

# PENSACOURT Report

August  
2010

3001 LANGLEY AVE • 40 W. 9 MILE RD • PENSACOLA • 478-1400 • www.pensacourt.com

## FIVE SECRETS OF A PERSONAL TRAINER

1. You can do your own sit-stand exercise anywhere. Try not to boost yourself in and out of a chair using your arms. It's just a habit. Try using thigh power.
2. For a complete full-body workout, you need to do a push, a pull, a lift, a twist, and a squat.
3. Concentrate on the muscle you are targeting, not what to make for supper.
4. Stretch when you're done, not before.
5. Vary your routine, including sitting one out occasionally.

## Eat on a budget and still lose weight!

When you're on a tight budget, the thought of preparing tasty, healthy meals on a regular basis can seem daunting. Not only is it easy to get sucked in by grocery merchandising tricks, but it's also normal for most of us to fall into a mealtime rut and eat the same foods over and over. But you're in control of your kitchen – and if you cook smart, you can enjoy the first-class meals you deserve.

You can save money and still have quality. If you've been using cost as an excuse to eat junk, you can kiss that excuse goodbye! With a little organization and creativity, you can have the proverbial champagne when cooking on a beer budget. To start, here's a quick review of basic tips of healthy eating:

- Limit your intake of junk food and alcohol
- Drink lots of water (at least 8 cups a day)
- Limit salty and sugary foods
- Avoid eating many foods that are high in saturated fats
- Make "variety" the watchword of your eating

Next, set aside regular blocks of time for planning meals, making your grocery list, and shopping – tasks that are most often shortchanged in food prep. Include healthy snack ideas, as well as main menu items. Think about the time of day, day of week, and even week in the month that

you shop. Generally, the grocery store is the least busy early in the morning, in the middle of the week, and on any day but the first day or two of the month (when many people receive pension or paychecks).

Stock your fridge and cupboards with items that are quick and easy to cook (yet kind to your wallet):

- Beans and lentils, whether canned or dried, make nutritious, hearty soups, and can be a main course with the addition of fresh vegetables or rice.
- Brown rice is a great addition to leftover meat and veggies. Although brown rice is slightly more expensive than white, the nutritional payoff is well worth it. Another inexpensive, easy-to-fix grain, millet, is best when bought fresh. Simply rinse and toast before using it in recipes.
- Pasta, likewise, is quick and easy to prepare, and can be paired with veggies, meat, or a fresh salad. Have fun adding your own embellishments (mushrooms, spices, and herbs.) Choose whole-wheat pasta whenever available.
- Soups can't be beat for nutrition and convenience, especially since you can use canned or packet soups as your base, then add your own veggies and leftover meat. Again, try to experiment, adding your own herbs and spices.

### Thin & Healthy August Enrollment Special!

Join Thin & Healthy this month and your enrollment fee is only \$75, a great savings that you don't want to miss. If you've been thinking about starting the program but have been putting it off, now is the time! If you've never heard of this program, it's time to find out how Thin & Healthy's Total Solution can work for you.

**Hurry, this offer is only good through August 31st so call GET-THIN (438-8446) TODAY!**

- Fresh vegetables and fruit should be bought at least once or twice each week, preferably in season, to ensure optimal taste and nutrition. You can also rely on canned/frozen varieties as handy additions to last-minute meals. Veggies make great stir-fries and vegetable patties, while fruit is good for a quick nutritious snack.
- Meat and fish can be kept on hand for last-minute meals—try the newer tuna and salmon pouches, and shop for inexpensive cuts of meat that work well in stews and casseroles.
- Condiments add flavor and interest to your dishes. Keep a selection of dried herbs, spices, curry powder, marinades, vinegars, tomato and soy sauces, along with stock cubes, in your cupboard.

### A Taste of Thin & Healthy's Recipe Favorites: Sensational Barbecue Chicken

- 4 (4 ounce) boneless, skinless chicken breasts
- 1 cup fat-free barbecue sauce
- 1 teaspoon chives
- 1 teaspoon parsley
- 1 teaspoon minced garlic
- Fresh pepper to taste
- Pinch of light salt
- 2 T&H chicken bouillon supplements, dry

Spray pan with nonstick cooking spray and sauté chives and chicken. Sprinkle with dry soup. When chicken is lightly brown on both sides, transfer to a baking dish; add parsley, salt and pepper. Top with barbecue sauce. Place in preheated oven at 350 degrees and bake for about 45-50 minutes. For variety: use Mrs. Dash extra spicy.

Serves: 4 Fat grams: 3.5 Phase: 3, 4 Protein: 35.1

### Thin & Healthy SUPERSTARS:

- **George Forsberg** lost 82 pounds, 62 inches, and 7% body fat in 55 visits.

George said, "The Thin & Healthy program has been an answer to prayer. The structured combination of watching food intake and getting back into an exercise routine has worked well for me. The coaching support provided by Ashley, Beth, and Ginny, as well as that received at home, has helped me keep the necessary focus and maintain my motivation."

- **Jeannie Smith** lost 40.8 pounds, 38 inches, and 7% body fat in 44 visits.

Jeannie said, "Another aspect of success in this program is commitment. Being committed to a goal requires a sincere and steadfast sense of purpose. Thin & Healthy offers a lot of tools that with dedicated use have helped me to reach this stage in my journey. I'm not always perfect in following the guidelines, but this is an investment in myself that is worthy of my time and effort. So I earnestly continue to realign my thinking and behaviors in order to reach my goal of health and decreased health risk!"

- **Jason Strength** lost 21.6 pounds, 16.5 inches, and 4.2% body fat in 6 visits

Jason said, "I'm excited to have lost 20 lbs. I am motivated to keep with it and completely change the way that I eat. I still have a long way to go!"

- **Christina Keeler** lost 20.2 pounds, 17 inches, and 2.5% body fat in 8 visits.

Christina said, "It is easy if you have self control and determination. The main thing to do is to watch what you are eating and don't eat too much. Exercise is also the most important."

**Call GET THIN TODAY (438-8446) so you can start living a healthier, happier lifestyle!**

**Thin & Healthy Member Totals:** June: 137 pounds & 94 inches • Year to Date: 2,068 pounds & 2,931 inches

# Kids Korner



## Only 3 weeks left to join us at Pensacourt's Summer Kids Kamp!

Don't miss out on all the fun... the last session ends August 20th. Kids enjoy swimming twice a day, games, arts & crafts, field trips, and special guests. Kamp runs Monday-Friday from 7:30 a.m.



to 6 p.m. and is for kids ages 5 years old through those who just completed 5th grade. The program is open to the public, so tell your

friends. Sign up today at the Langley Kids Center! Contact Ms. Tessa for more information, 478-1400 ext. 230 or go online to print out registration forms.

## Pensacourt's 2010-2011 After-Schoolers Program

We are now accepting children for the fall! This program is open to the public and runs Monday-Friday, 2-6 p.m. Kindergarteners through fifth graders are welcome from any school in the area. We offer bus pick-up from Scenic Heights, Cordova Park, and N.B. Cook. Kids enjoy games, arts & crafts, quiet homework time, and much more! Registration is only \$45. For more information, please call Tessa Brough, Kids Center Director, at 478-1400 ext. 230.

## Important Info

For your child's safety, we ask parents to note who will be picking up and dropping off your child. We also ask that parents mark which area of the club they will be using. We appreciate everyone's cooperation with this procedure.

Our reservation cancellation policy requires you to please call if you need to cancel a reservation. We only staff for scheduled reservations.

## Attention Runners!

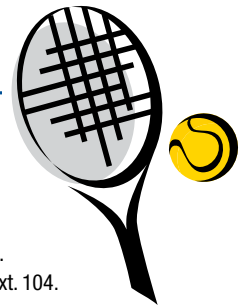
If you haven't met **Brian Casey**, you'll want to! Brian is one of our personal trainers, certified through the American Council on Exercise (ACE), but he is also a certified running coach through the Road Runners Club of America (RRCA) and has had five years experience training runners and triathletes. In 2005, Brian was the TRI GULF COAST Triathlete of the Year, and in 2009 he was the Pensacola Runners Association Harrington Award winner.

Whether you're just starting out, want to improve your training, or just need some encouragement and advice, Brian is the trainer for you. Find him on the Fitness floor or leave a message for him at the Front Desk. He is also hoping to start a running/walking group at Pensacourt. Contact him if you're interested.

## Club Updates

- Member T-shirts are here! Our "Does A Body Good" 30-workout shirts are in, as well as our 5-year member shirts. If you're owed one, see the Front Desk today!
- The shopping center folks at 9 Mile have been working hard with Doc to get the roof and A/C fixed. We are all very thankful for their efforts!
- We're gearing up to continue our popular on-site Boot Camps for business professionals. If you would like to get your workout in right after work, at work (that's right, we come to you!), get your co-workers together to get fit, have fun, and see results! To find out more about this unique program call Mallory at 478-1400 ext. 103.
- It's BACK! Our popular Member Referral program has returned. Beginning this month, for every new member you refer, who joins Pensacourt, you will receive \$1.50 off your monthly dues, every month while your referral is still a member. That means if you refer three people who join and they remain members for one year, that's \$4.50 off your monthly dues, every month for that year! You can refer as many people as you'd like, there is no limit to your savings. Your referral must mention your name at the time they sign up with Member Services in order for you to get credit. See a Member Services rep today for more info!

## What's All the Racquet About?



- **Free Clinic: Friday, August 13 • 6-7 p.m.**  
Followed by a Mixer. Come join us for tennis fun and bring your friends. This event is open to the public! Please sign up at the Front Desk.
- Ladies tennis starts back up during the last week of August.  
Any ladies interested in playing, call Linsley at 478-1400 ext. 104.
- We are looking for ladies just starting to form a Flight 9 team here at Pensacourt.  
Let's get together and have some fun; call Linsley 478-1400 ext. 104 if you are interested.
- **New Beginner Clinic: Wednesday mornings in October • 9-10 a.m.**  
Get ready to play some tennis this fall and sign up in advance at the Front Desk. Clinic prices are \$15.00 per clinic.
- Congratulations to **Pete Moore** and **Pete Gilroy**! Their 4.0 men's tennis team won the regionals and will be headed to the state finals in August.

## PENSACOURT SEMINAR

### CPR Class at Langley: New Adult Certification Tuesday, August 10 • 5:30-8:30 p.m.

Sign up with the Front Desk at Langley. Please call 478-1400 ext. 0.

## Group Fitness News

### 9 MILE:

- **What is the Jeopardy list?** The Jeopardy list is used to inform members of classes that are not meeting the minimum required number of participants in order to keep the class going. Once a class has been placed on the list, the class will either be removed or replaced the following month unless numbers pick up. If you feel strongly about keeping a class that's on the list, start bringing your friends!
- **How are classes added to the schedule?** Members can fill out a form at the Front Desk indicating what classes they would like to see on the schedule. If enough members are interested in a particular class, an instructor is available to teach the class, and there is an available room, the class will be added to the schedule. Your opinion matters; make sure you let us know!
- **What does a member need to do if a cycle bike is not functioning properly?** Please inform the instructor. The instructor will fill out a Maintenance Request form to get the bike repaired. Don't assume someone else has already informed the instructor; speak up!

### LANGLEY:

- **Back by popular demand.....BOOT CAMP!** In addition to the class already offered Mondays at 8:30 a.m. for the early birds, we have added an evening Boot Camp class. Check the new schedule!
- **It's never too late to get back into a workout routine.** Try one of our 30-minute workouts for starters! We have cardio express classes for fat burning, as well as sculpt classes; try one today!



Many activities are still going on in the pool even as summer comes to an end and the kids go back to school, so make sure to check out the latest Aqua Schedule for open swim times. There is plenty of room in the pool for everyone!

Swim lessons are still available this month and into the fall. Our pool is open year round, and the water is warm! Private, semi-private, and group lessons can be set up by calling Katie at 478-1400 ext. 232.

# PENSACOURT HEALTH, RACQUET & FITNESS CLUB

### Billing questions?

For quickest response,  
e-mail us at  
billing@pensacourt.com

### Change in your membership status?

Please submit any changes to your membership status  
by notifying us in writing by the 5th of the month in order  
for the change to be effective the following month.