



CoxHealth Fitness Centers

In-the-Know UPDATES

By: Amanda Hilton, Member Services Specialist—Meyer

Spring is here! Invite the colors of the season with the variety of different options we have available to you! Mix your indoor workouts with the outdoors. Try one of these:

Multi-Sport Training

Train through the beautiful and rugged mountains of the Ozarks! Training will include trail running, mountain biking, orienteering and gear preparation. The class will meet Saturdays at 9:00 a.m., April 11th—May 16th. Cost is \$65 for members and \$130 for non-members. The recommended minimal standard for participants is to be able to run 2 miles and bike 5 miles. This class is good preparation for the Spring adventure races. Pre-registration is required.

Triathlon Training (for the pool)

This class focuses on adults who are either competing in their first triathlon or who are wanting to improve their swimming efficiency for triathlons. Swimming stroke enhancement will be the primary focus. The class is held at the Meyer Center on Mondays at 6:00 a.m. Pre-registration is required.

Community Walk Training

What better way to enjoy the nice weather than taking a walk with friends! Make new friends and bond with old friends. Free, Wednesdays at 6 a.m. Meet at the Meyer Center.

Galloway Training - Begins May 9th

This is a great opportunity for those with an interest in running and those who wish to improve their running skills and progress to a longer race distance. The program offers plans for beginners whose goal is “to finish,” as well as plans for experienced runners who want to “run faster” through segments of running and walking. The Kick-off for the training will take place on April 28th. Be on the lookout for more details.

***The new class session will start May 11th!**

Coming up...

In May:

May Day 5K
May 2nd

Galloway Training
May 9th

Mother’s Day!
May 10th

Medical Mile/5K
May 30th

Fitness Tip of the Month!

Personal Training! Add something extra to your workouts. Personal training is an effective means towards meeting your goals in a structured way. Anyone at any age or fitness level can benefit from a personal trainer. Most personal trainers help clients increase or maintain their fitness levels, lose weight, and improve their muscular strength and cardiovascular endurance. A personal trainer can also serve as a coach, confidant, role model, educator, and a major source of motivation and encouragement. Whether you want to meet with a trainer once or twice a week, more often or only occasionally, a trainer can be an important tool to help you reach your personal fitness goals. Work individually or bring a friend for group training! Visit the front desk or call any of our four facilities for personal training options & prices.

Bits N' Pieces this April

Parent's Night Out! - April 17th at Meyer. 6 p.m. to 9 p.m.

\$5 for members and \$7 for non-members, ages 5-11. We watch the kids and you get the night off! Games, movie and snack provided.

Zumba Dancefest - A great way to exercise and have fun! Saturday, April 25th, join us for this two hour event of dancing. In a dynamic way, you combine Latin and hip-hop styles for an effective fitness workout. Anyone can join! Located at the Meyer Fitness Center from 7 - 9 p.m. Cost is \$15 a person, so bring your friends and family with you!

Massage Therapy is beneficial for relief of muscle spasms, increasing joint flexibility, range of motion, relaxation & stress reduction. It will help increase blood flow, thus loosening tight muscles & joints which speed up your body's recovery time from physical stress. We offer massage therapy at The Meyer Center, Cox North & Republic fitness centers. Call any of the listed facilities to make your appointment today! Makes a great gift for you & others!

Bicycle ABC's, Opportunities and Maintenance seminar. Sat., April 1st at the Meyer Center fitness center. FREE!

★ Don't forget about those member achievement nominations. Small or big, let's hear it! See the front desk for nomination forms.

Who-to-Know this Month

Now available for individual and small group personal training, our Group Exercise Instructor, Glenn Sneed and our Mind/Body Coordinator, Colleen Young!

Glenn is available to help you get in shape through the fun and effective way of dance. Certified with ZUMBA, and experience in many other forms, Glenn adds all the extra motivation and "spice" to your workouts. Dance to country, the 50's, even theatre. With 20 years of personal experience, he can customize a workout that is a lot of fun just for you. Don't forget to bring your friends with you!

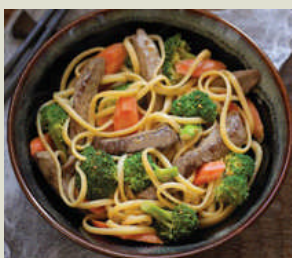
Colleen is our walking coach and enjoys working with individuals that want to use walking to improve aerobic capacity, walk as a part of a weight loss program or train for events. She is also certified in Pilates, Yoga, GTS, Tai Chi and postural alignment. Colleen has 25 years of experience and would love to help you!

Yum-Yum! Recipe of the Month

Provided by: David Dade—Nutritionist

Beef Noodle Bowl

*Prep Time: 10 min.
Total Time: 30 min.
Makes: 4 servings*



Ingredients:

1/2 lb. linguine, uncooked
3 cups broccoli florets
3 carrots, peeled, sliced
2 tsp. Oil
1 lb. beef sirloin steak, cut into strips
1/4 cup KRAFT Asian Toasted Sesame Dressing
1 Tbsp. teriyaki sauce

Nutritional Information:

Calories 440 Total fat 11g
Cholesterol 60mg Sodium 4400mg
Carbohydrate 53g Protein 40g

Directions:

COOK pasta in large saucepan as directed on package, adding vegetables to the boiling water for the last 2 min. MEANWHILE, heat oil in large nonstick skillet. Add meat; cook until browned on all sides, stirring occasionally. Stir in dressing and teriyaki sauce; cook 2 min. or until sauce is thickened, stirring occasionally. DRAIN pasta mixture; place in large serving bowl. Add meat mixture; toss to coat.

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