



OCTOBER 2017 • • •

#### Club Hours

Monday-Friday, 5AM-10PM

Saturday-Sunday, 8AM-8PM

## 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.

# October Group Fitness at a Glance

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

## MAIN STUDIO

6:00AM	Bootcamp Myrna	BODYPUMP™ Danielle	TurboKick Jennifer	Fusion Lynn	Bootcamp Katie		
8:30AM	TurboKick Hillary	Barre Kristin	PUMP/ATTACK Tina	Strength Miguel	Power Salsa Miguel	Barre Staff	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 Staff	Barre Gloriella
11:30AM	Barre Margaret					Zumba® Ariela	
12:30PM						Pilates Sculpt Jackie/Miguel	
4:30PM							BODYPUMP™ Tina
5:30PM	Power Salsa Miguel	BODYPUMP™ Susan	Bootcamp Katie	Barre Margaret			
6:30PM	PUMP/ATTACK Staff	Zumba® Ariela	TurboKick Lloyd	BODYPUMP™ Lloyd			

## MIND - BODY STUDIO

6:00AM		BODYFLOW™ Vonetta		Basic Yoga Pam			
8:30AM	Basic Yoga Kristin		Basic Yoga Pam		BODYFLOW™ Vonetta		
9:30AM	Pilates Kristin		Stretch Ling		Pilates Shirmel		
10:30AM		Basic Yoga Nicole	Basic Yoga Melissa			Power Yoga Melissa	BODYFLOW™ Holly
11:30AM				Gentle Yoga Tra		Stretch Jackie/Miguel	
12:30PM					Power Yoga Sarah		
5:30PM	BODYFLOW™ Tina	Pilates Miquel		BODYFLOW™ Jay			Yoga Stretch Irene
6:30PM	Gentle Yoga Georgia	Power Yoga Alexis	LIVE WELL Tina	Power Yoga Ling			

## CYCLE

6:00AM	Cycle Kirstie	Cycle Liz	Cycle Alison	Cycle Kirstie	Cycle Lauren		
9:30AM	Cycle Tobie		Cycle Hazel		Cycle Hazel	Cycle Karen	
10:30AM						Cycle Tobie	Cycle Traci
4:30PM							Cycle Chris
5:30PM		Cycle Stephanie		Cycle Karen			
6:30PM	Cycle Stephanie		Cycle Chris				

## WATER

9:30AM	H2O Annika		H2O Annika		H2O Ling	H2O Marlene	
6:30PM		H2O Luz		H2O Luz			