

# MERRY CHRISTMAS

[www.baylorhealth.com/baylorworx](http://www.baylorhealth.com/baylorworx)



## FITNESS CTR HOURS:

MON to THURS 5:30AM to 8PM  
FRIDAY 5:30AM to 6PM  
SATURDAY 8AM to 12NOON

## **BFF DAY**

Bring a Friend *Free Days*  
**DECEMBER 14<sup>TH</sup>, 22<sup>ND</sup>, 30<sup>TH</sup>**



## TRAINER TIP OF THE MONTH:

## Try something new!

It has been referenced in past tips on more than one occasion, but it's worth mentioning again, the human body is an amazingly adaptable machine! If we do not constantly provide it with new and different stimulus our progress will come to a screeching halt! The New Year will soon be upon us and many will make traditional "new year's resolution" yet again. For many this means starting to exercise or diet. But for those of us who are already engaged in working on our health and wellness maybe we need to resolve to do something new!

I realize that we are all creatures of habit and that change can be scary or intimidating, but there is value to pushing outside your comfort zone that goes beyond the obvious. Try a new class; lift weights if you only do cardio, do cardio if you only lift weights. If you already do both, do something different or in a different way or on a different day. Just find a way to keep your body guessing. By the way, in addition to the physical benefits, the change will be good for your psyche and will help fight off boredom and burnout!

There are a lot of ways to mix up your routine here at BaylorWorx, and considering the challenges our society is facing and will likely continue to face, we should control the one thing that is still exclusively ours to control, our health! I'm reminded of a quote from one of my favorite movies made by Count Ruben to Wesley; "if you don't have your health you don't have anything".

Good luck!



**LEARN Weight Management** – Our next orientation will be **DECEMBER 20, @ 7pm** at BaylorWorx. This is a free informational seminar and everyone is welcomed. You could start the program as early as **JANUARY 11, 2011**. The cost ranges from \$230 to \$380. Call 972-938-3311, ext 328 for more information.



## **RECIPE FOR THE MONTH**

### **Creamy Horseradish Sauce**

- 1 cup Geek yogurt
- ¼ cup all-natural prepared horseradish
- 1 tsp Dijon mustard
- 1 tsp fresh lemon juice
- ¼ tsp sea salt

Mix all ingredients together and refrigerate for one hour.

### **FROM the EDITOR**

#### ***Our Christmas Wish to You***

“Time flies when you are having fun” therefore we must be having a blast! Our fitness center would not be possible without your generous commitment to your health and the giving of your time to come to BaylorWorx. I personally want to thank all my colleagues who have participated in the important events of the past year. They all have provided excellent work on behalf of Baylor. Also, a special “thank you” to Sean Miller who has provided our monthly newsletter with the “Trainer’s Tip of the Month” and the “Recipe of the Month” (bet many didn’t know that one). We want to truly thank each of you that have been a part of our family/friends/members at BaylorWorx. We wish you all the best of holidays, fun with family, and a very good brand New Year!

*Diane Anderson*