

The Scoop

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More Information at

www.SkinnyJeansForever.com

888-733-7375

CLASS ALERT

Pilates Classes start Sept 8th!!

Register Now!

Golf Classes start Nov 14th!!

Register Now!

Secrets to Better Golf, is here!

Now golfers can take me home with them without getting flack from their golf book cover wives!

After working closely with PGA, Matt Kluck, I have discovered 10 strength and 10 flex exercises to help golfers hit the ball farther, with more accuracy and less fatigue. Despite demanding workouts, many golfers over train specific body parts creating muscle imbalances, that result in swing faults and lousy golf.

I make Functional Fitness for Golf fun with my colorful illustrations and easy to follow instructions. Each book, Secrets to Better Golf: Flex and Secrets to Better Golf: Strength, contain 10 simple and helpful exercises that require very little time and equipment. But, each exercise will help any golfer achieve

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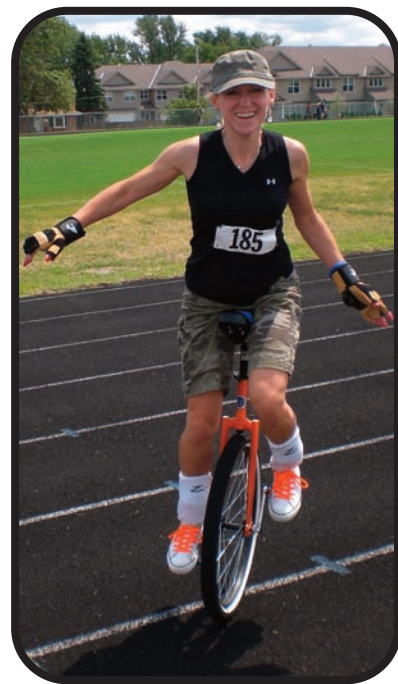
Welcome to another edition of The Scoop! This issue brings you tips for your golf game, fitness Q & A and a delicious recipe. This week I am at the Northern American Unicycling Convention and Championship in Minneapolis. Yesterday I rode a 10k and a 2 mile Criterium on Unicycles. No crashes yet. The hot tub is my life saver. The highlight was watching the "Flat Land" competition. It's extreme unicycling! Think fearless teenagers doing awesome tricks like on YouTube. Of course, my son Spencer just loves it.

Join me at Deer Valley Camp September 27 - October 2 for an exciting week of exercise and R & R. Take advantage of my healthy personal training special available through October 31 for new personal training clients. Affordable Group Personal Training kicks off August 31 at Keystone Heath and Wellness in McMurray. New Pilates and circuit classes kick off September 8 at Peters Twp. CRC.

I hope you're having a healthy, happy, active summer!

As always, thank you for taking the time to read "The Scoop". See you in class or on-line!

Your Fitness Coach,
Nancy Griffin



greater success on the course.

Each book is available in a downloadable PDF format (\$14.95 for one book), spiral bound version (\$14.95 for one book) or both books combined (\$29.95).

These simple exercises will get any golfer into top shape for golf, while improving their game and making them a better golfer. Isn't it time you found a smart, yet quick workout to help your game? Purchase my books today and soon you'll be driving the ball farther and playing as much golf as you like, pain free, and at your highest level.



FITNESS SPECIALS

Take control of your health while you still can! Choose from this month's fitness package specials...

PILATES SPECIAL

Do you want to slim down, get fit, reduce pain and feel great? Take advantage of personal training sessions at a 20% discount!

·8 sessions / \$45 per session (normally priced at \$50 per session)

GOLF SPECIAL

Are you experiencing stiffness in your neck, back and/or shoulders? Are you lacking consistency in your swing? Sign up for pilates for golf to learn about functional fitness.

·5 sessions / \$55 per session (normally \$60 per session)

·10 sessions / \$50 per session (normally \$55 per session)

You'll hit the ball further, improve accuracy, reduce pain and feel great!

GROUP PERSONAL TRAINING AT KEYSTONE HEALTH

Enjoy the fun camaraderie of group personal training Mondays at 9am August 31 through October 26. This 8 week program will kick off with brunch at Nancy's home. We will discuss weight loss stumbling blocks and start you on a path to slim down and tone up.

Mondays 9 - 10am

August 31 - October 26 (no class September 7)

·8 Sessions / \$200 per person

FEATURE ARTICLES

WOMEN'S WEEK - DEER VALLEY R & R

Calling All Women!

Join me at Deer Valley Camp R & R September 22 through October 2. Deer Valley is located in Somerset County near Meyersdale. Enjoy 6 days, 5 nights, 15 meals, horseback riding, crafts and activities.

Private or semi-private cabins are available. Pilates, yoga and Tai Chi are offered daily. Additional activities include hiking, biking and kayaking. Enjoy the beautiful scenery, lake and fall foliage. Massage, wine tasting and women speakers are also on the schedule. Contact me if you would like to join me for this fun-filled week.

WEIGHTLOSS STUMBLING BLOCKS

Are you getting closer to getting into your Skinny Jeans or out of your fat pants? If not, let's consider what might be causing you to de-rail.

Are you trying to follow a new diet, eating healthier foods or eliminating junk foods. How is that working for you? Is exercise included in your weight loss equation. If not, this could be the stumbling block that's slowing your weight loss. Remember lifting weights regularly, two to three times per week coupled with moderate aerobic exercise on most days, will jumpstart your metabolism and burn excess fat. It seems that exercise gives us more energy, improves our mood and gives us a genuine love and respect for our bodies and our selves. Healthy eating and exercise go hand in hand.

When it comes to nutrition, I want you to follow these smart food tips:

1. Clear your kitchen of junk foods
2. Stock your pantry with healthy ingredients
3. Buy single serve snacks to prevent over eating and provide you with good fuel to take on the go.

...But, remember eating alone is not the panacea to weight loss. There is no substitute for regular exercise to help you burn calories faster, get you in tune with your body, and build self esteem. Pilates is the perfect exercise to sculpt flatter abs, build shapely arms, and a great butt and thighs. It also releases feel good endorphins and makes us feel great as we begin to master and perfect each exercise. What a feeling! So don't just sit there... get moving.

Join a gym, sign up for an exercise class, hire a trainer or buy some exercise DVDs. While you're at it get a buddy or trainer to be your accountability partner. "You can" lose weight with regular exercise and healthy eating. The two are a winning combination to getting into a smaller pair of jeans or just feeling great in the pair you're currently in. So get up and get moving with a winning combination of smart food and smart exercise!

Q & A

Q: Does the harder roller work better?

I've been doing some rolling in my pilates classes. Will a softer, yet firm, (flesh friendly) roller be as effective as the harder foam rollers, at reducing cellulite.

A: Yes, harder is better.

It more effectively compresses the connective tissue, therefore making room for more fluid to come in and rehydrate, thus giving a smoother appearance. Sorry girls! Pilates is not for wimps :)

TIPS & RECIPES

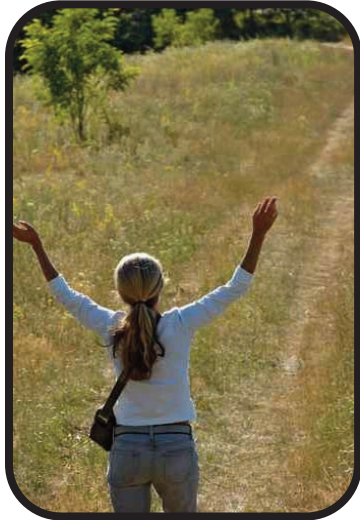
GRILLED VEGETABLES

For a quick and healthy side dish you can't mess up, how about some grilled fresh vegetables? When grilling veggies, recipes aren't really necessary. But here's a simple mix to get you started, even if you only use it as a guideline.

- 1 small zucchini, sliced into chunky rounds
- 1 small yellow squash, sliced into chunky rounds
- 1 package sliced portabella mushrooms
- 1 red pepper, cored, seeded and cut into large pieces
- 1 orange pepper, cored, seeded and cut into large pieces
- 1 stalk of broccoli, florets only (or 1 small steam-in-package broccoli)
- 1 vadallia onion, skin removed and quartered
- 1/4 cup extra virgin olive oil
- 2 tbsp. balsamic vinegar
- 2 tbsp. lemon juice

- 1 tsp. kosher salt
- 1 tsp. freshly-ground black pepper
- 1 clove garlic (thinly slice, diced or pressed)

Prepare grill for medium-high heat or heat a cast iron grill pan on the stove over medium-high heat. Place vegetables in a large mixing bowl. In a small bowl, mix together olive oil, balsamic vinegar, lemon juice, garlic, salt and pepper. Pour mixture over vegetables. Mix with your hands until vegetables are coated well. Place vegetables on the grill. (You might want to use a pan with small holes covering the bottom made just for the grill.) Cook, turning a few times, until lightly browned or desired doneness.



GET YOUR D IN THE SUN!

Just 15 minutes of sun exposure (without SPF) will help you meet your daily vitamin D quota. It will strengthen bones by helping calcium and phosphorus deposit.

TICK TOCK - CALCIUM ON THE CLOCK

Don't eat calcium-rich foods and supplements all at once. Eat them throughout the day. Your body can only absorb about 500mg of calcium at once.

GOLF TIP

10 tips ... that will improve your golf game
By Gerry Dulac, Pittsburgh Post-Gazette

Jim Cichra said you should learn how to hit two types of chip shots – how to stop the ball and how to make the ball run.

· Here's what to do, he said:

Set up with your weight on your front side (the left side for right handers), with a narrow, slightly open stance. Your hands should be slightly forward of the ball with the ball in the center of your stance.

Make an even swing with the distance on your backswing closely matching the distance on your follow-through, and make sure you maintain an even tempo. Your length of swing will then determine the distance of the shot. And learn two clubs at first to gauge the reaction of the ball when you use them. A sand wedge and a 7-iron is a good start. Use the sand wedge when you need to stop the ball. Use the 7-iron when a running shot is called for. Always aim for a spot on the green where you need to land your ball to get it close. Therefore, you will need to know the reaction of the ball when it hits, whether it bites or runs. Also, consider whether the green is hard or soft, fast or slow, uphill or downhill. All of these factors will determine where you should land your ball.

Read more at <http://www.post-gazette.com/pg/09109/963742-136.stm>