



OCTOBER 2017 • • •

#### Club Hours

Monday-Friday, 5AM-11PM

Saturday, 7AM-7PM

Sunday, 8AM-6PM

## 4 Easy Ways To Break Your Sugar Habit

by Nutrition & Dietetics Regional

Let's face it, breaking your sugar habit can be one of the toughest things when it comes to cleaning up your diet. Many of us don't realize it, but we can easily create a sugar addiction that can take up to 3-4 days to break... and it's all mental. Here are four easy ways to break your sugar habit and get on the right track to a healthy eating pattern that you can actually maintain long term.

1. Have fruit for dessert: Skip the pie or ice cream and make fruit your after-dinner treat. Not only will you satisfy your sweet tooth, but at the same time you'll avoid the processed sugar mixed with saturated fats, found in these calorie-packed desserts, that turns into a triglyceride and is stored as body fat. With natural fruits you are getting a fraction of the calories and sugars, plus fruit has many cancer-fighting antioxidants and fiber to aid in overall health and wellness while achieving a skinny waistline.

2. Don't drink your calories: Ditch sugar-loaded sodas and teas for calorie-free flavored carbonated waters or Crystal Light when craving something flavorful. Better yet, create your own naturally

flavored water by adding antioxidant packed fruits like lemon, strawberries and cucumber! You'll get the great sweet taste without the added sugar.

3. Lighten-up your condiments: It's one thing if you are eating salads, protein pancakes and whole grain breads... but if you're covering them with sugar-loaded dressings, syrups and jams then you are missing the entire point! Begin shopping for "no sugar added" "natural" or "calorie-free" condiments, many of which are available at your local supermarket. Remember... calorie-free is always better than just sugar-free so look carefully.

4. Set weekly goals: It's important to set timely and measurable goals and track your progress. Writing your goals down and logging your food daily are two great ways to increase your success rate by at least 50%. When you have been mentally tough and stuck to your plan for the week, reward yourself with a small treat! Don't ever overstuff but celebrate your wins and get right back on track!

TAKE  
2

**RECEIVE TWO  
COMPLIMENTARY SESSIONS  
OF YOUR CHOICE.**

Chose from an array of club offerings and work with an instructor or trainer.

#### Halloween Barre

Friday October 27, 6:30PM

#### Halloween Spooktacular Parents' Night Out October 27, 5:30-9PM

Trick or treat your little one through the tree house with games, music, and a movie for this full dress-up parents' night out!

## OPPORTUNITIES TO ENGAGE

### Holistic Health Coaching

Offers an individualized unique approach to full balanced health. Increase your well being and daily-mood with physical, social, professional, family and emotional, physical & stress management.

Includes:

- :: Stress Management
- :: Mental Health/Self Care
- :: Weight Loss/Healthy Eating
- :: Yoga - Ranges of Types
- :: Mindfulness/Meditation
- :: Relaxation Techniques

Contact: Kristine Keay,  
kkeay@wellbridge.com  
410.838.2670 ext. 231

### Prenatal Yoga

Prepare for birth by building strength, gaining flexibility and develop mindset for the transformation of the body, mind and spirit throughout the pregnancy leading into labor.

Complementary for members, contact Lori Berry, lberry@wellbridge.com  
410.838.2670 ext. 231.

# Surviving Group Fitness

You did it—another elliptical workout done. You made it 45 minutes, just like yesterday... and the day before... and the day before that. As you leave the Club and pass by the Hospitality Desk, you wonder if there is something more fun out there, and curiously grab a Group Fitness Schedule. Upon browsing through it, you feel a bit intimidated and overwhelmed by the number and types of classes. Does this sound familiar? If so, you're not alone. Finding the courage to attend your first Group Fitness class can be daunting. "Which class should I choose?" "What if everyone else are 'regulars' and I feel left out?" "Will the instructor call me out in front of the class as a 'first-timer'?" Don't fret; here are five tips for surviving your first Group Fitness class:

**1. Choose a class that fits your fitness personality.** If you enjoy cardio, try a cardio-based class such as Indoor Cycling. If you love to stretch and relax, try Yoga or Pilates. For your first class, attend a style of class that is your favorite and you will more likely feel comfortable and be successful.

**2. Arrive 5-10 minutes early.** As the instructor is setting up, introduce yourself and let them know it's your first class. They can let

you know what props you'll need and what you can expect to experience in class that day.

**3. Don't hide in the back.** If there are a lot of people in the class, you will have a difficult time seeing the instructor and following along. This doesn't mean you have to be front and center—find a spot in the middle so you can easily see the instructor and watch others.

**4. Don't give up!** Even if you feel like the class or instructor may not be your cup of tea, stay the whole class. It may take 30 or more minutes for you to 'get in the groove' and if you leave early, you may miss your chance.

**5. Smile and have fun because it is just a workout!** Feed off the group energy and excitement of those around you. Don't be afraid to laugh at yourself, smile, and take breaks when you need.

With the above tips, you'll feel successful, have fun, and will likely come back for more!

