

Jeff's Training Tip of the Month

Need help with your routine? Try these two tips:

1. Vary the routine every 4-8 weeks for beginners and 2-4 weeks for more advanced trainers. This will keep the body adapting. By continually adapting you will achieve more of your fitness goals. This will also help prevent overuse injuries, if done correctly.

2. Rotate the exercises used within the changes. Basically change the exercises in the 4-8 week and 2-4 week periods. The same muscle group can be worked but change the exercises (i.e. dumbbells to barbells to bands, etc.). This also prevents injuries and helps keep the body adapting.

If you need more help, make an appointment with your personal trainer to move your routine to the next level.

Jeff Hosta
Certified Strength & Conditioning Specialist

Recipe of the Month

Don't let those picnics and BBQs take their toll on your waist line. Try one our healthy summer time recipes:

Turkey Salad

10 ounces cooked turkey breast (can be unsliced from deli counter)
2 medium stalks celery, sliced
1 medium green onion, sliced
1 (11 ounce) can mandarin orange segments, drained
1 (8 ounce) can sliced water chestnuts, drained
1 (6 ounce) container orange or lemon yogurt
1/4 teaspoon ground ginger
1 cup seedless green grapes, halved

Cut the turkey into 1/2 inch pieces. Mix the yogurt and ginger in a large bowl. Stir in remaining ingredients and toss well to coat. Cover and refrigerate at least 2 hours to blend flavors. Serve over mixed salad greens.

Makes 4-6 Servings (Serving Size: 10 ounces)

Nutrients per serving:

Calories: 254
Total Fat: 4 grams
Saturated Fat: 2 grams
Cholesterol: 56mg
Sodium: 105mg
Carbohydrates: 30 grams
Protein: 24 grams
Dietary Fiber: 3 grams



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