



**MARCH 2018** • • •

#### Club Hours

Monday-Friday, 5AM-10PM

Saturday-Sunday, 8AM-8PM

# Eating Right Isn't Complicated

By Brian Cooper, MS, MA, LPC

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- :: Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- :: Include lean meats, poultry, fish, beans, eggs and nuts.
- :: Minimize saturated fats, trans fats, salt (sodium) and added sugars.

## Make Your Calories Count

**Think nutrient-rich rather than "good" or "bad" foods.** The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

## Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein

choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

## Know Your Fats

To help reduce your risk of heart disease, look for foods low in saturated fat and trans fat. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the **Nutrition Facts label** on food packaging.

For more information, view the Academy's info graphic on the **Total Diet Approach to Healthy Eating.**

## MADNESS MARCH 1-31

Refer a new personal training client and receive **one FREE session** when they purchase their first package.

### Parents' Night Out Mad Hatter's Tea Party Friday, March 2, 5-9PM

Bring your children to Blast! while you go out and enjoy some time with your friends or significant other. Your children will play games, have an art activity, eat pizza and watch a movie with popcorn. \$25 per child, and \$15 for each additional child within the same family.

# March Group Fitness at a Glance

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

## MAIN STUDIO

6:00AM	Bootcamp Myrna	BODYPUMP™ Josh	TurboKick Jennifer	Fusion Lynn	Bootcamp Katie		
8:30AM	TurboKick Hillary	Barre Kristin	PUMP/ATTACK Tina	Strength Miguel	Power Salsa Miguel	Barre Myrna	Bootcamp Tina
9:30AM	BODYPUMP™ Susan	Stretch Miguel	BODYPUMP™ Tobie	Fit Mix Miguel	BODYPUMP™ Tina	BODYPUMP™ Angela	TurboKick Hillary
10:30AM	Strength Malita	TurboKick Lloyd	Strength Hillary			TurboKick Emily	Barre Gloriella
11:30AM						Zumba® Ariela	
12:30PM						Pilates Sculpt Jackie/Miguel	
4:30PM							BODYPUMP™ Lindsey
5:30PM	Power Salsa Miguel	BODYPUMP™ Susan	Bootcamp Katie	Barre Margaret			Yoga Stretch Drew
6:30PM	PUMP/ATTACK Jay/Tina	Zumba® Ariela	TurboKick Lloyd	BODYPUMP™ Tina			

## MIND - BODY STUDIO

8:30AM	Basic Yoga Kristin		Basic Yoga Pam				
9:30AM	Pilates Kristin	Forever Fit Malita	Stretch Ling	Forever Fit Malita	Pilates Shirmel		
10:30AM		Basic Yoga Nicole	Basic Yoga Melissa		BODYFLOW™ Vonetta	Power Yoga Melissa	BODYFLOW™ Tina
11:30AM				Gentle Yoga Tra		Stretch Jackie/Miguel	
12:30PM					Power Yoga Sarah	Stretch Irene	
5:30PM	BODYFLOW™ Holly	Pilates Miquel		BODYFLOW™ Jay			
6:30PM	Basic Yoga Georgia	BODYFLOW™ Jay	LIVE WELL Tina	Power Yoga Drew			

## CYCLE

6:00AM	Cycle Kirstie		Cycle Alison		Cycle Lauren		
8:30AM						Cycle Cooper	
9:30AM	Cycle Tobie		Cycle Hazel		Cycle Hazel		
10:30AM						Cycle Tobie	Cycle Traci
4:30PM							Cycle Chris
6:00PM	Cycle Stephanie	Cycle Drew	Cycle Chris				

## WATER

9:30AM	H2O Annika		H2O Annika		H2O Luz	H2O Liz	
6:15PM		H2O Luz					

