

FEBRUARY
2010

**BUDDHA BOOTCAMP
NEW TIME**

7:30 p.m. to 8:15 p.m.
Space is limited.

This class combines the techniques and principles of Yoga & Pilates with our very own Fusion Shock! Be ready to sweat!

IMPORTANT NOTE!

You must register online to attend these functions. If you are not on the list, you will be turned away, and that is not what we want!

Eat Healthy!

Shannon and her mom will do another Healthy Recipes presentation on Tuesday, February 23 at 7:30 p.m.

FUSION NEWS

A MONTHLY PUBLICATION FROM FUSION
FITNESS PILATES AND PERSONAL TRAINING
STUDIO

All That Rots

~Does this sound familiar? You just got home from the store with a week's worth of perishables (more expensive than your first car, but your family is worth the expense, right?) and you have to throw away all the rotten fruits and veggies from last week.

~If the produce in your crisper bin is growing mold on it, you're not alone. It's common for us to buy an abundance of these items because we know we are supposed to eat more of them. The problem is we don't know what to do with it when we get it home.

~To avoid this situation, we should apply proper storage techniques for commonly used perishables. This will may even lead to healthier eating habits!

- To avoid spoilage, buy only what you know you will eat in the next three days.
- Always buy produce in season, avoiding bruised, wilted or damaged pieces
- Sort thru pre-packaged items, like strawberries, before storage to ensure any spoilage doesn't contaminate the rest of the product.
- When using a cart to shop, keep produce on top of other foods, and handle it gently.
- To select fresh fruit, feel and smell it if possible. In general, fruits that are too soft are too ripe, whereas a strong smell indicates that peaches, pineapples and melons are ripening nicely.
- Remember that certain fruits actually taste better if they are not picture perfect; bananas, for example, are more flavorful when they are speckled.
- Lastly, as a general rule, the following types of produce should not be frozen: apricots, artichokes, avocados, cabbage, citrus fruits, cucumbers, garlic bulbs, lettuce, mangos, papaya, pears, potatoes and radishes.

ASK ARIEL

If I have constant lower back pain, what are some things I can look for in my everyday life that could be the cause?

Lower back pain comes from many different things, from tight hamstrings and glutes, poor posture and even every day stress. Of course physical limitations brought on by a previous injury could also be the culprit. Carrying hand bags and/or children on the same shoulder or hip, and slouching at a desk working on a computer can put stress and pressure on your back muscles and spine.

Here are some things you can do to help alleviate back pain...

I am a firm believer in Pilates on the apparatus, be it the Reformer, Cadillac, Tower or Chair, it will greatly reduce any pain and discomfort to the body by correcting muscle imbalance which is one of the biggest contributors to neck, back, hip, and knee pain.

Nutrition plays a HUGE role in the health and wellness of your body, including muscles and joints; greasy, cheesy, saucy, and creamy rich foods prohibit the release of endorphins which makes you sluggish, therefore your posture suffers so your back will continue to hurt... So EAT WELL.

Stretch! Stretch! Stretch! This can not be emphasized enough, and not just your lower back, but your entire body. Flexibility will relieve all kinds of pain, especially when done properly. Remember when you do stretch, don't bounce and do not go right into your deepest stretch right away. Take your time, move slowly and hold the stretch for a minimum of 45sec.

THE ANYTIME MEAL FRI-TATA



1 large carton of egg whites
Diced green, red and yellow peppers
1 small diced onion
Sliced mushrooms
Fresh chopped spinach (or frozen squeezed/
drained well)
1 chopped tomato
1 tablespoon minced garlic
(add ground turkey or chicken of you like!)

Sauté veggies & garlic in their own juices.
Add all ingredients to
PAM sprayed pie dish. Stir and bake for
approximately 45 minutes
at 350 degrees and serve!
GREAT POST WORKOUT MEAL!



NEW News You Can Use

Running Foundations 1 Workshop has begun! In this eight week course, the “wanna be” runner will learn the proper form and technique to develop efficient, healthy running habits in order to achieve personal fitness goals without pain and decreasing the probability of injury. We meet once a week for 40 minutes for eight weeks. This is not a workout, it is a workshop. Stay tuned for the next start date and times!

Spring break is just around the corner, so make sure to check out our **NEW** UPPER BODY HOTTIE and CUTIE BOOTIE 30 minute reformer classes! Get your butt in gear and ready for swimsuit season!

Ariel and Shannon visited the Alaqua Lakes Ladies’ Association January 12 to teach them about proper nutrition. Our topics included food quality, meal frequency, label reading and much more. We had a great time with these terrific women and hope to be invited back soon.

TRAINER SPOTLIGHT: JENNIFER CORNELL

Jennifer has been practicing Pilates for the past 10 years. After many years as a Pilates enthusiast, she became a certified instructor and has taught at Fusion for three years. Jennifer’s goals are to teach her clients body awareness and improve their quality of life. She says she finds it so rewarding to watch her clients get the mind-body connection that comes from the methods used in Pilates.

“ There is always something new and challenging to learn in Pilates, and I feel that I am always growing as an instructor and student” she says. “ Fusion has had such a positive impact on my life, not only physically, but I feel like we are one big happy family. It is so refreshing to be part of the team, and to pass the knowledge to my clients is such a rewarding feeling!”

Fusion Fitness Pilates and Personal Training, 1061 S. Sun Drive, Lake Mary, Florida, 407-804-6005