



Give the Gift of Fitness!

\$89

**2 month membership
& a T-Shirt**

STARTING OVER

Do something good to yourself this New Year, start your exercise program over. The New Year is fast approaching, so give your exercise program a revamp. We all know that exercise lowers your risk for chronic disease, elevates your mood, helps manage your weight, improves your sleep quality and the list goes on and on.

Maybe you have the perfect exercise program already, but if you don't start over. Change your focus. Try something new.

Maybe you don't know exactly what to do to create a new program (hint: see a trainer). Here are some basic guidelines:

1. Get Functional – train movements not muscles, that way you can perform daily activities easier
2. Get Cardiovascular – train using aerobic activity, that way your heart and lungs stay healthy
3. Get Strong – push some weight around, yes ladies included, more muscle means more calories are burned

This is a very basic list, if you need help ironing out the details see your trainer.

Jeff Hosta, B.S., CSCS



**Super Bowl
Party
&
TV Prize Giveaway!**

Come Join Us:
February 1, 2009
6:00 PM
Endurance Fitness Centers

You could win this!

Click [HERE](#) for more details!

HEALTHY PROTEIN RECIPES

Protein Smoothie

2 1/2 cups egg whites
2 cups oatmeal
2 tbsp natural peanut butter
2 scoops protein (your choice)
1 oz. Flaxseed Oil

Blend ingredients together
Makes 2 servings
50g Protein
35g Carbohydrates

*Recipes by Jason, Personal Trainer and Endurance Fitness Center of Kentwood Manager

Protein Snack

8 oz sweet potatoes
2 scoops Isopure Protein

Remove skin from potatoes and boil
Mix with protein
Makes 1 serving