

To receive email from Elaine & Nar,
add elainem@aaybootcamp.com to your safe sender list.

[View as Web Page](#)

[Subscribe](#)

[Send to a Friend](#)

ALL ABOUT YOU! WELLNESS BOOT CAMP



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

WEEK OF 8/30/10

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

ANNOUNCEMENTS

1. Turn in your August Contest Cards this week.
2. Mark your calendars! We're celebrating the end of our Summer Contest with a Brunch Picnic on Saturday, September 18 from 9:30 am - 12:00 noon. Please join us for fun, games & prizes. More details soon.

BRING TO CLASS

EVERYDAY:
Exercise Mat*

*Guests & New Members:
If you don't have a mat, you can borrow from us your first week.



WHAT WE'RE DOING

MONDAY & WEDNESDAY: It's all about endurance this week! You'll increase your muscular endurance with tubing & bands, and we'll keep your heart rate up with short cardio bursts to maximize your calorie burn.

In This Issue

WEEK OF 8/30/10
ANNOUNCEMENTS
BRING TO CLASS
WHAT WE'RE DOING
BOOTCAMP CLASS
TIMES
BOOTCAMP LOCATION
AUGUST CONTEST
ONLINE NUTRITION
TRACKING
VIDEO: Football Players
use our Online Nutrition
Program!
Research: Soluble Fiber
Strengthens Immune
System
ABOUT AAY!
OUR WEBSITE
CONTACTS

Nutrition Tip: Benefits of Fiber

You've probably heard many times that you should be eating a

TUESDAY & THURSDAY: Super Cardio Days with an obstacle course, cardio kickboxing and lots of ab work.

FRIDAY: Workout MishMash - Cardio, Strength & Abs

BOOTCAMP CLASS TIMES

All classes will be held 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

3347 N. San Fernando Rd, LA 90065

(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 open side door.)

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

AUGUST CONTEST

Tuesday, August 31 is the last day to earn points for the August contest. Make sure you're tracking your points:

Here's how to earn points:

- BootCamp Workout: 1 point per workout
- Online Nutrition Tracking: 1 point per day
- Guest: 5 points for bringing a new guest
- Referral: 10 points if your guest joins AAY!

Turn your cards in by the end of the week. Points will be verified and you'll receive raffle tickets based on the number of points you've earned.

high-fiber diet, but do you know why fiber is so good for your health?

First, what is fiber?

[Click to continue reading](#)

Inspiration: Let Go!

Most of us have some old, negative feelings, thoughts, or ideas that we are still holding onto so tightly that they prevent us from moving forward.

This week, acknowledge anything still lingering in your life that it is now time to let go of. It may be resentment, fear, anger, self-doubt, sorrow, guilt, etc. Those feelings may have served you well at one time in order to help you get through a difficult period, but they no longer serve you.

Time to let go and feel the freedom and joy of who you truly are!

"When I let go of what I am, I become what I might be."

~ Lao Tzu

Recipe: Lentil Chicken Salad

This healthy & delicious salad is easy to prepare & high in fiber, protein & vitamin B1.

INGREDIENTS:

- One full packet of

ONLINE NUTRITION TRACKING

The AAY! members who are using our Online Nutrition Program are seeing GREAT results. You can too!

We are offering it for FREE only til Tuesday, August 31. If you haven't gotten set up yet, or if you need some help, call Nar or Elaine and we will guide you through it.

[Click to Watch the Online Nutrition Demo](#)

VIDEO: Football Players use our Online Nutrition Program!

We love our Online Nutrition Program! It's the best tool out there for ensuring that you are getting fully balanced nutrition. It's not just about the calories - it helps ensure that you get optimum nutrition so you'll have the energy you need for your workouts, and so that you'll feel & look your best.

Many college & professional athletes also use this same program. Here's a video of a Sports Nutritionist talking about how she uses this program with football players.

She talks about the online nutrition beginning at 1:35 on the video clip. Before that she mentions a lot of shakes & bars. Please keep in mind that these are supplements for professional athletes who are burning thousands of calories per day. They are not appropriate for recreational athletes, like most of us, who are trying to lose weight!

[Click to watch video: football players use Vitabot](#)

Research: Soluble Fiber Strengthens Immune System

A new University of Illinois study shows that soluble fiber -- found in oats, apples, nuts, etc. -- reduces the inflammation associated with obesity-related diseases and strengthens the immune system. Click link below to read the article.

[How Fiber Strengthens the Immune System](#)

cooked lentils (Trader Joe's)

- 1/4 cup veganaise
- 2 Tbs. green onions, chopped
- 1/8 tsp. hot red pepper sauce (optional)
- 1 cup cooked chicken, diced
- 1/2 cup celery, diced
- 1/2 cup cucumber, diced
- 1/4 cup green bell pepper, diced
- 4 cups mixed salad greens
- 1 Tbs. fresh parsley, chopped

INSTRUCTIONS:

1. Combine all ingredients except lettuce in a small bowl and mix well.
2. Arrange salad greens on individual plates and top with lentil/chicken salad. Sprinkle with parsley.

Makes 4 servings
Per serving: 250 calories & 11 g fiber

CONGRATS!!!

CONGRATULATIONS!

Please join us in congratulating the following members for their hard work:

SOFY B. has lost 8 pounds, 4 inches and 1.7% body fat!

MINA B. has lost 3.4 pounds, 3.5 inches and 2.7% body fat!

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.

OUR WEBSITE

Visit our website for our Online Nutrition, corrective exercises & stretches, current newsletter, testimonials 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

CONTACTS

Elaine Miller
818-437-5523
ElaineM@AAYBootCamp.com

Narina Tatoussian
818-398-4198
NarinaT@AAYBootCamp.com

TATS W. has lost 8.8 pounds, 3.25 inches and 3.5% body fat!

CYNTHIA B. has lost 3 pounds, 6.25 inches and 3% body fat!

Great job, everyone!
Keep it up!



HAPPY BIRTHDAY!

Happy Birthday to NORA M. on August 29, NICOLE M. on August 30, and ARMINE C. on September 5.

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



Nar & Elaine

ALL ABOUT YOU! WELLNESS BOOT CAMP • 431 1/2 W. California Avenue • Glendale • CA • 91203

[Subscribe](#) • [Unsubscribe](#) • [Preferences](#) • [Send to a Friend](#)

 Powered By My**Newsletter**Builder

Report Spam

 del.icio.us  Digg  reddit  Facebook  StumbleUpon  Twitter