, birthdays, family reunions, and

company parties!

Call 830-438-2219 for information and pricing!