

Meet Me In The Gym...



...It's Going Down!

A Monthly News Update From One To One Fitness

News - March 2011

COMING ATTRACTIONS

Kick-Boxing / Self Defense classes Monday through Thursday 7-8 PM & 8-9 PM Weds. 10-11AM (See Page 2)

Ongoing - Jacob's Ladder Challenge

April 9th - NPC Natural Diamond Bodybuilding, Fitness, Figure & Bikini Classic

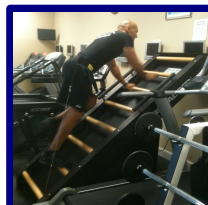
May 14th & 15th - Fabiola is riding in the 25th Annual MS Bike Challenge to help raise funds to find a cure. SEE BELOW TO HELP

June 4th - WPB Classic

July 8th & 9th - NPC Southern States Championship

October 15th - NPC Ruby Championships Open Bodybuilding, Fitness, Figure & Bikini

November 12th - Florida Gold Cup



The Challenge Continues...

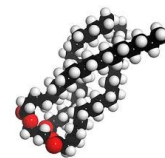
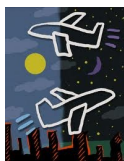
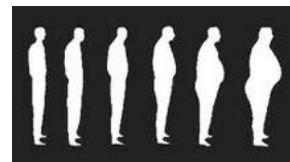
Take the Mercedes Benz of Ft. Lauderdale Jacobs Ladder Challenge Sponsored by General Manager, Tony Giordano

BE IN IT TO WIN IT!! Top Prize - SL 500 for the weekend 10% Chance to win

21-30 of 101 Reasons to Exercise

Research overwhelmingly supports that regular exercise lowers the risk for many diseases, and improves psychological well-being. This is the 3rd of a series of 10 segments listing a total of 101 reasons for you to exercise regularly. Exercise will...

- 21. Reduce your anxiety level.
22. Help control blood pressure in people with hypertension.
23. Protect against "creeping obesity" (the slow, but steady weight gain that occurs as you age).
24. Reduce vulnerability to various cardiac dysrhythmias (abnormal heart rhythms).
25. Improve the likelihood of survival from a myocardial infarction (heart attack).
26. Help to overcome jet lag.
27. Slow the rate of joint degeneration in people with osteoarthritis.
28. Lower your resting heart rate.
29. Help to boost creativity.
30. Reduce circulating levels of triglycerides.



WINNER'S CIRCLE




Beth Laggan
ING Miami Half Marathon
1:58:29



Baja Fish Tacos

Recipe Courtesy of Oxygen Magazine March 2011 Issue

Ready in 20 Minutes * Makes 4 servings

- 1 Tbsp Olive Oil
- 1 lb Tilapia Filets
- 1/2 Cup low-fat Greek yogurt
- 1/4 Cup lime juice
- Garlic salt to taste
- 4-6" whole wheat tortillas
- 1 Cup shredded green cabbage
- 1/4 Cup salsa

1. Coat skillet with oil over medium heat.
2. Cook tilapia filets about 7 minutes per side or until opaque & flaky
3. Meanwhile, in a small bowl, whisk together yogurt, lime juice & salt.
4. Place fish in tortilla, top with cabbage, yogurt sauce & salsa.

Nutrients per serving: *Calories: 270, Total Fats: 8g, Saturated Fat: 2g, Trans Fat: 0g, Cholesterol: 55g, Sodium: 354mg, Total Carbohydrates: 21g, Dietary Fiber: 2g, Sugars: 2g, Protein: 29g, Iron: 2mg*



START TRAINING NOW
JULY 8-9, 2011

For Southern States

The NPC is introducing a new format this year with a Men's Physique – Modeling Championship in addition to Men's Fitness. Follow this link to their website, www.npcsouthernstates.com for complete details, applications, rules and regulations.

"GUEST PASS"
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Receive 1 week FREE! Pick up your Guest Pass at the gym when you sign up!



One To One's very own Fabiola Lima is taking the 150-mile "Bike MS Challenge" ...please help her fund raising efforts to aid those suffering from Multiple Sclerosis and hopefully find a cure!! It's easy... go to msbikeflorida.org...click on DONATE...Donate to a Rider...and type in Fabiola Lima to make your donation!

Monthly Motivation



Your dreams are your vision of where you'll be after the battle, your prize at the end of your journey. Your goals are the steps you take to finally attain your prize. Unless you're willing to work hard and establish some discipline in your life, all of your dreams will be pipe dreams, little mental fantasy trips that will never materialize.



Make concrete steps toward fulfilling your dreams, and start with solid objectives and goals. Your dreams are where you want to go, your goals are how you get there. Don't be afraid to think big. Dreamers are not content with mediocrity. They never dream of going halfway. People with goals succeed because they know where they're going. Keep your eye on the prize.

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straight to our Fan Page where you
can keep up with all the excitement
at One To One Fitness!!

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*Check our fan page each day for
DAILY UPDATES!*

*Beginning in March – look for our client of the week!!!
IT COULD BE YOU!*