



**MARCH 2018** • • •

#### Club Hours

Monday-Thursday, 5:30AM-10PM

Friday, 5:30AM-9PM

Saturday-Sunday, 7AM-7PM

# 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.

### Ladies' Night

Wednesday, March 28, 5-9PM

Enjoy a 50 minute massage, deep cleansing facial or spa manicure and pedicure for \$54.

### Intro to Qigong series with Christi Gleason

Fridays in March, 12:30PM

### Get Tanked

Complete Body Composition Testing

Thursday, March 8, 7AM-12PM

# Exercises to Stay in Shape this Snow Season

There are 5 basic elements you should focus on when preparing for the ski and snowboarding season, which include balance, core, endurance, power, and strength. Here are exercises to do that incorporate these elements.

**1. Balance:** Stand on a BOSU ball and go into a low squat. Push one leg at a time into the BOSU with different speed variances in one-minute intervals.

**2. Core:** Lie on your back with your arms overhead and legs straight on the floor. Simultaneously raise your arms and legs as high as you can, getting them as straight and close together as possible, making a "V" shape. Challenge yourself by holding the contraction for a few counts, and then slowly bring your arms and legs back out to the starting position. Do a set of 15-20 V-ups.

**3. Endurance (and Balance):** Line-up several BOSU balls. To mimic the speed and quick hip rotation of Mogul skiing, jump

your feet side-to-side and squat low as you land on each BOSU with two feet. Go as quickly as you can in one-minute intervals, alternating directions with each jump.

**4. Power:** Perform "Lateral Skater Jumps" by jumping from side-to side while controlling your upper body as you would when skating. To maximize effectiveness, hold a 10-lb dumbbell during the exercise. Extend the dumbbell out while you jump, and pull it in as you land.

**5. Strength:** Place four risers under one side of a step platform. Stand in the middle of the step with your feet together, facing "downhill". With the option of holding a 20-lb dumbbell, do small squats in one-minute intervals.

