

The Scoop

Eat Well - Pizza Soup

Pizza soup is the perfect meal to have on a cold winter day. If you follow the South Beach Diet, you should know that this is a certified South Beach Diet recipe.

Ingredients:

- 1 can Hunt's No Sugar Added Spaghetti Sauce
- 1 cup of low fat milk
- 1/2 of a package low fat Cream Cheese (softened)
- Canadian Bacon or Low Fat Pepperoni (sliced)
- Mushrooms or other pizza toppings
- salt and pepper to taste

Directions:

- Place all ingredients into a large saucepan or Dutch oven and heat thoroughly. Allow to simmer on low heat until the cream cheese is well blended in the mixture.
- Remove from heat and allow to cool.
- Serve in bowls, with some low fat mozzarella sprinkled on top. This is a meal and not a side dish!

Contact

More Information at
www.SkinnyJeansForever.com
888-733-7375

January 2009

Dear Nancy,

I hope this month's newsletter finds you doing well and keeping warm! Compared to December, January seems a bit dull as people recover from the holidays, make (and break) their resolutions and slowly get back into a routine. However, there are lots of things to look forward to in this New Year.

Continue to expect my weekly class updates, tips and reminders; monthly newsletter packed with information to keep you healthy; personal coaching; and a great offering of Pilates classes at the Peters Township Recreation Center.

This month's newsletter includes tips on how to slim down and save money, Seasonal Affective Disorder, and a story on Pilates for Golf - read on!

I hope you consider me an integral part of staying healthy in the New Year.

Nancy Griffin

A Better Swing With Pilates for Golf

Many people swear that Pilates is one of the best full-body workouts there is. Did you know that it can also help you play better golf?

The key to a successful golf swing is balance. And Pilates exercise teaches total body conditioning by integrating the entire body into all movement patterns, as optimal golf performance requires.

Golf Pilates Cross Training is designed to:

- Increase Your Distance
- Improve Balance, Posture and Accuracy
- Improve a Golfers Level of Performance
- Reduce Pain and Prevent overuse injuries

Nancy Griffin has been perfecting her Pilates for Golf classes for five years. Many are convinced that Pilates for golfers is a key component to playing better golf. She has worked with several golf professionals in



the area and has attended Pilates for Golf training at the PGA National resort in West Palm Beach, Florida.

Over the past two Saturday mornings, seven students have participated in Pilates for Golf at the Peter's Recreation Center. The goals of each student vary. Nancy's older students often have goals to reduce pain after a day on the links, improve posture at address, and balance through their swing for better shots. As we age, flexibility and posture are compromised. Pilates helps to restore length to tight muscles and creates balance through out the body. The results are rejuvenating benefits that help us move with more fluidity and less pain. Others such as a father and son (who is on the high school golf team), may be looking to increase power and build core strength for longer drives.

Whatever the goals, most students are, ultimately, looking to increase their distance and perform at a higher level without pain. Students are looking forward to Matt Kluck, PGA Master, attending and teaching a swing clinic at an upcoming class. The next time these students hit the golf course they will have the knowledge and ability to play their best game!

If you are interested in learning more about Pilates for Golf or would like to know more about the next session which starts on February 21st, please contact Nancy at 888-735-7575.

Live Well - Don't Be S.A.D. - Beat the Winter Blues

The winter months can drag on and on, causing some to develop cabin fever. If you have found yourself less motivated to get out of the house, and are eating more than usual, you're experiencing symptoms like many others. However, if your symptoms are much greater and include feelings of depression, there is a chance that you may be suffering from SAD - Seasonal Affective Disorder. Folks suffering from SAD tend to be extremely lethargic in the winter months and show signs of deep depression. Don't let yourself or a loved one fall in to the SAD trap.

Remedies to help cure SAD can be used by anyone, even if you aren't suffering from it. Who doesn't need an extra boost of energy during the winter months?

Soak up natural sunlight - Open the shades and let the sun into your home or office space. If it's a nice, sunny day, bundle up and head outside for a brisk walk. There's nothing like the natural stuff!

Eat foods containing the amino acid tryptophan - We tend to eat more carbohydrates in the winter months. The amino acid tryptophan may increase the levels of serotonin in your body. Decreased levels of serotonin can lead to an increase in the amount of carbs we take in!

Engage in exercise - If you aren't already involved in a Pilates class or exercise routine, get up and get active. What are you waiting for?

Purchase a box of light - One of the quickest and easiest ways to treat SAD is through the use of light box. The box provides enough intensity of light to positively affect the symptoms of SAD.

The article is not intended to provide medical advice. Therefore, seek the advice of a doctor before undergoing any form of treatment.

Matt Kluck - PGA Pro and Certified Teacher

Matt Kluck, 51, is a PGA golf professional and certified teacher whose achievements to date have gained him much respect from golfers both on and off the course.

When Matt Kluck was just three years-old, he hit his first golf ball. Little did he and his parents know, that this would be the beginning of his love affair with the game of golf.

The PGA Master Professional developed his knowledge base by taking lessons from some of the top teachers in the world and applying their methods in his own game. His hard work and dedication to the game opened up avenues to research and develop his own teaching philosophies. At the age of 40, Kluck shifted his focus more on teaching and less on playing golf competitively. Since then, he's traveled the United States teaching thousands of students, at every level, the game of golf. He makes frequent appearances at golf schools and Professional Golf Association (PGA) education seminars, and has built lasting relationships with top teachers. Most recently, Kluck has partnered with Nancy Griffin, Certified Pilates Trainer and Pilates Instructor, to bring Pilates methods to the golf course.



Matt Kluck has been the recipient of many awards, including The Recreation Award given by ARC - Allegheny (Association for Retarded Citizens). He's been named the Tri-State Section PGA Teacher of the Year three times, The Tri-State Section Golf Professional of the Year, and is ranked as a "Top Teacher in the State" by major golf publications. Kluck has won five Tri-State Section PGA sponsored tournaments.

Trim Your Waistline, Fatten Your Wallet

Are you hoping to lose weight in 2009? Do you want to have more money in your pocket this year? Here's an added and unexpected incentive to your goal. By losing just 15-20 pounds, not only will you feel and look healthier, but you'll be wealthier too. Here's a couple of easy ways to trim down while fattening your wallet:

Grande Factor

Swap out the Grande Starbucks latte (\$3.75, 220 calories) for a Grande black coffee (\$1.85, 10 calories) every workday, and you'll save

over \$450! Not to mention the unnecessary calories from hitting your waistline. And before you reach for the Snicker's bar (\$.80, 273 calories), consider choosing a healthy snack such as a banana (\$.19, 107 calories). Making the change from a Snicker's bar to a banana could save you up to \$223! Plus the benefits you'll reap from more Potassium!

Incentives at Work

With healthcare costs rising out of control, many employers offer employees incentives for attaining weight-loss goals, getting a yearly checkup from the doctor, and/or completing online health programs that are designed to identify areas in your lifestyle that need improvement. Some employers offer between \$10 and \$200 for losing weight!

Doctor Bills

If you manage to lose and maintain a healthy weight, expect fewer visits to the doctor and far fewer premiums you'll have to pay. Expect to save \$150 and \$200 annually!

These are just a few ways you can save money and lose weight! For more ideas, send me an email or stop me after class. I'd be happy to discuss these with you.

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