



October NuFIT Newsletter



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NEW FALL CLASS SCHEDULE

Starting Monday, October 18th, NuFIT's Fall Schedule will begin! Visit our website (www.nufitforyou.com) for a sneak peak. This schedule includes exciting brand new classes (such as *AbFIT*, *BallFIT*, *KickFIT*, *SpinCORE* and *Spin 101*) along with new energetic NuFIT instructors! Our class sign up process remains the same – up to two weeks in advance via our website – so this coming week you can start signing up for the new classes!!

Just a few reminders.... NuFIT Spin classes continue to fill fast, and we appreciate your patience as we await the new bikes. If a class is available “standby only” there is still a great chance you will get in. If we receive a cancellation, you will be notified via email and have a spot in class. Also, the next (8-week) session of Pilates begins the week of October 18th. Please contact Angie if you would like to sign up!

Enjoy the rest of this month's newsletter, and have a happy and healthy fall!

“The greater the obstacle, the more glory in overcoming it”

Get Your PINK ON – Pilates for a Cure

Mark your calendars!! Sunday, October 17th, Get your PINK ON at NuFIT!

We are conducting a fundraiser in support of local breast cancer awareness.

Sixty-minute pilates classes will be available starting at 10:15 am. A donation of \$15 gets you a spot in one of the classes and an awesome pink tank top!

Bring along your family and friends, and help make a difference! Please reserve your spot today by registering on our website (www.nufitforyou.com)! We look forward to seeing you on the 17th! Please let us know if you have any questions.

Where to find NuFIT this Month

- October 5th --- NuFIT's Family Wellness Program Monroe School
- October 6th – 8th --- Club Industry Convention – Chicago, IL
- October 12th --- Blessing Cancer Center's 8th Annual Community Breast Cancer Awareness Day at the Ambiance (10 – 2 pm & 4 – 8 pm)
- October 12th --- NuFIT's Family Wellness Program at Monroe School
- October 17th --- Get Your PINK On – Pilates for a Cure
- October 19th --- NuFIT's Family Wellness Program at Monroe School
- October 20th --- Veteran's Home Health Fair
- October 26th --- NuFIT's Family Wellness Program at Monroe School

*"We make a living by what we get but
we make a life by what we give."*
Winston Churchill

Nutrition Tip of the Month - Apples

Written by: Jen Kamps

Autumn is officially here which means there is no time like the present to sink your teeth into a fresh and juicy apple! Red, green or yellow – soft or crispy – sweet or tart – there is sure to be an apple to satisfy everyone’s taste buds. Have you ever tried a CORTLAND apple? I highly recommend giving this apple variety a try. It is absolutely delicious as a quick snack – or since it is the whitest fleshed apple, it is ideal for all of your baking and cooking plans.

No matter which variety you select, an apple’s claim to nutrition fame stems from its fiber and antioxidants content. One medium (5 oz) apple contains 4 grams of fiber or approximately 15% of an adult’s daily fiber needs along with countless antioxidants. Without the skin, the apple loses its ‘aPEEL’ as two-thirds of the fiber content and the majority of the antioxidants are found in the potent peel! The next time you are tempted to peel your apple, remind yourself of what you are throwing away - heart-healthy fiber and cancer-preventing antioxidants.

What is your favorite way to enjoy an apple? Here are my top three:

- Sliced and dipped into vanilla yogurt and topped with Nature Valley Crunchy Peanut Butter Granola Bar crumbs
- Sliced and dipped into almond butter
- Cored and baked in the oven with cinnamon, walnuts and raisins - served with a dollop of vanilla frozen yogurt

Here’s a quick and delicious apple recipe. One batch makes either two snack-size servings or one breakfast serving.

Apple Crunch

1 medium apple, chopped with peel left on
1 (6 oz) containers cherry or raspberry yogurt, fat-free
¼ c grapenuts

Layer the apple pieces, yogurt and grapenuts into two serving glasses. Repeat layers saving a garnish of grape nuts for the top. Enjoy!

“The groundwork of all happiness is good health”

Fitness Tip of the Month – Pilates

Pilates is an innovative system of mind-body exercise evolved from the principles of Joseph Pilates which can dramatically transform the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. It teaches body awareness, good posture and easy, graceful movement. Pilates improves flexibility, agility and economy of motion. It can even help alleviate back pain.

Professional dancers have known the benefits of Pilates for decades. Top athletes use it for strength, flexibility, and injury prevention. Hollywood celebrities and supermodels use it to maintain beautiful physiques. A miracle? Not really. Developed from the rehabilitation techniques of Joseph Pilates, Pilates is a safe, sensible exercise system using a floor mat, that will help you look and feel your very best. No matter what your age or condition, it will work for you!

8 Great Reasons to do Pilates

- 1. Pilates is Whole-Body Fitness**
- 2. Adaptable to Many Fitness Levels and Needs**
- 3. Creates Strength Without Bulk**
- 4. Increases Flexibility**
- 5. Develops Core Strength and Improves Posture**
- 6. Increases Energy**
- 7. Promotes Weight Loss and Long, Lean Appearance**
- 8. Increases Awareness - Body/Mind Connection**

*Today is filled with endless opportunities to make a positive change.
Here's to your health, one healthy decision at a time!*

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