

Meet Me In The Gym...



www.onetoonefitness.us

...It's Going Down!

A Monthly News Update From One To One Fitness



News August 2009

Saturday, October 17th.
KIDS IN DISTRESS FUNdraiser.
Get in the Competition!!! Sign up now to be part of a team and help raise Funds for this worthy charity.
Call or stop by – 954-796-7001

Read more on page 3 of this newsletter!



Upcoming Competitions:

October 3, 2009 – Hurricane/Typhoon Bay – Tampa, FL

November 14, 2009 – Gold Cup – West Palm Beach, FL

November 21 & 22, 2009 – Nationals – Ft. Lauderdale, FL



Please join me in supporting
The Arthritis Foundation

On October 3rd I will be participating in the *California Coast Classic Bicycle Tour*, a 525 mile trek along the coast of California to help raise funds on behalf of the *Arthritis Foundation*. Please make a donation and help me raise money for research and education to help find a cure for the #1 disability in the United States. Click on the link below to make a secure donation on my personal web page or you may drop off your donation at One To One Fitness.

http://cccsocal.kintera.org/suzanne_mair?faf=1&e=2563338367

Thank You – Suzanne Mair

Healthy Choice Menu

Pizza Carousel Catering
4619 University Drive, Coral Springs
954-534-5014 (Ask for Jen)

Jen has a wide variety of healthy meal choices to select from...
Ranging from fish, brown rice and veggies to chocolate oatmeal muffins and cakes...
Call to place your order TODAY!!

Shaking It Up!



Just a reminder that One To One Fitness offers pre and post-recovery shakes to our clients including the "Perfect Blend" (191 kcal) and the "Perfect Blend Plus" (306 kcal). These shakes are great for replacing glycogen that is lost during workouts, and aiding in the workout recovery process. So remember to *Shake It Up!!*



*On Saturday, October 17th, One To One Fitness is **TEAMING UP** with Kids In Distress to help raise much-needed money for the prevention and treatment of child abuse in our South Florida communities.*

*Now it's your turn to **TEAM UP** with friends and family members to do your part to help...Please join Manny and the One To One family as we proudly host our 5th Annual Kids In Distress Benefit. This year fun and fitness are being taken to a whole new level as we unveil the "One To One Fitness 'Team Challenge' Competition"! The competition will feature team fitness challenges...Truck Pushing Contest, Team Tire Flipping Relay, 4 x 50 Meter Relay Race, Jump Rope and Tug-of-War Contest. We will also have activities for the little ones...a bounce house, face painting and snow cones!*

We would appreciate your assistance by creating a team or becoming a sponsor of one of the challenges and joining forces with Kids In Distress (KID) and One To One Fitness to help end the cycle of child abuse and neglect for our community's most vulnerable children.

Teams will consist of four members with at least one woman competitor per team. We are asking that each team raise a suggested pledge amount of \$1,000 by event day. Medals will be awarded to all winning team members for each event and the top three ranking teams will go home with a trophy to make any athlete envious! A very special prize will be awarded to the first place team and the team with the most funds raised!!

*If you can't put together a team, you can still help by purchasing a raffle ticket for \$50. Please make your checks out to our raffle sponsor, Mercedes-Benz of Ft. Lauderdale. **ALL** of the money will go directly to Kids In Distress. The winner will get their choice of the use of a Mercedes SL550 for the weekend (Friday evening to Monday morning) - OR - a night out in a Maybach limo.*

***Please help to make this our most successful event ever!!!
Stop by or call the gym for more info...954-796-7001***

Quarterly Nutrition Classes Next Class – November

Our next Family Nutrition Class will be held in November. The cost is \$25 for the first family member and \$10 for each additional family member. Please register early. Each and every class really impacts everyone who comes out and is always a valuable experience. We hope to see *YOU* at our next class!!

Nutrition classes are held on the second Wednesday of the month.

Want to get started right away?

**Martha is also available for in-home presentations
and supermarket tours.**

To contact Martha please call 954-274-0574



Recipe For: Oatmeal Pancakes

From the Kitchen of: Ken Symanski

Ingredients:

- 1 Cup Old Fashioned Oatmeal
- 1 Scoop Protein Powder (YOUR FAVORITE BRAND & FLAVOR)
- 4 Egg Whites (REAL OR CARTON EQUIVALENT)

Optional: You can add fruit (banana, blueberries, raspberries) or spices (such as cinnamon or pumpkin pie spice)

Quote of the Month

**“Motivation is what gets you started.
Habit is what keeps you going.”**

- Unknown -

Sweat and Glow Wear



Check It Out!!!

The next time you're in the gym take a few minutes to check out our new clothing line. Sweat and Glow athletic apparel is made with the finest eco-friendly materials and is perfect for your workout and casual clothing needs.

Ask your trainer about it today...

Can't make it to the gym? You can place your order at our website.

www.sweatandglowwear.com

Mix all ingredients together in bowl using a hand mixer, whisk or blender until creamy.

Spray griddle pan with "PAM" (do NOT use olive oil) Scoop batter onto preheated pan set to medium heat. To retain moisture, cook only 2-3 minutes on each side.

Yields: 4 Pancakes (1-2 Servings)

*Nutritional Information: 1 Cup Oatmeal - 300 cal
1 Scoop Protein Powder - 120 cal
4 Egg Whites - 25 cal
Protein - 40-50 g
Carbohydrates - 55 g
Fat - 5-7 g*



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