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The Scoop

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Class Alert!

Attention golfers! Do you want to hit straighter and farther this upcoming season? Looking to reduce the pain you often feel after playing 18 holes? Pilates for Golfers is the answer to your problems. Class starts February 28 - April 11. Call Nancy at 724.747.0537 today. You don't want to miss it!

Eat Well - Chocolate Strawberries

Chocolate strawberries are a yummy dessert anytime of the year, but especially in February.

Ingredients

- 6 ounces semisweet chocolate, chopped
- 3 ounces white chocolate, chopped
- 1 pound strawberries with stems

February 2009

Dear Nancy,

We're nearly three full months into 2009 and there is no better time to check in on your goals than now. We begin each year with a clean slate and the excitement of new endeavors. In order to accomplish what you've set out to do, you need to be consistent with your efforts, and have some accountability built in. Ask yourself if you're doing everything you can to achieve your health and fitness goals. Are you tracking your activities and progress in a calendar? If your original goal wasn't realistic, maybe you need to change course, rather than abandoning all your hard work.

This month, I'm offering even more avenues for you to succeed:

Perhaps you need some one-on-one training to get your fitness plan back on track. For only \$129, my Blarney Stone Personal Training special includes three personal training sessions and is available to all new personal training students. Special ends March 17th.

If you would like to get in shape from home, my Perfect Fit Pilates DVD is on sale for only \$14.95 (regularly \$19.97). Special runs through February 28th.

As always there is an exciting line-up of Pilates and Pilates for Golf classes starting up soon. Whether you're looking to tone up, lose a few pounds, or just feel great, feel free to contact me to see your goals through.

Stay healthy,

Nancy Griffin



Book Review - Never Diet: Make Five Decisions and Break the Fat Habit for Good

I'll preempt this book review by saying that Never Say Diet: Make Five Decisions and Break the Fat Habit for Good, is different from other weight-loss books you may have purchased or glanced at before. So, I encourage you to read this brief review and consider purchasing Chantel Hobbs' book. - Nancy

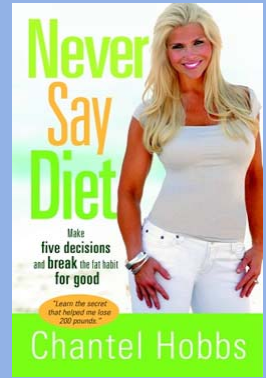
(about 20), washed and dried very well

Directions

Put the semisweet and white chocolates into 2 separate heatproof medium bowls. Fill 2 medium saucepans with a couple inches of water and bring to a simmer over medium heat. Turn off the heat; set the bowls of chocolate over the water to melt. Stir until smooth. (Alternatively, melt the chocolates in a microwave at half power, for 1 minute, stir and then heat for another minute or until melted.) Once the chocolates are melted and smooth, remove from the heat. Line a sheet pan with parchment or waxed paper. Holding the strawberry by the stem, dip the fruit into the dark chocolate, lift and twist slightly, letting any excess chocolate fall back into the bowl. Set strawberries on the parchment paper. Repeat with the rest of the strawberries. Dip a fork in the white chocolate and drizzle the white chocolate over the dipped strawberries. Set the strawberries aside until the chocolate sets, about 30 minutes.

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Did you know that more than ninety percent of individuals that diet will gain back most of the weight they lose? That's right, ninety percent! You may be asking yourself "How can that be?" The answer is simple. The average individual cannot stay on a diet forever. In *Never Say Diet: Make Five Decisions and Break the Fat Habit for Good*, Chantel introduces you to a new program (not a diet program). Hobbs' program is based on a complete lifestyle, thought-process, and physiological transformation to live a healthier life.



At nearly 350 pounds, the old Chantel tried a number of weight-loss programs but continually lost each weight-battle. The author would lose some weight, but ended up regaining what she lost, and sometimes even more. "If you have tried - and failed - to lose weight and keep it off, the reason you continue to struggle lies in your approach," says Hobbs.

Hobbs' book is not a recipe for losing weight or about physical beauty. Her goal is for you to achieve better health and enjoy a life of passion and achievement without regret. The tips and suggestions in the book challenge you to understand and discover who you are and what you want out of life.

5 Excuses why you 'can't' get fit

- I don't have enough hours in the day
- I can't afford a gym membership
- I'm addicted to sugar
- I don't like to workout
- I don't think this is the right timing

So, skip all those box weight-loss meals and dieting pills and try Chantel Hobbs method. Her book sells for under \$20.00 and can be found online and in your local bookstore.

Client Corner - Shelly Morningstar

Hi Nancy,

I want to thank you for the good news I'm about to share. I don't usually 'weigh-in' weekly during my personal training journey because I find it can sometimes be discouraging. In fact, I don't even own a scale. I stop in at my parent's to weigh-in occasionally.

On January 26 (my first PT session), I weighed 141 lbs. Today, I decided to check-in on my weight and, I weigh 134lbs.! That's a 5 pound weight loss in two and a half weeks through a combination of personal training, Pilates, walking one time per week and being more conscientious about food choices.

I know this will level off a bit and I'm more focused on improving my overall fitness, health, energy and body tone, but I'm thrilled with these results. Since teaming up with you for personal fitness training, I have reaped many benefits, including increased energy and feeling of well-being and, I have a renewed focus and spirit. I'm enthusiastic about reaching my goals and embracing fitness in my life again.

Thank you for your coaching, expertise, and support!

Shelly Morningstar

Eating Smart While Away from Home

Eating healthy while you're on a vacation may not be as difficult as you may think it is. With a little effort, you won't have a hard time taking your good eating habits on vacation too! Here are some great tips to make sure your next vacation is healthy and fun:

1) **Know when to stop** - Eat when you are hungry and stop when you're comfortable.

2) **5 a day** - Make sure you remember to eat vegetables and fruits on your vacation. Doing so will keep you looking great and your insides in tip-top shape!

3) **Drink plenty of water** - We tend to think we're hungry, when in fact we're only dehydrated. By drinking 8 glasses of water a day, you'll keep hunger pains away.

4) **Have one sweet** - Don't restrict yourself to not having any sweets while you're on your vacation. Have one sweet a day and make sure it is a special one.

5) **Look for healthy options** - Nearly all restaurants have healthy choices to choose from. Therefore, make it a priority to choose healthful options that appeal to you when you're on vacation.

6) **Carry healthy snacks** - Nuts, trail mix and protein/fruit/fiber bars to keep you satisfied.

If you need any further tips, please feel to shoot me an email or give me a call! Bon voyage

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