

6 + 1 = EVEN MORE FITNESS OPTIONS!

Announcing our newest Endurance Fitness Center

Work has begun on our newest Endurance Fitness Center! The Endurance Fitness Center of Downtown Grand Rapids is located at 940 Monroe Street, directly across from a picturesque view of the Grand River. The historic downtown building, built in 1892, not only includes the fitness center, but also comprises condominiums, restaurants, a hair salon and much more. With renovations underway on the 7th Endurance Fitness Center, the facility is scheduled to open in **October 2007**.



Jeff's Training Tips

Have you got the F.I.T.T. factors?

No matter what your goal, there are certain factors you must follow when designing your cardiorespiratory (cardio) program. These factors can be summed up in the acronym F.I.T.T.

The **F** stands for **frequency**. How many times during the week are you going to exercise? The goals you have chosen will determine how often you exercise.

The **I** is for **intensity**. How hard are you going to exercise? Exercise experience will play a factor because a beginner should not exercise at that same intensity as an experienced exerciser. How will you measure the intensity? Will you use heart rate method or rating of perceived exertion? These must be determined when designing your exercise routine.

The first **T** is for **time**. How long are you going to exercise? To benefit from an exercise program the proper amount of time depends on the first two factors: frequency and intensity. Based on your fitness level and goals, time will vary for optimal results.

The final **T** in F.I.T.T. stand for **type**. What activity are you going to engage in achieving your exercise goals? This will vary due to goals, interests, functional capacity and available equipment.

If these F.I.T.T. factors raise some questions about your current exercise program, talk with a trainer to sort them out and get on the road to success.

Jeff Hosta
 Certified Strength & Conditioning Specialist

Recipes of the Month

Couscous Salad Recipe

- 10 sun dried tomatoes, cut in half (not packed in oil)
- 1 1/2 cups cooked couscous, cold
- 1 small cucumber, unpeeled, seeded, & coarsely chopped
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh basil, chopped
- 2 ounces feta cheese, crumbled
- 1 tablespoon pine nuts
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 1/2 teaspoon fresh oregano, chopped

Pour hot water over sun dried tomatoes to cover them. Let stand for 10-15 minutes or until softened; drain and coarsely chop. Mix tomatoes, couscous, cucumber, parsley, basil, cheese and nuts in a large bowl. Mix remaining ingredients and pour over couscous mixture and toss. Cover and refrigerate for 1-2 hours.

Makes 7 Servings (Serving Size: 6 ounces)

Nutrients per serving:

- Calories: 97
- Total Fat: 4 grams
- Saturated Fat: 2 grams
- Cholesterol: 7 grams
- Sodium: 230 mg
- Carbohydrates: 11 grams
- Protein: 3 grams
- Dietary Fiber: 1 gram

Apple Cinnamon Bars Recipe

- 1 1/4 cups all-purpose flour
- 1 1/4 cups powdered sugar
- 3/4 cup reduced calorie margarine
- 1 cup granulated sugar
- 1 (8 ounce) package fat-free cream cheese
- 4 egg whites
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 tablespoon water
- 12 apple cinnamon flavored herbal tea bags

Mix 1 cup flour, 1/4 cup powdered sugar and 1/2 cup margarine until crumbly. Pat into a greased 13x9 inch baking pan and bake at 375 degrees for 7-10 minutes or until lightly browned.

Combine 1 cup granulated sugar and cream cheese and beat well. Beat in 4 egg whites, 2 tbs. flour, 1/2 tsp. baking powder, salt, the contents of 10 herbal tea bags and 2 tbs melted margarine. Mix until well blended. Spread over crust and return to oven for 15-20 minutes or until set.

Combine 1 cup powdered sugar, 1 tbs soft margarine, 1 tbs water and the contents of 2 herbal tea bags and mix until blended. Spread over the crust and filling while still warm, allow to cool before serving. Slice into 18 bars.

Makes 18 Servings (Serving Size: 1 bar)

Nutrients per serving:

- Calories: 149
- Total Fat: 4 grams
- Saturated Fat: 1 grams
- Cholesterol: 0 mg
- Sodium: 166 mg
- Carbohydrates: 26 grams
- Protein: 3 grams
- Dietary Fiber: trace