

Contact Your Fitness Staff:

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311 Fitness

Health and Wellness Newsletter

Volume 7, Issue 4

April 2014

Member of the Month

Congratulations Molly Roscoe! Molly has put in a great deal of hard work to improve her lifestyle and overall health.

How did you get started getting fit and how do you stay motivated?

I played sports growing up, so I've always been active and enjoy challenging myself. It can be tough to stay motivated, but I try to remind myself how much better I feel when I'm active.

What are some changes you have made to become more fit and healthy?

I try to vary my workout routine and try new things, like spinning, to avoid getting bored.

What is your fitness routine like?

Generally, I try to make it to the gym or a yoga class in the morning, but if I can't get out of bed I usually make time over my lunch or in the evening.

What health and fitness goals are you currently trying to accomplish?

I was somehow one of the few people able to sign up for the 2013 Chicago Marathon when it opened, so that will be my big goal over the next few months.

What is the one thing that you have taken with you through your fitness journey?

Everyone has off days, but every little bit counts toward being healthier overall.

Exercise of the Month

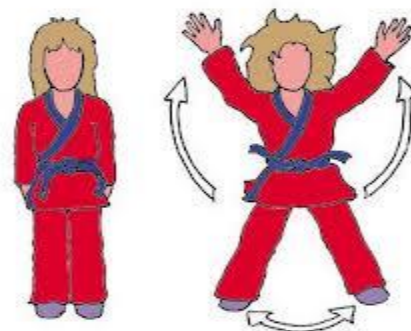
Jumping Jacks

Preparation

Stand with feet together, knees slightly bent, and arms to sides.

Execution

Jump while raising arms and separating legs to sides. Land on forefoot with legs apart and arms overhead. Jump again while lower arms and returning legs to midline. Land on forefoot with arms and legs in original position and repeat.



www.exrx.net

Guidelines for Choosing Healthy Fats

With so many different sources of dietary fat—some good and some bad—the choices can get confusing. But the bottom line is simple: **don't go no-fat, go good fat.**

If you are concerned about your weight or heart health, rather than avoiding fat in your diet, try replacing saturated fats and trans fats with good fats. This might mean replacing some of the meat you eat with beans and legumes, or using olive oil rather than butter.

- **Try to eliminate trans fats from your diet.** Check food labels for trans fats. Avoiding commercially-baked goods goes a long way. Also limit fast food.
- **Limit your intake of saturated fats** by cutting back on red meat and full-fat dairy foods. Try replacing red meat with beans, nuts, poultry, and fish whenever possible, and switching from whole milk and other full-fat dairy foods to lower fat versions.
- **Eat omega-3 fats every day.** Good sources include fish, walnuts, ground flax seeds, flaxseed oil, canola oil, and soybean oil.

For more tips visit this website: <http://www.helpguide.org>

Healthy Recipe

Apricot-Espresso Glazed Roast Pork Loin

12 servings

Active Time: 30 minutes

Total Time: 1 hour and 15 minutes

Ingredient

1 3-pound boneless pork loin, trimmed
1 tablespoon extra-virgin olive oil
3/4 teaspoon salt
1/2 teaspoon freshly ground pepper
1 cup apricot preserves
2 tablespoons instant espresso powder (see Note)
2 tablespoons Dijon mustard
4 teaspoons Worcestershire sauce
2 cloves garlic, minced
1/4 teaspoon ground cloves
1/2 cup reduced-sodium chicken broth

For preparation and nutrition information visit the site below
<http://www.eatingwell.com/recipes>

311 Fitness Center Updates

Small Group training

Keep an eye open for upcoming programs that will help motivate you to stay fit.

Refer a member and receive one free month to your membership!!!

Schedule a chair massages in the lobby provided by Advocate Fitness the 2nd and last Thursday of every month.

Ask about our personal training packages.

Chicago Local Events/Races! Sign Up Today!

Chi Town Half Marathon and 10K

City: Chicago

Date: April 6, 2014

Time: 8:15 AM

Distance: Half Marathon-10k

Contact Website: <http://www.AllCommunityEvents.com>

Breakthrough for Brain Tumors Chicago 5K Run and Walk

City: Chicago

Date: April 27, 2014

Time: 8:00 AM

Distance: 5k

Contact Website:

http://hope.abta.org/site/TR?fr_id=2981&pg=entry

Group Exercise Schedule

Classes are subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Partial Insanity 7:30-8:00a		Spin 2 7:15-8:00a	BootCamp 7:30-8:00a	
		Absolutions 11:40a-12:00p		Absolutions 11:40a-12:00p	Cardio Blast 11:30a-11:50a
Lunch	Pilates 12:05-12:35p	Tone-Up 12:05-12:35p	Tabata Training 12:05-12:35p	Tone-Up 12:05-12:35p	Yoga 12:00-12:45p
	Afternoon Burn 12:45-1:15p	Spin 2 12:30-1:15p	SMRT Core 12:40-1:10p	Spin 2 12:30-1:15p	Spin 1 12:30-1:00p
After Work		Core and More 5:30-5:45p		Partial Insanity 5:30-6:00p	



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