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**ALL ABOUT YOU! WELLNESS BOOT CAMP**



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

**WEEK OF 3/15/10**

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

**ANNOUNCEMENTS**

The Glendale Downtown Dash 5K Race is tomorrow (Sunday) morning! This is a fun 3.1 mile run or walk that begins in front of the Alex Theatre. We'd love to see all of you there!

If you are not pre-registered, just go to the On-Site Registration booth to sign up in the morning.

If you are pre-registered, you can save yourself time by picking up your race bib, timing chip & t-shirt at A RUNNER'S CIRCLE (3216 Los Feliz Blvd) today (Saturday, March 13) from 10 - 2. If you can't make it to A Runner's Circle, then tomorrow morning go to the registration booth that corresponds with the first letter of your last name.

Remember to set your clock ahead one hour tonight!!

\*If you were at our first Downtown Dash training session, be sure to check out the "video of the week" below. You just might see yourself!

**BRING TO CLASS**



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**Nutrition Tip: Marketing Claims**

This week we'd like you to be extra aware of marketing claims on the foods you buy.

In addition to the information on the food labels, many food packages contain a variety of statements that can be confusing or misleading.

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

## WHAT WE'RE DOING

It's a split program this week, which means you'll be doing a combination of cardio & strength training every day.

MONDAY & WEDNESDAY: Upper body power strength training using medicine balls. Plus lots of cardio to burn extra calories.

TUESDAY & THURSDAY: Cardio on the step plus lower body plyometric power training.

FRIDAY:  
5:45 am and 7 am: cardio, abs & glutes  
8 am & 9 am: Middle Eastern Dancing!  
Next week it will be reversed.

## 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

Attempts to sell large quantities of products sometimes cause advertisers to make claims that are not entirely factual. For instance, an advertisement for a particular brand of bread claimed the bread had fewer calories per slice than its competitors. What the advertisement did not say was that the bread was sliced much thinner than other brands.

Don't believe everything you hear or read about a product. Go to our blog for more information on what specific "health claims" on food packaging actually mean.

[aaybootcamp.blogspot.com](http://aaybootcamp.blogspot.com)

## Inspiration: Inner Wisdom

While we are asking you to beware of marketing claims this week, we also want to remind you to listen to your own inner wisdom.

Most of the misleading & untruthful information we hear is fairly easy to see through if we stay centered and focused on what we know to be true.

When something sounds too good to be true, it almost always is. We allow ourselves to be fooled because we want to believe whatever the claim is.

But when we listen to our own inner wisdom, we know the truth. This week, stay true to yourself.

## Video of the Week: LOTS OF US ON TV!

If you were at our first 5K Training Session this year, you were on tv recently on GAMC's Healthline. It's now on YouTube too. Check it out! (This is different from the "Lose A Ton" video that was sent in yesterday's Lose A Ton weekly update.)

<http://www.youtube.com/watch?v=prECSAKFCaQ&feature=channel>

## WHY WE DO WHAT WE DO!

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

We always recommend eating a healthy combination of natural, whole foods. We discourage turning to fad diets because they not only cannot be sustained over a long period of time, but they also may have unexpected health consequences.

A recent study in the journal Molecular Neurodegeneration reported that mice fed a high-protein diet had lighter brains than mice fed three other diets. Decreased brain mass may make the mice more vulnerable to the buildup of plaque in the brain, a hallmark of Alzheimer's disease.

Click the link here for details of the study:

[www.molecularneurodegeneration.com](http://www.molecularneurodegeneration.com)

## LOSE A TON IN '10

Planning to lose weight this year? Then go to the link below to register for the "Lose A Ton in '10" Weight Loss Challenge.

It's free to register, but you also have an opportunity to pledge any dollar amount for each pound you lose to donate to Glendale Healthy Kids. When you know that each pound you lose is benefitting a child in need, it's more motivating to stay on track!

The goal of this challenge is for all of us to lose a

"There is more wisdom in your body than in your deepest philosophy."  
Friedrich Nietzsche

## RECIPE: Chicken Paprikash

### INGREDIENTS

1 T. grape seed oil  
1 lb. chicken breast tenders, cut into 1-inch strips  
1 c. chopped onion  
1 c. thinly sliced red bell pepper  
1 1/2 t. minced garlic  
1/4 c. light whipping cream  
1 T. paprika  
1 T. tomato paste  
1 t. caraway seeds  
1/2 t. salt  
1/4 t. black pepper  
1 (14.5-ounce) can diced tomatoes, undrained

### INSTRUCTIONS

Heat grape seed oil in a large nonstick skillet over medium heat. Add chicken; cook 5 minutes or until browned, stirring occasionally. Remove from pan, and keep warm.

Add onion, bell pepper, and garlic to pan; sauté 4 minutes or until tender. Return chicken to pan. Stir in cream and remaining ingredients; cover and simmer 5 minutes or until chicken is done and sauce is slightly thick.

Makes 4 servings.  
Serving size: 1 cup.  
241 calories per serving

**CONGRATULATIONS**

cumulative 2,000 pounds! The challenge includes monthly weigh-ins, educational seminars and a network of support.

<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.

## 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](http://www.caspianservices.net)

[www.AAYBootCamp.com](http://www.AAYBootCamp.com)

## CONTACTS

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## CONGRATULATIONS!

We've seen more great progress this week.

CAMILLE V. has lost 2.75 inches and 2.5% body fat!

JOAN M. has lost 5.4 pounds, 4 inches and 2.4% body fat!

Congratulations! Keep up the great work!



## HAPPY BIRTHDAY!

Happy birthday to ANTONIO S. on March 19.

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



**Nar & Elaine**

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