

**NJ  
GYM**

**FITNESS**

**Z O N E**

*" Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending "*

*-Unknown*

**The Fitness Zone Community Newsletter** [www.njg-fitnesszone.com](http://www.njg-fitnesszone.com)

**Volume 3**

**October 2007**

**Business Hours:**

**Monday/Friday**

**5am to 10pm**

**Sat/Sunday**

**7am to 4pm**

**Kid Zone Hours:**

**Monday/Friday**

**8:30am to 1:00pm**

**4:00am to 8:00pm**

**Saturday**

**8am to 1pm**

**Sunday**

**8am to 12pm**

**Happy Reading!**

Thank you for taking the time to read the Third edition of the 2007 Fitness Zone Newsletter. We hope to keep you better informed of our services, staff, events and our members.

**"The Biggest Winner Challenge"**

**Thanks to our Manager Of Personal Training, Lori Parkhurst, our program had a great kick off and is underway. We have many participants and everyone is excited and very motivated.**

**The Fitness Zone Staff wishes all the participants "GOOD LUCK"!**

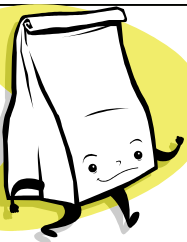
**WE KNOW YOU'VE GOT WHAT IT TAKES!**

**1st annual  
Health & Fitness Expo  
October 13, 2007  
9AM - 3PM**

**Please be sure to mark your calendars for this special day. We will be offering informational booths, fun activities for the kids, and plenty of refreshments as well as samplings of our newest group fitness classes.**

**\*Members who refer a new member who joins get a free month!**

**\*No Enrollment fee for new members.**



**Let us pack your lunch!**

**Fitness Zone now has Insulated cooler bags. They provide a great way to ensure you have all you need to make the best of your workouts.**

**Members love taking this "Snack Pack" to work. You no longer have to crave a snack through out the day. No Temptation for chips, bars from the vending machine or having to run to the local store. Reach Into your Fitness Zone cooler and **snack on the right stuff.****

**Let us pack your lunch and **receive 10% off** all our daily products.**

*Gift Certificates are available for any services offered at Fitness Zone. Please ask at the front desk for details.*

**GNC of east Windsor is now offering Fitness Zone members a 15% discount with your Fitness Zone swipe card!!**  
**Cannot be combined with other GNC promotions.**

### DID YOU KNOW.....?????

#### Did you know....

.... As a member, you can receive a free re-evaluation of your initial workout after **30 or 60** days.

This half hour appointment can bring new energy to your workout and a program design suited to your current goals and fitness level will help keep you on track!

#### Existing members.....

We have a re-evaluation of your program available to you as well.

#### Did you know....

**... that our Member Services team can help you reduce your monthly membership cost before the next billing cycle?**

**Stop into the front office ANY TIME and ask Valerie or Sam how they can help you lower the cost of your gym**

#### Department News

**Personal Training:** Announcing our new certified trainers Dan Clement, John Baldino, Laurie Zarifian and Daryl Updike, They bring fresh, new energy to our gym.

**Group Fitness:** Look for our new Fall schedule and for great new things from our Group Fitness Program!

**Member Services:** Our Fitness Zone Member Services Team are Valerie Mayerson and Sam Rossi and they are happy to help you with your membership concerns.

#### NUTRITION TIP

As the first step in starting a diet, we recommend you keep a daily food diary. If you have to write down everything you eat, you will think twice about eating it. You also need to keep track of your portion sizes. People think they may lose weight by consuming less calories overall if they skip meals entirely. You should eat breakfast and do not go longer than 4 hours without eating. Each meal should contain some form of protein. After a high protein meal you will burn more calories than after eating one loaded only with carbohydrates. People should eat because they are hungry and not eat for emotional reasons. If you are an emotional eater, you should find another outlet. Chewing gum (sugar free), walking, listening to music, or even having water on hand so that you sip that rather than eat are better alternatives. Our **Fitness Zone Diary** and our **convenient lunch pack** can help you get started and keep you on track.

**Your fellow gym members are YOUR friends and neighbors!**

**Please be courteous to them by wiping down the equipment after each use!**

**Thank you!**

**Cranbury Day was a huge success. Thank you to all our members who came to visit us.**

Special thanks to Darby Recchia & Ali Felderman for participating in our group fitness presentation!

**Congratulations** to Lucille Aitken winner of a 1 YEAR MEMBERSHIP contest at Cranbury day.

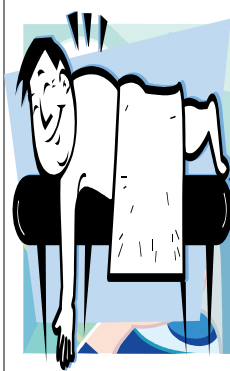
**Got the program “down” but your nutrition is still not under control?**

**Stephanie Lichtenstein, our Certified Nutrition & Wellness Consultant, is happy to help you and has had much success! She has the references to prove it!**

**Ask to speak with her at the front desk!**

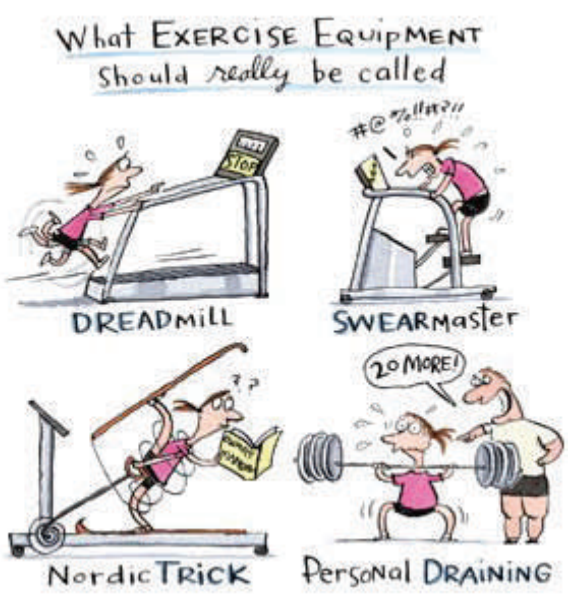
# A Tasty Healthy Recipe

<p><b>Parmesan Breaded Tilapia</b></p> <p><i>Serve with your favorite salad</i></p> <p>1 1/3 pounds of Tilapia fillets</p> <p>1/2 cup Italian seasoned breadcrumbs</p> <p>1/2 cup grated parmesan cheese</p> <p>2 teaspoon garlic powder</p> <p>2 tablespoon lemon juice</p> <p>Kosher salt</p> <p>Fresh ground black pepper</p> <p>Olive oil cooking spray</p>	<p><b>Preparation:</b></p> <p>Thaw and wash tilapia fillets if frozen; pat dry.</p> <p>Combine crumbs, parmesan and garlic powder on a plate, mixing well.</p> <p>On a different plate, pour 1 tbsp lemon juice.</p> <p>Working one at a time, place a fillet on the plate in the lemon juice, sprinkle with desired amount of kosher salt( needs very little if any, because of the parmesan and seasonings), black pepper and garlic powder. Turn the fillet over in the lemon juice and sprinkle seasoning on the other side.</p>	<p>Dredge fillet in the parmesan and crumb mixture patting it all over to coat.</p> <p>Place in a baking dish that has been sprayed with cooking oil; repeat with remaining fillets</p> <p>Sprinkle a little lemon juice over fillets and drizzle or spray them lightly with olive oil.</p> <p>Bake at 425 F for about 20 minutes or until easily flaked with a fork and edges begin to brown.</p> <p><b>Nutrient Information</b></p> <p>Calories: 231</p> <p>Protein: 13 grams</p> <p>Carbs: 35 grams</p> <p>Fat: 5 grams</p>
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Feeling Stressed? Get refreshed with a relaxing massage. Make an appt. with Nancy our Massage Therapist today. 609-426-0700.

**Healthy kids in Kid Zone!**  
Join the fun as we play Veggie Bingo and so much more!

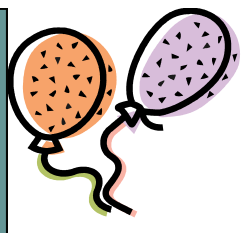


**“I know the price of success: dedication, hard work and an un-remitting devotion to the things you want to see happen”**



**Fitness zone Birthday Parties**  
**Book your party now!**

Your child and their friends will spend an hour with a Professional Trainer learning the importance of fitness thru the fun of dance, kick boxing and so much more! We will customize the party to suit your child’s desires. For additional information please contact **Adrienne McNulty** at **609-426-0700**.



**-Flank  
Lloyd  
Wright**

## Fitness Zone

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*Achieving extraordinary  
results without paying  
extraordinary prices.*

WE'RE ON THE  
WEB:  
[WWW.NJG-  
FITNESSZONE.COM](http://WWW.NJG-FITNESSZONE.COM)

*DON'T LET YOUR  
SUMMER TAN FADE  
AWAY!*

Come and check out our "SUN  
DOME". A unique stand-up bed  
that is a quick 10 minute, no  
contact tanning session.

We have a variety of packages  
and lotions to offer.

**The tanning bulbs are  
brand new!**

**The Fitness Zone would like to welcome our newest instructors to staff. Their experience and enthusiasm will be a great addition to an already excellent group of instructors.**

**Anna Kowalczyk** is a Yoga instructor with many years of experience and will be taking over the Tuesday evening, 7:30 PM class.

**Marian Hone** is new to our area is certified in Turbo kick, Spin, and various group ex classes. She will be coaching Spin on Wednesday evenings at 6:30 PM and will be instructing our new Butts N Guts class being held on Sunday morning at 9:30AM.

**Joanne Lipman** is not new to our club, but is new as an instructor here. She is taking over the Wednesday night Zumba class at 5:30PM and will be alternating with Lisa Pena Monday mornings at 9:30 AM.

**Mike McNamee** is also not new to our club. He's come to love Spin and has been one of our regular early morning spinners. Mike recently became certified and will be alternating Saturday's at 9:00 AM and will coach Monday's at 6:30 pm.

**Val Brunetti**, a master instructor, will be instructing the step class at 9:30 AM on Wednesday mornings.

Not new to our roster of instructor and trainers, but recently obtaining new certifications, **Stephanie** and **Daryl** will be coaching Spin and **Daryl** will also be undertaking a new boxing class Thursday evenings at 7:30 pm.

**Laurie Zarifian** has rejoined our personal training staff and will be introducing a jump rope class called **Jump On It** at 5:30 PM on Friday evenings.

**Linda Petrenko** will soon be offering **Kettlebell** training for small groups. Be sure to look for upcoming information regarding this exciting new program.

## Training Tips

### Warm up

It is important to warm up your muscles before you exercise to reduce the risk of injury. Warming up prepares your body for exercise by increasing blood flow around the body. This means that your muscles will be able to move more easily. Warm ups should involve gentle activity. Make sure you are warming up the muscles that you will be using during your work out or sports training. For example if you are a runner, warm up your leg muscles. If you lift weights, warm up your arms, shoulders and upper body.

Here are some warm up tips:

- ⇒ **Skip gently for 1- 5 minutes. This is a great way to warm up as you use lots of different muscle groups.**
- ⇒ **Go for a gentle walk or jog. Its a great way to warm up your muscles and prepare your body for exercise. Do this with friends as you can socialize while you walk or jog, and encourage each other.**

Make sure you do some gentle muscle stretches as part of your warm up, especially if you are doing a high speed or intensive work out. You should hold stretches for between 10 -15 seconds, as long as this feels comfortable for you.

**Cool down** You should also make sure you cool down after your exercise session by stretching your muscles again, and doing light aerobic exercise (walking, gently jogging on the spot etc.)

**\* We recommend you check with your physician before participating in any physical fitness or nutrition program.**