

Sartell FITNESS 24·7

YOGA • PILATES • PERSONAL TRAINING

May/June Newsletter



Tid Bits

**Lets do our part to help each other stay healthy and please remember to wipe down equipment after use!

**Welcome new members! If you have not had a free demo of the equipment, please set up an appointment with Renee.

**Yoga class added: Starts Monday, June 7th at 6:35pm
**Flow Yoga with Coca will be the following Saturdays: June 12, 19, 26; July 24, 31; August 14, 21, 28
Otherwise, Beginning Yoga with Renee will be Saturdays not listed above. I encourage you to try both if you have never tried a yoga class; or if you have tried one but not the other. They are both great for your mind/body, flexibility, balance, strength, stress, etc!

**Remember, if you have 'tasteful' magazines to share, please feel free to bring them for the magazine rack.

**Reminder: if you took it out, please put it back; i.e. weights, bands, mats, balls, etc – keep your club clean!

**Do you have an easy and healthy summer recipe to share? Would you like something featured on our next newsletter or email? Please start submitting recipes, ideas, articles, etc via email or leave at the front desk, and I will try to include what I can, or if I get enough, I will put something 'extra' together.

**Summer newsletter will be combined due to busy schedules: May/June and July/August.

**Summer Sizzlin Personal Training sessions available: You won't see prices this low after summer – get them while they're hot! Pick up pricing at front desk or see on our website.

**Remember to drink plenty of water this summer!

Tasty Turkey Burgers

These ground turkey burgers are super easy for the grill and super tasty and juicy – add a side pasta salad (try our featured salad on the next page) and veggies and for a healthy clean eat meal for you and your family.

- 1 ½ lbs lean (93%) Jenni-O ground turkey
- ¾ cup seasoned fine bread crumbs (blend in food processor if need be for finer crumbs)
- ½ to ¾ cup plain crumbled feta cheese
- 1 packet onion soup mix
- 2 egg whites
- Sea Salt and Pepper to taste

Mix all ingredients in bowl until thoroughly mixed (with hands works best). Shape into burgers and grill until thoroughly cooked through. Enjoy!

Easy Additions

*Chop fresh spinach and add to any pasta salad for an extra boost of veggies

*Try adding chopped sun dried tomatoes to a pasta for a flavorful change of pace

*Ready – Set – Plant! Have you planted your herb garden yet? Remember, fresh grown herbs are the easiest, most economical way to add tons of flavor to any dish – without adding salt!

Quote of the month: “Those who think they have not time for bodily exercise may sooner or later have to find time for illness.” - Edward Stanley

Healthy 'Quicks'

-Set goals for yourself or as a family for successful healthy lifestyle changes:

Make a List – What are you trying to achieve? i.e. being more active, eating healthier, spending more time together

Assess your goals – Think about your readiness, motivation and confidence for achieving each goal

Prioritize – Write out a list in order of importance

Outline Action Steps – Make sure they are specific and attainable

Anticipate the Barriers – Think about solutions for challenges along the way

Reward Yourself and/or Family Members: At the end of each small goal you have achieved!

**Fruits, vegetables and whole grains are an important part of a healthy diet – they are also high in fiber, so they take longer to digest, so you feel full longer A successful road to weight loss and healthy living!

What's healthy for your grocery store shopping trip?

Breads: Look for whole wheat flour as the first ingredient and at least 2% fiber

Pasta, Cereal and Rice: Choose whole wheat pastas, brown rice and rolled oats

Produce: Load your cart with plenty of fresh fruits and veggies (hint – when you get home, cut up your veggies for a quick grab crunchy snack in the refrigerator, instead of chips)

Canned Foods: If you buy fruit in cans, make sure it's packed in its own juice; veggies; make sure you rinse to remove sodium; including canned beans such as black beans; tuna in water, tomato sauces and vegetable juices

Dairy: Choose skim or 1% milk, low fat yogurts (plain or Greek is best), natural cheeses

Poultry, Fish and Meats: Look for 93% lean or leaner meats and chicken/turkey (or ground) and lean cuts of red meat

Snacks: Select light or natural popcorn, unsalted nuts (try toasting them yourself at 350* for 10 min) and if you go for chips, make sure you choose baked and salsa for your dip!

Frozen Foods: Choose unbreaded frozen chicken or fish, veggie burgers, frozen veggies and low fat frozen yogurts and low sugar ice creams

Super Easy and Flavorful Summer Pasta Salad

1 package Whole Wheat Linguine noodles

1 bottle Kraft Zesty Italian dressing with Extra Virgin Olive Oil

2 TBSP Salad Supreme seasoning (found in the seasoning aisle – McCormick)

2 ripe Roma tomatoes, chopped

Cook pasta according to directions on box, drain and rinse with cold water and transfer to large bowl

Add remaining ingredients and toss together

Refrigerate a couple of hours for flavors to meld together and serve!

Questions and/or comments can be directed to Renee at the club or via email:

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