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ALL ABOUT YOU! WELLNESS BOOT CAMP



Work Hard, Eat Well, Feel Good & Get Results!

WEEK OF 3/1/10

It will be another fun & inspiring week of fitness and good nutrition at All About You! Wellness BootCamp.

ANNOUNCEMENTS

POWER OF TWO CONTEST: The winners are announced in the article below!

Tomorrow (Sunday, Feb 28) at 9:30 am we are leading a MIDDLE EASTERN CARDIO DANCE workout at the Americana. This workout is free to the public and is sponsored by the Lululemon Athletica store. Feel free to bring your friends & family.

BRING TO CLASS

TUES & THURS
If you have kickboxing gloves, please bring them.



MON- FRI
Exercise Mat
If you don't have an exercise mat, you can bring a big towel.

WHAT WE'RE DOING

MONDAY & WEDNESDAY: We're working on basic

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NUTRITION TIP: Food Labels

In order to get an accurate count of the number of calories you are consuming, it is essential that you read your food labels correctly.

strength training this week with tubing & bands.

TUESDAY & THURSDAY: You'll definitely be sweating this week! We'll be kickboxing, using gloves & targets.

FRIDAY: Working your core with Pilates!

SUNDAY 8:00 AM: 5K Training at the Chess Park

BOOTCAMP CLASS TIMES

All classes meet Monday - Friday.

5:45 - 6:45 am

7:00 - 8:00 am

8:00 - 9:00 am

9:00 - 10:00 am

*Be ready to exercise when class begins. Arrive early to park, sign in & get set up.

BOOTCAMP LOCATION

Homenetmen Ararat, 3347 N. San Fernando Rd, LA

(Go down the driveway along the side of the building to get to the back parking lot. Park in the back lot & enter the building through the rear side door.)

<http://www.mapquest.com> for Ararat Gym

POWER OF TWO WINNERS!

CONGRATULATIONS to everyone who participated in our February contest. We saw a lot of improvements and we were impressed by how many partners encouraged & supported each other throughout the month.

The GRAND PRIZE goes to: KELLY & MICHELLE
Not only did Kelly & Michelle both have perfect attendance in February, but they each stayed for two classes some days to earn extra hearts. They each win a \$50 gift certificate to Cucina Rustica

Remember to look at the SERVING SIZE first, and then figure out how many servings you are consuming. (Many packaged items seem like they should be one serving, but are actually two. If you eat two servings, you need to double the number of calories listed.)

If your food item has a label, it is best to get your calorie count from that. If you're eating something that does not have its own food label, go to calorieking.com.

In addition to finding your calorie count, food labels are great resources for ensuring that you are getting the correct proportions of carbs, protein and fats, and the correct amounts of vitamins & minerals.

Check out our blog for more on labels.

aaybootcamp.blogspot.com

INSPIRATION: DON'T LABEL YOURSELF!

Most of us grew up hearing our teachers, parents, peers & others label us. Whether the labels were negative or positive, they often limited us from seeing our full potential as human beings.

This week, look past the labels and see the whole, wonderful, amazing person that you are.

"Don't rely too much on labels, for too often they are

Restaurant in Montrose.

MOST IMPROVED: Cynthia's partner ZAROUHI wins the award for most improved. In January, Zarouhi struggled to get to class and ended up missing many classes. In February she had perfect attendance!

BEST MOTIVATOR: Zarouhi's partner CYNTHIA wins the award for Best Motivator! Cynthia's perfect attendance, hard work, determination & gentle encouragement helped Zarouhi stay on track all month.

Cynthia & Zarouhi each win a \$25 gift certificate to Cucina Rustica.

Video of the Week: Upper Trapezius Stretch

Do you often feel your shoulders creeping up to your ears? Do your upper shoulders and neck feel stiff in the evenings? If so, you need to stretch your upper trapezius! Click here for the How-To Video.

www.youtube.com

WHY WE DO WHAT WE DO!

Each week we like to share research findings about the benefits of healthy living, good nutrition & weight loss.

One of the most important things you can do to prevent gaining weight as you age: Exercise (especially strength training)! Listen to (or read) this story from NPR to find out why.

www.npr.org

Glendale Downtown Dash 5K Race!

Please join us for the 3rd annual Glendale Downtown Dash 5K Race. This is a 3.1 mile race and you can run or walk. There is also a family fun bicycle ride and a kiddie mile!

fables.”

Charles H. Spurgeon (English preacher, 1834-1892)

Go to our blog for more on labels.

aaybootcamp.blogspot.com

RECIPE: Red Pepper Dressing

This is a delicious, low-calorie dressing that you can use on your salads for variety. It has the consistency of Thousand Island dressing.

INGREDIENTS

1 cup of red peppers
pinch of garlic salt
6 Tbsp cold pressed sunflower oil
one lemon
1 tsp of oregano
vegetable or herbal salt to taste

INSTRUCTIONS

1. Chop the peppers coarsely and place in a small pot with salt. Cover and simmer in their own juices for about 15 minutes. Drain well.
2. Puree the peppers in a food processor and add the oil gradually, drop by drop.
3. Add the lemon juice, oregano and garlic salt at the end. Adjust the seasoning to taste.
4. Store in the refrigerator in a bottle.

CONGRATULATIONS

CONGRATULATIONS!

We've seen more great progress this week.

See the link below to register for the race, bike ride or to sign your kids up for the Kiddie Mile.

Be sure to click on "Join an existing team" and then select "All About You!"

www.active.com

LOSE A TON IN '10

If you plan to lose weight this year, please register for the "Lose A Ton in '10" Weight Loss Challenge.

The goal of this challenge is for all of us to lose a cumulative 2,000 pounds! The challenge includes monthly weigh-ins, educational seminars and a network of support.

Go to the link below to register for free.

<http://glendaleadventist.com/LoseATon>

ABOUT AAY!

AAY! is a holistic, fun, results oriented fitness & nutrition program where you get the attention of a personal trainer, the expertise of a nutritionist and the motivation of a group.

Our exercise programs change every week in a systematic manner to ensure that your body gets the variety it needs. New challenges guarantee that you will continue to make progress toward your fitness goals.

KATIE M. has lost 12.2 pounds, 4 inches and 2% body fat!

MICHELLE S. has lost 14.4 pounds, 7.75 inches and 3% body fat!

LUIZA S. has lost 12.4 pounds, 6 inches and 2.8% body fat!

AZI T. has lost 2 inches and 1% body fat!

JULIANA C. has lost 2 inches and .5% body fat!

ANGIE H. has lost 3.8 pounds, 2.5 inches and 1.5% body fat!

Congratulations to all of you!
Keep up the great work!



HAPPY BIRTHDAY!

Happy birthday to JONATHAN S. on March 6.

We are wishing you a wonderful birthday and a year full of joy, love, health & fitness.

OUR WEBSITE

Visit our website for our Nutrition Journal, corrective exercises & stretches, current newsletter and much more.

The AAY! Website is hosted and maintained by Caspian Services, Inc. Contact them for all your website needs. 818-957-4488 or www.caspianservices.net

www.AAYBootCamp.com



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