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311 Fitness

Health and Wellness Newsletter

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Calendar of Events

Coming Soon! Bridal Bootcamp. Inquire for details.

August 1stLose 5lbs in 3 weeks Personal Training Special.

August 16thSpecial new member promotion!

Now.....Schedule your free fitness profile!

Member of the Month

Congratulations Denise Warren! Since coming to 311 Fitness Center Denise has gone 107 days smoke free, lost 5.5lbs and 5 inches. "She has not missed one Personal Training session and continues to wow me with her attitude and abilities. She is the perfect example of someone who is on the right path for a healthy lifestyle" Valerie, her personal trainer said. We asked Denise a few questions about her new lifestyle.

What are your favorite aspects of fitness?

"To be honest, I don't like working out. I don't like getting home late and feeling guilty on the weekends if I don't do at least some kind of exercise. I'm tired and hungry when I finally get home, but last week Val was teaching me kickboxing. I absolutely loved punching that punching bag, and what a good workout it was! So for right now, Val and the punching bag are my favorite aspects of fitness."

What or who continues to motivate you?

"Seeing results motivates me, and I have Val to thank for the results. I've worked out off and on over the years, but never with a personal trainer. It makes a big difference when you are taught the proper way to exercise by a trained professional!"

What is next for you in fitness?

To continue with Val for at least another six sessions after I finish this set. I'm starting to take what I'm learning from Val and do it on the days I'm not with her...even crunches! My goal is to come up with a fitness plan that I can do three times per week and make it something that I could stick to."

Exercise of the Month

Floor Wipers

Instructions:

- (1) Lie on a bench or the ground and lift either two dumbbells or a loaded straight bar up as if you were going to do a press (but keep the weight up)
- (2) Focus on keeping your abs tight and your arms straight. While lying flat, lift your feet toward the ceiling so that your legs are perpendicular to your body. Hold for a couple seconds.
- (3) Slowly lower your legs until your feet are very close to touching the ground (do not let them touch the ground)

***If you have lower back issues you can bend your knees slightly to alleviate pressure.**



Rep range 12-20

Recipe of the Month

Honey-Mustard Salmon with Roasted Asparagus (Men's Health, June 2010)

Ingredients:

1 Tbsp unsalted butter, 1 Tbsp brown sugar, 2 Tbsp Dijon mustard, 1 Tbsp honey, 1 Tbsp low-sodium soy sauce, 1 lb asparagus (trimmed), 2 Tbsp olive oil, ¼ cup grated Parmesan (with salt and pepper), 4 salmon filets (6 oz each)

Preparation:

- (1) Heat oven to 400 F, mix butter and brown sugar in a bowl and microwave for 30 sec. Then mix in the mustard, honey, and soy sauce.
- (2) Toss asparagus with 1 Tbsp of olive oil, Parmesan (with salt and pepper) onto a baking dish and roast for 10-12 min.
- (3) Heat the remaining Tbsp of oil in an ovenproof skillet over high heat. Place the fillets flesh side down on the pan. Cook until browned (3 to 4 min). Then flip the filets and brush on the sauce and place on to a pan and into the oven. Cook until salmon is firm (but before white solids form on the surface). Remove salmon and brush the filets with the remaining sauce.

Nutrition Facts:

(Per Serving 1) (Calories 360) (Fat 17g) (Sodium 550mg) (Carbohydrate 8g) (Fiber 3g) (Protein 38g)

What you need to know about FAT

Q: Is it healthy to cut fats out of my

A: NO!

Cutting calories will help you lose weight; on the other hand, fatty acids help the human body do everything from constructing cell membranes to performing critical functions of brain, eyes, and lungs.

Q: Does this mean all fats are healthy?

A: NO!

Good Fats:

Monounsaturated Fats: Scientifically proven to lower cardiovascular disease.

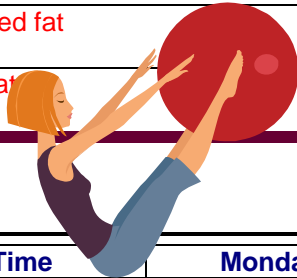
Polyunsaturated Fats: Include Omega-3 super healthy fats! Decrease triglyceride levels, lower blood pressure, prevent liver cancers, reduces symptoms of depression, increases memory capacity and awareness.

Bad Fats:

Saturated fats: Can raise LDL cholesterol levels, increase risk of heart disease.

Trans fats: Are created by heating liquid vegetable oils in the company of hydrogen gas, a process referred to as *hydrogenation*. Trans fats raise LDL ("bad" cholesterol) and lower HDL ("good" cholesterol) while making you more susceptible to heart disease and cancers. **AVOID TRANS FATS!**

Fatty Acid	Primary Sources
Monounsaturated fat	Avocados, hazelnuts, almonds, sesame seeds, pecans, olive oil
Polyunsaturated fat	Corn, flaxseed, walnuts, fish (salmon is a great choice)
Saturated fat	Red meat, whole milk, oils (vegetable, coconut, palm)
Trans fat	Cookies, doughnuts, cakes, candy, potato chips, pizza



Cont..... What you need to know about FAT

- Keep total fat intake to 20-35% of calories
- Limit saturated fats to less than 10% of your calories (200 calories for a 2000 calorie diet)
- Limit trans fats to 1% of calories (2 grams per day for a 2000 cal diet)
- Limit cholesterol to 300 mg per day (Source: HelpGuide.org)

6 Keys to a summer 6 Pack:

- (1) Vary your ab workouts (participate in our AbSolutions and Supreme Abs classes)
- (2) Bring the intensity!
- (3) Avoid saturated fats, trans fats, and fast food.
- (4) Implement a solid cardio routine
- (5) Live a healthy lifestyle
- (6) Dedicate 8 hours a night to sleep



Group Exercise Schedule

Classes are subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Bootcamp 7:30- 8:00a	Spin 7:15a		Stretch Run 7:00- 7:45a	
Lunch	AbSolutions 11:45- 12:00p	Yoga 12:00- 1:00p	AbSolutions 11:45- 12:00p	PiYo 12:15- 1:00p	Kickboxing 11:30-12:00p
	Body Design 12:15- 12:45p	Spin 1p	Body Design 12:15- 12:45p	Spin 1p	Absolutions 12:15- 12:30p
After Work	Supreme Abs 5:15- 5:30	Minute by Minute 5:15- 5:45p	Spin 5:15- 6:00p	Minute by Minute 5:15- 5:45p	