

# The Scoop

## CONTACT

More Information at  
[www.SkinnyJeansForever.com](http://www.SkinnyJeansForever.com)  
888-733-7375

## CLASS ALERT

Pilates Class start dates  
Nov 10, 11, 12 & 16

## GREAT GIFT IDEA Unheard of specials!

Give the gift of good health this holiday season. Check out our Personal Training packages for Pilates and Fitness for Golf and order your Gift Certificates now!

**3 PT Sessions - \$99**

*Lowest Price this Year!!*

**3 PT for Golf Sessions - \$125**

*Are you kidding? We're Not!*

*(\*\*Add 25% for travel to your home within a 20 mile radius\*\*)*

Our Companion Packages will delight your friend or loved one. Whether for the first timer or the experienced exerciser these kits help keep you going in between sessions with video workouts and essential equipment.

**Golf Companion - \$49.99**

Band, Ball, Secrets to Better Golf Book and Free 30-minute Video

**Pilates Companion - \$32.95**

Perfect Fit Pilates DVD, 2 Bonus DVDs and SLOMO used in Bonus DVDs  
nancy with client

You can also purchase gift certificates for 2010 Classes at the Peters Township Community Center.

**Pilates Classes**

Mem. \$56 / Non-Mem \$84\*

## NOVEMBER 2009

### "Head off Holiday Weight Gain"

The holiday season means get-togethers with family, friends and of course lots of great food. Do you hplanave a to maintain your weight and stay fit over Thanksgiving and Christmas? If not, read on. I want you to address three areas to avoid holiday pitfalls: Exercise, Smart Eating Strategies and Reducing Stress.

#### Exercise

Keep going with your fitness routine, or begin a program. Strive to exercise at least 3 times per week. Include core work, strength training and cardio, if your joints allow you to do so. Even walking and getting out in the fresh air burns calories and reduces stress (Item #3).

#### Smart Eating Strategies

- Eat a healthy meal, including protein, before attending a party or gathering where food will be a temptation. glass of water
- Drink a full glass of water before the party and drink one glass of water between each alcoholic drink, if you choose to drink.
- Choose Low Calorie Drinks. Some good choices are 4 ounces of red or dry white wine, 12 ounces of light beer, 4 ounces of champagne, or 3 ounces of mixer with tomato juice.
- Bring Healthy Appetizers/Sides if you are asked to bring shrimp with chopsticksa dish. Be a good influence. Others will be glad to enjoy guilt free food. A few ideas are shrimp, fresh fruit or veggies with light dip, fresh whole grain sour dough bread, nuts, or yogurt dishes.

#### Reduce Stress

Did you know that stress increases abdominal fat. What to do?

- Schedule quiet time to pray, meditate or listen to your favorite music.
- Go on a weekly date with your spouse or significant other. Don't talk about work. Instead, discuss things that are fun for both of you like dreams for your future and kids.
- Take a relaxing hot bath. Make sure your phones are out of reach and relaxing bath itemslet others know you will not be available. Candles, wine, a good book or a special friend are all good ideas!
- Start planning early for holiday giving. Make a list of to do's and use the K.I.S.S. method for gift giving. Buying the same gift for several on your list saves time and indecision.

With a little planning you can get through the holidays without weight gain. If you need some help starting a healthy fitness routine contact me at [Nancy@SkinnyJeansForever.com](mailto:Nancy@SkinnyJeansForever.com).

Your Fitness Coach,  
Nancy Griffin



## Yogalates

Mem \$60 / Non-Mem \$90\*

## Golf Fitness Classes

Mem \$90 / Non-Mem \$135\*

\*Gift Certificates for Classes must be purchased at the Peters Township Community Center

Contact Nancy for dates and times!

## UPCOMING EVENTS

### WHERE IS NANCY?

EWGA night of golf fitness with Nancy Griffin and "Skinny Jeans Forever" at ~ Verve Wellness Center ~

Let's keep in shape during the off season!!

Friday, November 6th, 6 - 9pm

EWGA stands for Executive Women's Golf Association

### Career Symposium at Peters Township High School

Friday, December 4, 8am - 12pm

I will entertain and enlighten students on how I have coupled fitness and the promotion of it into a career I love!

### Peters Township Newcomers Club

January 2010 (date to be Announced)

### Need a Speaker?

Know a group who is looking for a motivational speaker? I represent "The Good Life Market" and I am interested in entertaining groups. I will get them moving and feeling good in the skin they're in, with an energetic presentation that builds self-confidence and moves people to make positive changes to live a healthier life. I'm looking for Organizers of women's events, large charitable events (golf outings, or awards luncheons who need a fun, energetic speaker.

## Q & A

**Q: Should I take a Pilates class once or twice a week?**

**A: If you want to see quicker changes in your body, than 2 classes per week are recommended.**

One session a week will give you an introduction to Pilates. If you've never done it, during the first 3 sessions you probably won't completely "get it". Once things begin to "Click", or you make the connection in your mind with what you want your body to do, you will see results quickly, and enjoy the exercise more. This is what I call the Learning curve.

As I mentioned earlier, 3 major benefits of Pilates are:

1. Healing / Less Pain
2. Sculpting the body from head to toe
3. Boosts Energy and Confidence in Self

If you have the time, I encourage you to step up to 2 classes per week during this shorter 6 week session. Nov-Dec is the least expensive session to commit to 2 classes per week.

## TIPS & RECIPES

### GRILLED VEGETABLES

#### SWEET POTATO PUDDING (Dessert)

Makes 4 servings (2/3 cup per serving)

- 1 1/3 cups mashed, cooked sweet potato
- 1/2 cup sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons grated orange rind
- 1 teaspoon salt (omit if on a low-sodium diet)
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/3 cup egg substitute
- 16 ounces evaporated skim milk
- Cooking spray

Combine sweet potato and the next 7 ingredients in a large bowl. Beat at medium speed with a mixer until smooth. Add milk; mix well. Pour mixture into a 2-quart casserole coated with cooking spray. Bake at 375° F for 1 hour or until a knife inserted near the center comes out clean. (For individual servings, pour 2/3 cup potato mixture into each of 4 custard cups. Bake at 375° F for 40 minutes or until a knife inserted near the center comes out clean.) Let pudding cool. Cover and chill for 2 hours.

[http://www.health.harvard.edu/press\\_releases/healthy\\_thanksgiving\\_recipes](http://www.health.harvard.edu/press_releases/healthy_thanksgiving_recipes)

Nutrition information per serving Calories: 83 Fat: 0.86 grams

