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

AAY! BootCamp News for 2/6/12



LOVE YOUR BODY!

Our theme for the entire month of February is to love ourselves. This week we encourage you to focus on loving your body.

No matter what size, shape, age or gender you are, your body is the most precious, amazing, beautiful, miraculous thing you will ever own.

Every second of every day, small miracles are happening inside your body: your heart, lungs, pancreas, hormones, liver, nerves, eyes, ears, and so much more, are all performing intricate, incredible, life-sustaining functions 24 hours a day.

This week, resolve to treat your amazing body with the love & respect it deserves by eating healthy food, drinking refreshing water and getting plenty of exercise & adequate rest.

This Week's Workouts

We have a **split program** this week, which means we're doing both cardio and strength training every day.

MONDAY & WEDNESDAY:

Upper Body Strength & Cardio: Eccentric upper body strength training with dumbbells plus a variety of cardio activities. Eccentric training creates more balance & integrity in your muscles, and will boost your strength to the next level.

TUESDAY & THURSDAY:

Lower Body Strength & Cardio: Interval circuit training with cardio, core & lower body strength exercises. Interval training is an awesome way to strengthen your heart & lungs while burning major calories.

FRIDAY:

Cardio + Stretches: Lots of cardio in a fun new format, followed by deep, relaxing stretches.

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Nutrition Tip: Mindful Eating

Because we are all so busy, we don't often take time to truly savor & enjoy our meals. Instead, we gobble down our food while multi-tasking and sometimes barely even taste what we've eaten!

Not only is this bad for our digestion, but it leaves us feeling unsatisfied, which can cause us to overeat later.

A great strategy for decreasing our caloric

Please reserve your classes well in advance:
[Click here to reserve your classes](#)

Please Bring to Class



Monday & Wednesday: 3 Pairs of Dumbbells* and Exercise Mat*

Tuesday & Thursday: Just yourself & water!

Friday: Exercise Mat*

* **Guests & New Members:** If you don't have your own dumbbells or exercise mat, you may borrow ours your first week.



For all workouts:

We recommend that you always bring a bottle of water & a small towel, dress comfortably and wear good running shoes. On strength days it also helps to wear strength training gloves. Be sure to eat a light breakfast at least 30 minutes before class.

Times & Location

All classes are held Monday - Friday at the following times:

- 5:45 - 6:45 am
- 7:00 - 8:00 am
- 8:00 - 9:00 am
- 9:00 - 10:00 am

[3347 N. San Fernando Rd, LA, CA 90065](#)

(Go down the driveway along the side of the building to the back parking lot. Enter through the rear side door.)

Grocery Store Nutrition Seminar



Join our nutritionist, Narina on Thursday, February 16 at 10:15 am for a **Healthy Food Shopping Nutrition Seminar** at the [Trader Joe's in Glendale](#) (130 N. Glendale Avenue).

You will learn tips & strategies for choosing the healthiest foods, including reading food labels. You'll also get tons of ideas for quick, easy & healthy meals & snacks to keep you on track with healthy eating throughout the week.

You must reserve your space & pre-pay the \$30 fee. To register, go to the [Prices Page of our website](#) and then scroll down to Nutrition Pricing & select Grocery Store Education Tour.

Downtown Dash 5K Training!

Our 8-week Glendale Downtown Dash 5K Training Program meets every Sunday from 8:00 - 9:15 am at the Glendale Chess Park.

intake while increasing our satisfaction is "mindful eating."

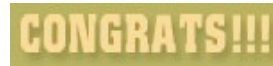
Here are some tips for practicing mindful eating:

[Click to continue reading](#)

**QUOTE:
Love Your Body**

"Making peace with your body, accepting it as it is, nurturing it with your care, nourishing it with exercise, admiring its beautiful aspects, honoring it with comfortable clothes, treating it as a temple, enjoying it as a ballroom, being awed by it as a palace - all these are expressions of kindness toward yourself. "

~ *Daphne Rose Kingma*



Please join us in congratulating the following members:

VIRGINIA S. has lost 5.8 pounds, 8.5 inches and 3.5% body fat!

TINA T. has lost 3.5 inches and 1.5% body fat!

We are proud of you for your commitment & hard work.



Happy Birthday to KATIE M. on Feb 4, TATIANA R. on Feb 5, NORA N. on Feb 7, ERIKA S. Feb 8, ANN C. on Feb 10 and LARISA M. on Feb 12.

We are wishing you all a

This Sunday (tomorrow) is our 4th session and we'll be cutting back the distance, but adding more speed. We'll also discuss strength training tips & do a few basic strength exercises.

We have pace groups for walkers, joggers and runners, so all are welcome to join us, regardless of speed or fitness level.

[Click here](#) to register for the Training Program, the Race, or for both. (You save \$5 if you register for both with the "Dash Pack.")

For more information about the Training Program, download the info sheet from the [home page of our website](#).

Video: Upper Trapezius Stretch

Your upper trapezius is probably tight if your shoulders are elevated (shoulders hunch up toward your ears). Stretching tight upper trapezius muscles can help prevent injury, improve posture, and relieve sore shoulders, neck & upper back.

[Click to Watch How-To Video](#)

* **Move the cursor to the 30-second mark to skip the intro.**

Recipe: Quick & Healthy Quesadillas

Ingredients:

- 1 cup black beans
- 1 cup corn kernels
- 1/2 cup shredded mozzarella cheese
- 1/2 cup fresh salsa
- 4 whole grain tortillas (*We recommend small Ezekiel tortillas from Whole foods. If you get the larger Ezekiel tortillas from Trader Joe's use only 2 tortillas.*)

Instructions:

- Toss all ingredients except tortillas together in a mixing bowl.
- Spoon mixture into tortillas & fold in half.
- Lightly spray olive oil in pan.
- Cook each tortilla until lightly browned on each side.

COMPLIMENTARY WEEK

Refer a friend to AAY! & get one complimentary week added onto your membership when your friend joins!

See Elaine or Narina for details.

wonderful birthday and a year full of joy, love, health & fitness.

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 workout programs change every week to ensure that you progress toward your fitness goals while staying injury free.

Our Website

Visit AAYBootCamp.com for our Online Nutrition, corrective exercises & stretches, current newsletter, testimonials and much more.

The AAY! website is hosted & maintained by Caspian Services, Inc. Contact them at: 818-957-4488 or www.caspianservices.net

Stay Connected!

Join us on [facebook](#) and [twitter](#) so we can help keep you motivated throughout the week with exercise & nutrition tips.

Contacts



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