

IT BURNS
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SUITE 204
MIDDLETOWN, CT

SPECIAL
POINTS OF
INTEREST:

- Look For Our New Schedule
- Check out our Raffle Winner
- See who rocked their workout
- Prize for October Drawing is an IPOD
- Bring a friend week
- Bellydancing

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It Burns Fall Newsletter

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Turn It Up!!! Bodypump 71 Launch

Please join us on **Saturday November 14th** at 9:00a.m. for the launch of **Bodypump 71**. This is a free class open to the public. Look for the sign up sheet at the front desk the first week in November or call 860.343.0446 to reserve your spot in class. As classes fill we will add more launch times.

Boot Camp 6 week series begins Oct. 3rd. Space is limited so sign up today. This series will run until Nov. 7th. \$75 for members, \$90 for non members

Join our latest addition to the studio, **BELLYDANCING**. This is a 6 week specialty class forming now. Classes will be held from Oct. 4th to Nov. 8th at 12 p.m. \$75 for members, \$90 for non members. It's a great

way to sculpt your abs, butt, and legs.

Inst. Alice Vossbrinck



Look for our new Fall schedule on Oct. 1st.

Bring a friend to the studio week runs from Oct 5 through the 10th. Anyone whose friend signs up will receive a free session.

Trainers Corner

“Change how you think and you’ll change the world” -Norman Vincent Peale

Notes from the trainers

Afraid of bulk? Women frequently tell us that they feel hesitant about toning exercises that require weights because they're afraid of building bulky muscles. Not possible. We don't have the testosterone that guys do that allow them to build mass. Using weights to tone your muscles

will make you look trim and terrific. Muscle burns fat!!!

Outside The Studio. Congrats to a group of women from the studio who ran the Haddam Neck 5K Race. **Sherri Condon** took first in her age group with a time of 24:24. **Brooke Garbe-Thompson** finished 3rd in her age group with a time of 24:07.

Congratulations!!!!

Gina Ulyse is the winner of our September drawing for a \$100 gift certificate to Beautiful People Salon.

Kudos to **Judy Cruz**. She rocked her workout in August.

In October Ann will be competing for her pro card. Send all your positive energy her way.



Jerry Tucker finished with a time of 36 mins which is a 2 minute improvement over her last 5K! **Lori Russak** also joined the group and finished with a time of 34 mins. Way to go Lori! Congrats to Bootcamper **Tammy Talbot** for competing in her first Sprint Triathlon in Farmington on Sept 12. She placed 15th out

Recipes, Nutrition, and Exercise



Make your metabolism soar. Train hard, build muscle, and eat right.

of 55 in her age group with a time of 1:44:38! Amazing job everyone!!

Nutrition Notes:

Short on time in the morning? Here's an easy idea for a quick breakfast. Take 1/2 a multigrain bagel, toasted, and put 2 TBSPS yogurt cheese (see The Clean Eating Cookbook for recipe) on top with 2 TBSPS all fruit preserves.

Remember skipping meals slows your metabolism and increases body fat. Eat 5 to 6 small meals a day to keep your metabolism revving high.

Recipes in Less Time

Grilled Spicy Chicken Kabob

- 1 large red bell pepper, cut into bite size pieces
- 2 med zucchini, cut into 1/2" thick slices
- 2 cups small whole mushrooms
- 2 TBSPS olive oil
- 4 TBSPS fresh lemon juice, divided
- Sea salt and ground pepper to taste
- 16 oz. chicken breasts, cut into cubes
- 1/2 cup plain low fat yogurt
- 1 tsp fresh grated ginger
- 1/2 tsp each cumin, cinnamon, and turmeric.

On Sunday:

1. Combine veggies in a large ziplock bag. In a small bowl, com-

bine oil, 2 tsps lemon juice, salt and pepper, add to veggies. Seal bag, shake, and refrigerate.

2. In another ziplock bag, add chicken, yogurt, ginger, spices and remaining lemon juice. Seal bag, shake, and refrigerate.

On Monday:

1. Preheat grill. Thread veggies onto 2 skewers.
2. Drain yogurt marinade from chicken and securely thread onto 2 skewers.
3. Grill chicken and veggies 10 to 12 minutes or until chicken is cooked through. Serve hot over reheated rice.

Exercise Tips and Information

“When you know what you want and you want it bad enough you will find a way to get it”

- Jim Rohn

6 Reasons to Add Strength Training to Your Workout

1. Strength training protects bone health and muscle mass.
2. Strength training makes you stronger and fitter.
3. Strength training helps you develop better body mechanics (balance and coordination).
4. Strength training plays a role in disease prevention (type II diabetes, bone loss, heart disease).
5. Strength training boosts energy levels.
6. Strength training translates to more calories burned.



Cardio Queen Syndrome

As most of you are aware by now, increased activity burns calories and fat. Exercise is essential to your health and well being, but could you be getting too much of a good thing? For example, you've been

getting great results since you've increased your cardio from zero to 30 mins, 5 times a week. So you decide to increase your time to 45 mins, 5 days a week. Great! Now you're getting even better results. So you say lets take it to an hour, 5 days a week, then up it to 6 days a week.

All of a sudden your weight loss comes to a screeching halt. Why? You're doing too much cardio and you've sent your body into survival mode. Cut back on the cardio and hit those weights hard and you'll start getting the results you want. A lean, mean, fat burning machine. Happy Lifting!!



Muscle burns fat. Lift moderate to heavy weights to get the lean body you want.