



NOVEMBER 2017 • • •

Club Hours

Monday-Thursday, 5:30AM-10PM

Friday, 5:30AM-9PM

Saturday-Sunday, 7AM-7PM

Thanksgiving Hours

7AM-2PM

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
- Sautee 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

Kid's Turkey Trot

November 18, 11-11:45AM

Come to Wellbridge for an early Thanksgiving celebration! Kids will have fun and get some exercise during our turkey day themed obstacle course!

Turkey Feast Games

November 13-17

Fun activities and workouts to help prepare for that thanksgiving meal.

OPPORTUNITIES TO ENGAGE

Woodsmill Tennis Club Foam Roll
Monday, November 6

10:30-11:20AM & 1-1:45PM

Located at Woodsmill Tennis Club, Class is with Leslie

Shake Your Tail Feathers
November 13-23

Ladies' Night
Wednesday, November 29, 5-9PM
Join us at the Spa.

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.

