



Spring is coming!

# RAM NEWSLETTER

March 1, 2010

*Events:*

**"Lucky You" Week**

**March 15—19th**

Come to as many classes as you can that week—there will be a lucky winner at each class! Great time to bring a friend!

**EVENING**

**FIT CAMP**

March 23 at  
6:30pm!

Sign up for 6 weeks of indoor and outdoor fun! Cost is \$125

**Girls Night Out!!**

Friday, March 19

6:30pm

Sign Up at the Front Desk

You're working out hard, make sure you are equipped with the right gear:

- Comfortable Shoes
- Good Sport Bra
- Water Bottle
- Workout Towel
- Heart Rate Monitor (optional)

**Healthy Websites to checkout**

1. Eatright.org
2. Letsmove.gov
3. Thedailyplate.com
4. Nutrimirror.com



## Nutrition and Your Family

March is National Nutrition month. Take the time this March to focus on making your family eat as healthy as possible. There are lots of small steps you can take to ensure your family is eating healthy amounts of the right foods.

• **Be Creative.** Try something different, like washing and clipping grapes into small bunches and putting them in the freezer. Try with bananas too!

• **Cut Down on Fat.** Try low-fat dairy products, poultry without skin and lean meats to get flavor without a lot of calories.

• **Serve healthy snacks** and have smaller meals. Stock your kitchen with healthy lunch and snack foods, such as raisins, popcorn, sliced vegetables and fruit.

• **Don't use food as punishment or reward.**

• **Keep Track.** Let your kids "eat the rainbow." Keep a chart on the fridge so your kids can record each color fruit or vegetable they have each day. You can also have them plan, shop for and prepare meals – they are likely to make better choices when they are involved in the process.

• **Get Moving.** Encourage informal play virtually everyday. If you can't participate with your kids during the week, plan on being active during the weekend. Go skating, walk your dog, clean the house...

• **Turn off the TV.** Never eat in front of the TV and encourage your children to do something active instead of watching TV.

## **Chicken Salad Wraps**

8 oz. chicken breast, cooked and diced

1/2 c shelled cooked edamame

1/2 c grapes, quartered

2 T finely diced red onion

1/2 oz. pecans (about 10)--finely chopped

4 T. light mayonnaise

1 t. spicy brown mustard

1 t. honey

4 6" flour or wheat tortillas

Mix the chicken, edamame, grapes, red onion and pecans in a bowl. In a separate bowl, stir the mayonnaise,

### CLIENT SPOTLIGHT

## Julie Curren

*Each month RAM will honor one of our hard-working clients.*

*This month we are honoring Julie!*

Julie Curren is one dedicated and motivated woman! She is a busy working mother of a teenage boy and still finds time to workout every day and to play on tennis teams. Julie is a down-to-earth kind of gal who takes her health and fitness level very seriously. "I'd like to lose weight, but mostly I exercise because it makes me feel good, improves my tennis game and it's so much fun," says Julie. You can find Julie at RAM Fitness most days of the week, she even comes to the 5:30am class sometimes!



Keep up the great work Julie!

naise, mustard and honey together. Mix into the chicken mixture.

Serve wrapped in the flour tortillas. Serves 4.

Calories: 261.4 Total Fat: 10.9 g  
Sodium: 351.5 mg  
Total Carbs: 22.7 g Protein: 19.1g