

FEBRUARY 2010 NEWSLETTER



Trainer Tip This month's tip is a simple one. Get a workout buddy!

The single biggest challenge with respect to exercise is not what to do, or even how to do it. The greatest challenge for most people is adherence. It's very easy for most of us to let ourselves slide, but if we know someone else is counting on us we are much less likely to slack. Once you have a good program to follow it's just a question of consistency, and that's where a workout partner can help.

Other benefits of having a partner include; someone to spot you on your lifting days, someone to challenge and encourage you when you're unmotivated, and someone to help keep you safe.

If your goal this year is to finally succeed at your new year's resolution, a workout buddy may just be the ticket. The statistics don't lie. You are five times as likely to stick with your exercise routine, for more than 90 days if you have a buddy, than if you go it alone.

Good luck and remember we at BaylorWorx have discounts for small group trainings of 2 or more people. Just think, get a professionally structured program and a workout buddy! That's what you call a good double whammy!



NEW HOURS OF OPERATION AT BAYLORWORX WAX - STARTING 3-1-2010 - MONDAY THRU THURSDAY 5:30AM TO 9:00PM; FRI 5:30A-6P; SAT 8A-12P



Specialty Classes for

February – Mondays at 7:45PM - Urban Flow taught by Lucy Thompson. Even if you thought you could never dance, these flowing aerobic dance movements are for all levels of fitness. Come let your hair down and have a good time.



RECIPE OF THE MONTH:

Lasagna – Zucchini Style

Ingredients –

3 zucchini – cut in half length wise and then cut in half length wise again

1 lb ground lean turkey – I use 93/7 lean

1 10 or 12oz can Rotel tomatoes,

(drained to reduce sodium but **Don't** rinse)

½ each – onion, red bell pepper, green bell pepper chopped

½ cup low sodium chicken broth

Shredded low fat sharp cheddar cheese

Preheat oven to 350 degrees

In a 9x13ish size baking dish add about 1 cup water add zucchini, place in oven for about 15 min

Meanwhile, sauté onion, bell peppers in about 1 tablespoon olive oil

Add ground turkey and brown well.

Add Rotel Tomatoes and ½ cup low sodium chicken broth and mix well

Remove zucchini from oven. Drain water.

Cover Zucs with turkey meat mixture and top with cheese

Return to oven and bake about 15 minutes.

Add a side salad and you are GTG.

Yummy and reheats well for the next day's lunch☺

Bring a Friend Free Days –

February 18th and 27th.



Quote of the Month – *“the bad news is that time flies. The good news is you're the pilot”* Michael Althsuler

\$250.00 BWX \$\$ WINNERS FOR 90 DAY WAIST AWAY CHALLENGE– Wendy Hein; Becky Teague; Steve Roussell