

Fitness • 101

get results



March 2009

Hello,

It's so good to see so many of you working on your health and wellness! Keep up the great work and stay focused- you will be rewarded with a healthy body and increased energy!

UPCOMING EVENTS

If you are taking part in the **2009 WEIGHT LOSS CHALLENGE! 2009** There are **3** weeks left in the challenge so be sure you have your March weigh in complete! Final testing will take place the last week of March and the winner will be announced the first week in April. Thank you to all of you participating- the response was fabulous! Keep training hard and remember you are in the HOME stretch!

Don't forget these Key Dates:

January 1st – 15th – Weigh in & take measurements
February 2nd – 4th – 1st checkpoint (weigh in & take measurements)
March 2nd – 4th – 2nd checkpoint (weigh in & take measurements)
March 30th – 31st – Final weigh in & take measurements

Keep your eyes on the prize!!!! You are almost there!

Grand Prize: **\$1000** travel voucher, 24 sessions of personal training & 12 months **FREE** membership!!!

2nd Place: 6 months of **FREE** membership & 12 sessions of personal training

3rd Place: 3 months of **FREE** membership & 6 sessions of personal training

LUCK O' THE IRISH: During the week of **March 16th** check out the exiting Membership programs and referral promotions! Ask any team member for details!



SPRING DUATHLON & FITNESS EXPO 2009!

When: Saturday, March 28th

**Prizes for 1st, 2nd and 3rd
Place!**

Where: Fitness 101 Otsego

Cost: \$35 Fitness101 members
\$40 Non- Members

Click here for details! http://www.fitnesszonemn.com/spring_duathlon.php

KRIS' KORNER

Everyone looks for a healthy version of an old favorite. Try this healthy recipe for Chicken Parmesan!

3 oz chicken
1/2 cup spaghetti sauce
1 oz low-fat mozzarella cheese
1 cup whole wheat spaghetti

Preheat oven to 350 degrees. Heat indoor grill, outdoor grill, or sauté pan. Place raw chicken onto heated surface and cook until chicken is about halfway cooked. Remove from heat. Place chicken in a baking pan, top with spaghetti sauce, and top with cheese. Bake for approximately 40 minutes, or until chicken is cooked all the way through. Serve over whole wheat pasta. Don't forget to add a side salad with reduced calorie dressing! Enjoy!

TRAINERS TALK

March's Trainer is ***Kristen Montgomery***

Here are some little known facts about Kristen....

Her favorite Junk Food is: [Chocolate, Chocolate and More Chocolate!!](#)

Favorite place to eat: [Any authentic Mexican place!... Has to have good margaritas!](#)

If she could switch places with anyone famous who would it be? [Phil the host of Amazing Race](#)

Her favorite color: [Purple.... It was Donny Osmond's favorite color!](#)

Where would she live other than MN : [honestly....I love it here...I appreciate each season despite how long or short they are!](#)

WHAT'S THE BUZZ.... SUPPLEMENTS *STILL* ARE!

Vitamins and minerals are substances your body needs in small but steady amounts for normal growth, function and health. Together, vitamins and minerals are called micronutrients. Your body can't make most micronutrients, so you must get them from the foods you eat or, in some cases, from dietary supplements. Apex offers an entire line of supplements to help you meet your fitness, health and well being needs. This is a great month to have yourself checked out at the Fitness Expo!

Check it out: <http://www.apexfitness.com/html/supplement/>

CHILD CARE INFORMATION:

- Beginning April 1st 2009, only the parent or legal guardian will be allowed to put a child in the childcare.
- Look for expanded hours during Spring Break (April 9-13)

Keep Focused, Work Hard and the **RESULTS** you seek will be achieved!

In Good Health,

Trevor Goodwin
Fitness 101