



www.baylorhealth.com/baylorworx



FITNESS CTR HOURS:

MON to THURS 5:30AM to 9PM
FRI 5:30AM to 6PM
SAT 8AM TO 12NOON

BFF DAY

Bring a Friend *Free* Days
JUNE 11TH, 16TH, 22ND, 28TH



**CHECK OUT OUR
ENTIRE WEBSITE FOR YOUR
FREE GUEST PASS AND PRINT
ONE FOR YOUR FRIENDS**
www.baylorhealth.com/baylorworx



**Specialty Classes for
JUNE 2010**

LUNCH & LEARN

Bring a sack lunch and join us at
BaylorWorx 12:30pm on June 10th –
Topic – Ex Nutrition; June 16th –
Pantry Makeover; June 22nd –
Cardiovascular Health; June 28th –
Dealing with Stress.



**POWER HOUR – A great
workout for any fitness level.
Saturday – 9:15am**



Starting June 15th @ 12:30p –

Kid Fit for ages 6 to 12 years.

45 minutes of having fun while getting fit is what this class is all about. Children enjoy a variety of movements that include obstacle courses, riding indoor cycles, step aerobics, jump rope, relay races. Each class is taught in a non-competitive atmosphere encouraging each child to challenge themselves and progress. Minimum of 6 children for class to be held. Call now to secure your spot! 972-938-3311



12 Week LEARN Weight Management – Our next orientation and course will start on June 22, 2010. If you are interested in attending the free orientation please contact Diane Anderson @ 972-938-3311 ext 328.



Recipe of the month: **Sesame Garlic Chicken-**

2-4 oz boneless, skinless chicken breasts
1 clove garlic, sliced
1 ½ t. unsalted sesame seeds, divided
3 T. unsalted raw peanuts
½ c. quinoa
1-16 oz bag spinach, washed and drained

Tahini Sauce -
1 ½ T. sesame oil
1 T. rice wine vinegar
1 t. low sodium soy sauce
1 t. stevia powder

Preheat oven to 375, with both racks in middle positions. Place chicken on a foil lined baking sheet. Make 3 slits a quarter to halfway through each breast and stuff with sliced garlic. Sprinkle 1 t. sesame seeds on top of chicken. Bake for 30-35 minutes. Meanwhile on a separate foil lined pan, toast peanuts for 4-6 minutes.

Rinse quinoa thoroughly, then combine with one cup of water in a saucepan. Bring to a boil, reduce heat and simmer for 15-20 minutes. Add peanuts to cooked quinoa.

Whisk together ingredients for tahini sauce in a small bowl.

Divide spinach between two plates and top with tahini sauce. Sprinkle remaining sesame seeds on top of spinach. Place chicken breasts and quinoa to the side of spinach.



“Success is a journey, not a destination.” – Ben Sweetland

TRAINER TIP OF THE MONTH: Most of the time the tried and true methods of doing things are the way to go. Occasionally, however, things change and new research changes everything. I’m sure someday soon our cars won’t run on any petroleum product at all. Like the dodo bird some exercises should just become extinct. While the following is by no means an exhaustive list, it does reference three exercises that you should consider eliminating from your repertoire.

The behind the neck lat pull-down. This exercise places the shoulder in a compromised position and then exerts a load on it, there is also a tendency to bend forward at the neck compromising the spine.

The behind the neck overhead shoulder presses. When performing this exercise the weight is again loaded onto an externally rotated shoulder joint, that is placing the rotator cuff group of muscles at risk.

The upright or vertical row - again this movement puts the shoulder joint at risk by pulling a load vertically while the shoulder is internally rotated.

No doubt we all have friends whom have done these exercises successfully for years without injury, but why. These exercises don’t develop the muscles being worked any better than several other safer options. They just aren’t worth the risk. Ask our personal trainers for a safer option for you. Good luck and be careful.



SELF DEFENSE COURSE – for children and adults. Course topics – basic themes, walk confidently, street smart guides, etc. Schedule & cost in our next newsletter.