

FITNESS NEWS

Bonita National Fitness

August 2016

Healthy Happenings

This Month's Special:

2 people train for the price of 1. Grab a Buddy and get ready for a workout!

New Classes:

Barre (30 min), 8:30am, Mondays starting August 8th

Water, 9:00am, Thursdays starting August 4th

Pilates (30 min), 9:00am, Fridays starting August 5th

In Tennis:

Fridays, 9:00 am Complimentary Stroke Clinic

This technical clinic will be sure to improve the essential strokes to take your game to the next level. All levels welcome!

Upcoming Events:

Lunch & Learn with Melody, Coming in September. Join us at the grill for an informational Nutrition session with Melody. We will have complimentary samples of our featured recipe. Also, you have the option to order your favorite Healthy Option from the grill for a special price.

Fit Facts:

"Exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity," says Atkinson, director of program development for Cooper Ventures, a division of the Cooper Aerobics Center in Dallas.

Eating 100 less calories a day can equal a 10 pound weight loss in year. Add 100 calories of exercise per day and make it 20 pounds.

calories



**TINY CREATURES THAT LIVE IN YOUR CLOSET
AND SEW YOUR CLOTHES A LITTLE BIT
TIGHTER EVERY NIGHT**

Fitness Center

Open 24 hours with your Bonita National access card

Questions?

Contact Melody Miller

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<http://www.bonitanationalhoa.com/-fitness>

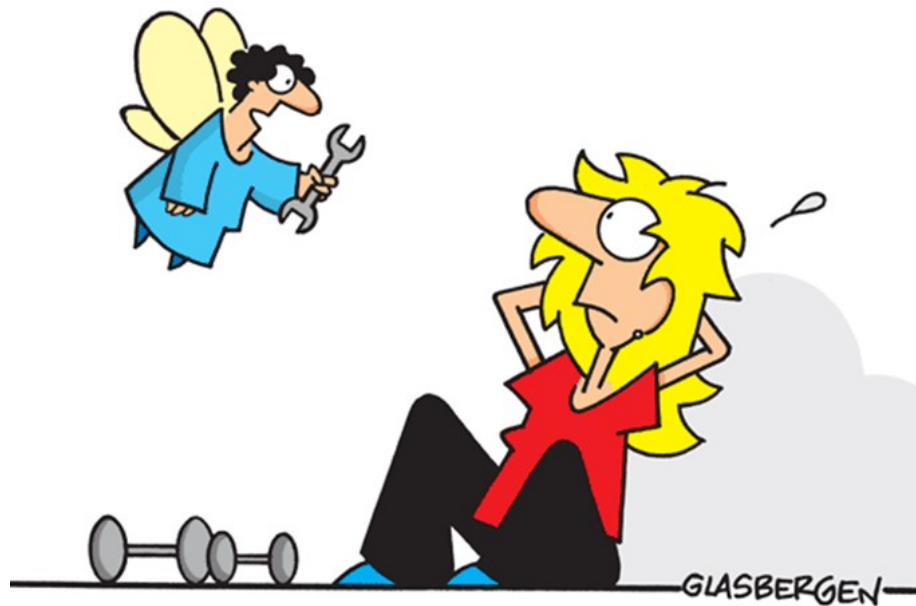
Strength Exercise:

Standing Cable Back Row

Why we should do this. To work the major back muscles and help maintain or improve our posture.

Muscle Groups: trapezius, latissimus dorsi, the erector spinae, rear deltoids, biceps, biceps brachialis, and forearm flexors.

Movement: Attach 2 handles to the cable. Start with palms on handles facing toward each other. Step away from the machine, engage abdominals to help you stay in place. Stagger your step. Pull the handles and squeeze your shoulder blades together when your arms come to 90° then lengthen the arms to extend fully without locking the elbows. Find a weight that feels like work or fatigue after about 10-15 repetitions. Repeat 2-3 sets.



**“I’m the Workout Fairy.
I’m here to tighten your abs!”**

Always consult your doctor before starting an exercise program.

Stretch Exercise: Hip Flexor Stretch

Great for golfers and tennis players too!

The hip flexors are the psoas major, psoas minor, and iliacus muscles, all of which insert into the lesser trochanter on the femur which is the area around the front part of your thigh at the very top.

To stretch the left hip flexors kneel on your left knee and put your right foot in front of you so that your right hip and knee are about 90 degrees.

Put a cushion on the floor for your knee if needed.

Put your left hand on your left hip and push your left hip forward so that it is in front of your left knee.

Keep your chest up and try not to lean or bend forward at the hips. Hold for about 30 seconds or longer. Repeat on other side.



Eating Clean

Our bodies need good nutrition. Not only will this make you feel and look better, but it will give you an energy boost. Did you know most people should consume between 5-10 vegetables and/or fruits daily? No, fruit gummies don't count. 😊

Vegetables and fruit contain minerals, vitamins and water and along with some protein that can help sustain your appetite and give you a natural energy boost for a longer amount of time than simple carbohydrates or packaged food. What is a serving? What are the best vegetables? Is there a better time to eat fruits? When is the best time to cheat? Want to learn more or just be reminded of some of the best choices we can make to feel better?

Want to learn more?

Come join us at the grill for

Lunch & Learn

Coming in September

Healthy Snack Options:

Apples or Pear & 1/4 cup almonds

6-8 strawberries & 1/4 cup walnuts

Greek yogurt

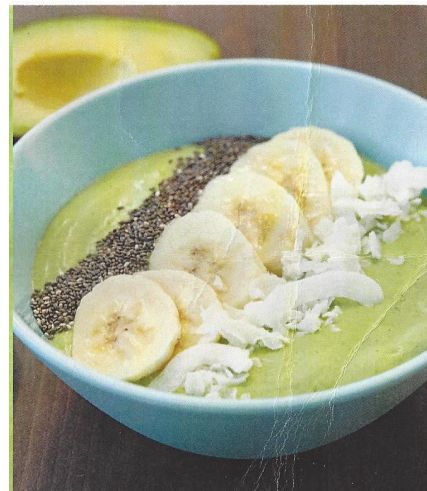
Beef jerky & sugar snap peas

Featured Recipe: by General Mills

Tropical Green Smoothie Bowl

Ingredients:

- 1 small banana
- 1/2 avocado
- 1/2 cup fresh kale
- 1/4 cup fresh pineapple
- 1 container (5.3 oz.) Greek Honey yogurt
- 1/4 cup unsweetened almond milk
- 1 teaspoon unsweetened coconut flakes
- 1/2 teaspoon chia seed



In Blender, place half of the banana, the avocado half, kale, pineapple, yogurt and almond milk. Cover; blend on high speed 30 seconds to 1 minute or until smooth. Slice remaining banana half. Top bowl with sliced banana, coconut flakes and chia seed just before serving.

Options:

Can substitute Greek vanilla yogurt, or other favorites, including flaxseed, chopped fresh pineapple or toasted coconut flakes.

380 Calories

13g Fat

49g Carbs

15g Protein

*Did you know?
A low fat chocolate milk within 20-30 minutes after a workout is a great way to replenish our body and help with recovery?*