



NOVEMBER 2017 • • •

#### Club Hours

Monday-Thursday, 5:30AM-10PM

Friday, 5:30AM-9PM

Saturday-Sunday, 7AM-7PM

## Squash the Myths on Your Fall Favorites!

By Rachael Mallory, Certified Dietician

Fall is the perfect time of year to enjoy the varieties of squash, as it supports healthy blood pressure, immune function and vision, while protecting against harmful free radicals. Squash also contains adequate fiber, which helps control blood sugar levels and lower cholesterol.

**Tip #1-** A squash that is darker in color has more nutrients.

**Tip #2-** Classified as a vegetable, various forms of squash are considered a starchy vegetable, and should be substituted as a carbohydrate source or grain. An added benefit is they can be lower in calories than other carbohydrate and grains such as pastas, bread and rice, with little to no processing (think acorn squash and butternut squash)!

**Tip #3-** Zucchini squash, spaghetti squash and yellow squash are considered non-starchy vegetables. These provide ~ 5 calories per serving and should be included on a plate filled with half fruits and vegetables.

Cooking squash. My personal favorite is roasting! Add a drizzle of olive oil and place flesh side down on a baking sheet. Roast in the oven at 400° for 45 minutes. In a hurry? Cover in plastic wrap and cook in the microwave for approximately 8 minutes, or until fork tender. Sprinkle with various herbs and spices including cinnamon, cayenne pepper, rosemary or cumin.

#### How can I "squash" my daily routine?

- Add to smoothies
- Put 'em in salads to add a nutty taste
- Sauté and add to a burrito or your morning omelet
- Use as a fun new side dish with your evening meal

Try pumpkin – a great source of antioxidants and nutrients like its other squash equivalents. Roast in the oven and bake the seeds separately for a good source of plant-based omega 3 fatty acids.

### WEEKEND WARRIORS

Bring a friend to any weekend session for free!

Valid November 1-30

### FIT 'N TRIM

2 complimentary, 30 min nutrition consultations with a personal trainer

Valid November 1-30

#### Hurricane Relief Triathlon

Sunday, November 12th, TBA

Triathlon to raise funds for hurricane relief.

Participants can sign up at tables soon coming to the lobby or at the fit desk upstairs. Suggested donation of \$50. 400yd swim, 15 mile bike, and 3 mile run. All activities will be completed throughout the club (ie spin bike and treadmill).

#### Pilates Open House

November 15th 7AM-2PM & 4-7PM

30-minute complimentary sessions with Pilates Trainer during Open House.

Receive 10% off Pilates packages purchased at the Open House.

## OPPORTUNITIES TO ENGAGE

### Sunday, November 5

Fall back with the extra hour and relax: 50-minute Swedish Massage \$50.

### Nail It... Polish To Go November 1-17

Schedule a Spa Manicure & Pedicure and select an OPI or Essie polish to take along with you for \$49 (price includes sales tax).

### Put Your Best Face Forward and SAVE \$25 November 1-15

Anti-Aging Facial: A powerful facial designed to delay the signs of aging and to rejuvenate the skin. Cost is \$94. Benefits: This treatment reduces the appearance of lines and wrinkles, evens out the skin tone and illuminates the skin restoring its youthful appearance.

### Power Pumpkin for your face not your waist - All month

Pumpkin provides a natural enzyme for an advanced treatment, excellent for age management, acne, and hyperpigmentation. Also increases cellular turnover. This treatment combined with a mini facial, your skin will feel significantly smoother. Specially priced at \$78 (\$110 value).

### Get Stoned with a Hot Stone Massage - All month

Native Americans warmed hot stones by fire and used them to treat aching muscles, add 80 minutes along with a therapist for a blissful experience. Specially priced at \$85 (a \$110 value).

# 5 Tips to Stick to Your Workout Plan During the Holidays

November is often a time of celebrations and obligations, and hectic schedules tend to leave little room for consistent workouts. Here are tips to help you stay motivated and on track during the busy holiday season.

### Schedule your workout like an appointment.

Whether adding your workout to your phone, calendar, or planner, you're more likely to stick to it if it's official. Find a group exercise class, try a free fitness workshop, or book a session with one of our certified personal trainers for something new.

**Set a goal.** Maybe you want to run a 5k, do 10 pull-ups, or perform the perfect deadlift. Aiming for a specific goal keeps you motivated even amid the holiday madness.

**Maximize your time.** On especially busy days, break up your workouts. Take the stairs,

park in a far spot while running errands, and take a 15-minute walk during your lunch break. Every step counts, and it all adds up.

**Treat yourself.** It's OK to indulge a bit, as deprivation in the face of much-loved holiday foods can actually lead to overeating. But, do your research. Find out the ingredients in your favorite foods and drinks, and only choose the treats that you truly can't resist.

**Ask yourself,** "Have I ever regretted a workout?" The answer, of course, is "NO." Even amidst holiday shopping, lavish dinners, parties, and last-minute rushing, you will not regret a single minute spent on taking care of your health – it's the best gift you can give to yourself.

