

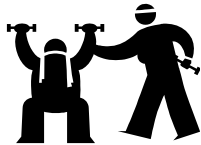
## JANURAY 2010 NEWSLETTER



### Trainer Tip

It's that time of year that seems to bring us out of our homes and into the gym, which is good, but can we make it last? Don't be one of those people who give up by February.

One of the keys to make a New Year's resolution last is to have a lot of variety in your physical activity routine. One of the best ways to do that is to remember that fitness has many components. These components include; strength, endurance, cardiovascular conditioning, flexibility and balance. The key to an effective exercise routine is to be consistently *inconsistent*. This means you would work every component of fitness on a weekly basis, however, it does not mean that you need to do the same thing every week or even in the same order. If you planned to workout then do so, but don't be so regimented that you can't change things up if you're not in the mood for what's in your workout plan for that day. For example; if you planned to work on the strength component, but are sore or tired spend some time stretching or take a more relaxing class like Tai Chi (stability), Pilates (core strength) or Yoga (relaxation & body alignment). The key is do something! Maybe the next day will work better to lift weights or work on your cardiovascular conditioning by walking, jogging, running, etc. Being physically active (regular movement) and not sedentary (squished into the sofa) will help keep your new year's resolution consistent.



LET US AT BAYLORWORX HELP YOU WITH IDEAS IF YOU'RE STUCK IN A RUT, NEED SOME DIRECTION OR MOTIVATION. LET'S MAKE THIS THE YEAR THAT YOUR RESOLUTIONS BECOME A PERMANENT PART OF YOUR LIFE!



### January Specialty Classes:

Saturday Power Hour – 9:15a to 10:15a; Healthy Heart Conditioning + Abs – Monday @ 5:45p to 6:30p.



### Poached Tuscan Salmon Salad

#### Ingredients:

1 lb. boneless, skinless fresh salmon

#### Poaching Liquid:

3 cups water

1 cup white wine or white grape juice

Fresh herbs as desired, (rosemary,

lemon verbena, mint, sage,)

#### Salad mix:

4 tablespoons fat free greek yogurt

1 tablespoon mustard

½ tablespoon olive oil

1 tablespoon chopped olives

½ tablespoon chopped parsley

Place all of the poaching liquid ingredients together in one pot and bring to a boil. Turn the heat down and let the water simmer for a few minutes. Placed the salmon in the water and allow to cook for 8 to 10 minutes. While salmon is cooking, mix all the ingredients for the salad. Drain the liquid from salmon and allow to cool. Discard all the herbs. Gently flake the salmon into the salad mix and stir gently.

Note: try not to break up the salmon too much. One of the great things about this salad is getting a piece of salmon, as opposed to the mush from a can.



Bring a Friend **FREE** Day  
On January 13<sup>th</sup>, 21<sup>st</sup>, 29<sup>th</sup> your friend can exercise with you at no charge.



*All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors-in our own way, each one of us is a giver and a receiver. From "The World According to Mister Rogers-Important things to Remember" Fred Rogers*