



BAYLORWORX

Rehabilitation and Fitness Center

A Service of Baylor Medical Center at Waxahachie


www.baylorhealth.com/baylorworx

Volume 1 Issue 3

MARCH 2011

NATIONAL NUTRITION MONTH

NEWSLETTER



FITNESS CTR HOURS:


MON to THURS	5:30AM to 8PM	BFF DAY Bring a Friend Free Days MARCH 15TH, 23RD, 31ST
FRIDAY	5:30AM to 6PM	
SATURDAY	8AM to 12NOON	

TRAINER TIP OF THE MONTH: Exercise while you can!

As human beings many of us allow our physical abilities to peak in our late teens, and then, allow them to diminish both consistently and rapidly! This diminishing capability is neither necessary nor desirable, yet it is happening to an increasingly large number of us. I've heard before that if you pick your child up every day from the time they are born, that you'll always be able to. This may not be true if your child becomes morbidly obese as an adult, or if we fail to maintain our strength, but the message is understood; do it while you can, and so it is with exercise. Many circumstances outside our control can reduce our abilities; chronic illness, accidents and surgeries, but we have control over everything else. The often spoken cliché; "you don't know what you've got until it's gone" is especially true with respect to your health! There are many reasons to exercise, but perhaps none more motivating that to remain capable of doing both what we need and what we love.

Dr. Copper has said, "We do not stop exercising because we grow old, we grow old because we stop exercising".

Reclaim your physical abilities before it's too late, and as always, Good Luck!



LEARN Weight Management - Our next orientation will be MARCH 21st, 2011@ 7pm at BaylorWorx. This is a free informational seminar and everyone is welcomed. You could start the program as early April 5, 2011. The cost ranges from \$230 to \$380. Call 972-938-3311, ext 328 for more information.

RECIPE FOR THE MONTH

Tropical Lime Glazed Shrimp

Ingredients:

- 1 lb extra large or jumbo shrimp, shelled with tails left on
- 1 large red or green bell pepper cut into 1 inch pieces
- 1 large lime, sliced
- ½ cup French's honey Dijon mustard
- ¼ cup mango chutney
- 2 tbsp fresh lime juice
- 1 tbsp Splenda
- 1 tsp grated lime peel

Instructions:

1. Arrange shrimp, bellpepper & lime slices on soaked wooden skewer
2. Combine the remaining ingredients & reserve half of sauce for dipping.
3. Grill shrimp over high heat for 7 minutes or until shrimp are opaque. Turn and baste shrimp often with remaining sauce. Serve over brown rice.

Nutritional info: 215g serving
Calories- 239; fat-3g; cholesterol-227; carbs-16g

MARCH – NATIONAL NUTRITION MONTH—LIVING WELL WITH COLOR—EACH WEEK AT BAYLORWORX WE WILL HAVE SEVERAL NEW RECIPES FOR THE ‘COLOR’ OF THE WEEK—MARCH 8-14—RED FRUITS & VEGGIES—15-21—GREEN—22-28—YELLOW & ORANGE—29-31—WHITE & BROWN. COME BY & WORKOUT & PICK UP YOUR RECIPES THIS WEEK!



FROM the EDITOR – Let us entertain you—we’ll have a real good time. BaylorWorx members have a long list of pragmatic expectations—they want to exercise in a safe, professional environment; they want to get results; they want to enjoy improved health & fitness—but they also want to be entertained. We understand the value of an entertaining experience. With each new concept we introduce each month, we strive to help our members determine, in part, that this experience can have personal results and lifelong benefits. Come experience our commitment to health & fitness.

Diane R. Anderson