

# STREAMLINE FITNESS

## NEWSLETTER

SPRING ~ 2011

### \*May is National Fitness Month\*



Why not try our Boot Camp? Our first class was a success and it continues to grow. Mondays, Wednesdays & Fridays from 5:30 to 6:30 a.m. For all levels.

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### ***\*Important Note in relation to National Fitness Month:***

***Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers, such as colon cancer. Daily physical activity helps to lower blood pressure and cholesterol, helps prevent or retard osteoporosis, and helps reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis.***

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Have any suggestions to add to our suggestion box? We are interested in your opinion.

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We are so proud of our ***Silver Sneakers*** members. They never cease to amaze us with their stamina and energy. A big pat on the back to our local inspiration.



**"The first wealth is health."**

Ralph Waldo Emerson

Since we are all eating more fish during this season, here is an easy and healthy recipe to try.

### **Herb Crusted Baked Cod**

3/4 cup herb-flavored stuffing  
4 cod fillets, each 4 ounces (serves 4)  
1/4 cup honey (discard leftover honey)

**Directions:** Preheat the oven to 375 F. Lightly coat a 9-by-13 inch baking pan with cooking spray.

Place stuffing in a sealed bag. Crush until it has a crumb texture. Brush the fillets with honey.

Place a fillets in the bag of stuffing one at a time. Shake bag gently to coat cod evenly. Place fillets on the baking dish. Bake until the fish is opaque throughout when tested with the tip of a knife, about 10 minutes. Serve immediately.

**Nutritional Analysis:** (per single serving size/1 fillet)

Calories	169	Cholesterol	49 mg
Protein	21 g	Sodium	162 mg
Carbohydrate	18 g	Fiber	1 g
Total fat	1 g	Potassium	477 mg
Saturated fat	< 1 g	Calcium	26 mg
Monounsaturated fat	< 1 g		

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### ***Who's afraid of Yoga?***

Are you ready to try a new routine? Sit in on, or try a yoga class. You may be surprised by what it does for you.





The **Road to the Triple Crown** has begun and we're betting on you! If you pick the winning horses in these races: Kentucky Derby (May 7), the Preakness (May 21) and the Belmont Stakes (June 11) **you will win a 1 month membership to Streamline Fitness (members only).**

**Sign up at the front desk and make your picks as follows:**

Pick your winner for the Kentucky Derby by 11 a.m. Saturday, May 7.

Pick your winner for the Preakness by 11 a.m. Saturday May 21.

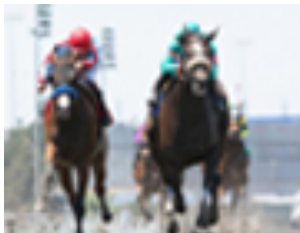
Pick your winner for the Belmont Stakes by 11 a.m. Saturday, June 11.

**If you pick the winning horse in all three of those races, you will win a 3 month membership.**

**On another note** – if you are able to pick the horses to come in 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in the Belmont Stakes in the order of their finish, you will win a 3 month membership to Streamline Fitness (members only).



The race at Belmont is known as the most thrilling two minutes in sports.



## CAN YOU ACCEPT THE CHALLENGE?

**GET IN ON IT**

**DURING THE MONTH OF MAY**

### THE STREAMLINE FITNESS TRIFECTA

Join us on Saturday mornings for our **Trifecta of classes**. Anyone participating and completing all three classes gets a free item from our apparel collection ~ **FREE**

**8:00 a.m. SPIN**

**9 a.m. SCULPTING**

**10 a.m. YOGA**

**"Nike" (Just Do It!)**

**Ever feel like skipping your workout?**

**!! Don't !!**

**Remember** - Working out stimulates the brain to release the chemical endorphins, which have been proven to reduce stress and make you happy. Oh yes, and finally ~ **Happy Spring!!**

