

# Sonora Sports & Fitness Center

# NEWSLETTER

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## THIS EDITION

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THINK  
TANK



## DECEMBER 2009

I can't believe it is Christmas time again. My Christmas wish comes from Becca, a former SSF team member. She gave me this Irish blessing for Christmas many years ago. I think this puts the holiday season in perspective. This is my wish for you and your family. "May there always be work for your hands to do, may your purse always hold a coin or two. May the sun always shine on your windowpane, may a rainbow be certain to follow each rain. May the hand of a friend always be near you, may God fill your heart with gladness to cheer you."

Christmas has always been my favorite time of year. This past year has been tough for a lot of people. For me it is a time of reflection. If you have read the newsletter often you must remember how often I say I am fortunate to live and work in Tuolumne County. There is no other place I would rather live. This has not changed. I love how this community rallies behind people in need. Community is a huge part of what makes our town(s) so great.

I also know how stressful this time of the year can be. Exercise is a great way to relieve stress. Please find time to fill your patience tank by doing some kind of exercise for 30 minutes at least three times a week. This could be pushing the cart an extra lap around the store, taking a walk with the family after dinner or if it is raining play the stereo and dance. If you can make time by all means come work out we love to see you.

Merry Christmas and Happy Holidays to all,

Tim and the SS&F staff  
[tsg@mlode.com](mailto:tsg@mlode.com)



## Diet Tip of the Month

### MEASURE AND PACK THE SNACK

All too often we leave home to run errands, shop, or get caught up in other activities and we get hungry. What do we do? We stop at a store and get an unhealthy snack. ALWAYS keep a healthy snack with you. Measure out an appropriate portion and put it in a baggie or container and keep it with you at all times. This should prevent you from over indulging and consuming unwanted calories!

*"If it were easy, then everyone would do it"*



## Email Information:

We are updating our current Sonora Sports and Fitness Email list. If you do not currently receive our Monthly Newsletters and would like to be the first to hear about what's going at the facility please bring your updated email address to the front desk or email [Julie@sonorafitness.com](mailto:Julie@sonorafitness.com) with the information.

# Healthy Clean Cooking with Stacey

*Here are some tips from Stacey so you can turn calorie calamities into healthful bites and get ideas on how to change typical party foods into healthy, lower calorie treats!*

## **Go Low**

*MOST DIPS ARE CREATED WITH FULL-FAT CHEESES, YOGURT OR SOUR CREAM. SHAVE CALORIES AND FAT BY OPTING FOR THE LOW-FAT OR NON-FAT VERSIONS OF THESE INGREDIENTS. FOR YOGURT-BASED DIPS, TRY A NON-FAT GREEK YOGURT THAT HAS A THICK AND CREAMY CONSISTENCY. FOR CHEESE PLATES, SELECT LOW-FAT VARIETIES AND USE NON-FAT RICOTTA TO CREATE A DELICIOUS SPREAD*

## **Skip the Chips**

*WHEN YOU THINK OF DIP, YOU PROBABLY THINK OF CHIPS. BAKED POTATO CHIPS ARE BETTER THAN FRIED. GO ONE STEP BETTER; REPLACE THE CHIPS WITH FRESH CUT DIP-FRIENDLY VEGGIES LIKE CARROTS, BROCCOLI, CAULIFLOWER, RADISHES, PEPPERS AND CHERRY TOMATOES. YOU CAN ALSO TRY WHEAT PITA OR SOY CRISPS, WHICH ARE BAKED.*

## **Stick It**

*YOU CAN SERVE ANYTHING HEALTHY ON A SKEWER. TRY GRILLING CHICKEN WITH BARBECUE OR TERIYAKI SAUCE, SHRIMP OR VEGETABLES WITH SPICES. EVEN COLD FOOD IS GOOD ON A STICK: RAW VEGGIES WITH LOW-FAT DIP, OR FRUIT WITH A YOGURT DIP.*

## **Great Grains**

*WHOLE GRAINS CONTAIN FIBER THAT HELP FILL YOU UP SO YOU'LL EAT FEWER CALORIES THAN YOU WOULD WITH PROCESSED GRAINS. WHEREVER YOU CAN, REPLACE WHITE WITH WHOLE WHEAT. SERVE LOW-FAT CHEESE ON TRISCUITS INSTEAD OF RITZ. ALSO, USE WHOLE GRAINS FOR THAT BRUSCHETTA.*

## **Drink That H2O**

*TO KEEP CALORIES UNDER CONTROL - EAT LESS! ONE WAY TO DO THAT IS TO HELP YOURSELF TO A BIG GLASS OF SELTZER WATER BEFORE SURFING THE GOOD TABLES AT A GET TOGETHER. IT TAKES UP SPACE IN YOUR STOMACH AND HELPS YOU FEEL SATISFIED. YOU'RE HARD WORK IN THE GYM WILL THANK YOU.*

## **What's your holiday calorie strategy?**

*PLANNING ON "SAVING" YOUR CALORIES ALL DAY BY NOSHING ON VEGGIES SO YOU CAN SINK YOUR TEETH INTO AS MANY "BACON WRAPPED SCALLOPS" AND "CHUNKS OF CHOCOLATE FUDGE" AS YOU CAN AT THE NIGHT'S PARTY? PERHAPS YOU PLAN TO SPLURGE FREELY, THEN PERFORM DUE PENANCE AT THE GYM THE NEXT MORNING. OR MAYBE YOU'LL SURVIVE THE HOLIDAYS BY LIVING IN COMPLETE DENIAL-NOTHING BUT RAW VEGGIES AND SPARKLING WATER WILL PASS YOUR LIPS. SADLY, NONE OF THESE STRATEGIES WORK WHEN IT COMES TO SURVIVING THE HOLIDAY PARTY SEASON. IT'S A FESTIVE TIME OF YEAR AND FOOD AND DRINK ARE PART OF OUR ENJOYMENT, SO BE KIND TO YOURSELF. THAT MEANS PUTTING IMPRACTICAL EATING STRATEGIES ASIDE AND FOCUSING ON MAINTAINING YOUR WEIGHT, NOT GAINING OR LOSING IT. HERE ARE SOME TIPS ON GETTING THROUGH THE HOLIDAYS HEALTHFULLY.*

## **The Buffet Dinner**

*SAVING CALORIES WILL COME BACK TO BITE YOU WHEN YOU FACE A TEMPTING BUFFET AT THE END OF THE DAY ON AN EMPTY STOMACH. ONCE YOU SEE THOSE YUMMY HORS D'OEUVRE, DIPS AND DESSERTS, YOU WILL LIKELY OVERINDULGE. INSTEAD, FILL UP ON, NOT ONLY LOW-CALORIE VEGETABLES, BUT FOODS THAT WILL TRULY SATIATE YOU. PICK FOODS FOR PROTEIN BECAUSE THEY MAKE YOU FEEL FULL. TRY A HANDFUL OF NUTS, PLAIN PRAWNS, OR CHICKEN SKEWERS.*

## **The Open Bar**

*ALCOHOL CALORIES RACK UP FAST! ONE FIVE-OUNCE GLASS OF RED WINE EQUALS ONE PIECE OF BREAD IN CALORIES (APPROXIMATELY 100). IF YOU DO INDULGE, RETHINK YOUR DRINK AND REACH FOR LIGHTER CHOICES, WHITE WINE AND LIGHTER COOLERS. KEEP HYDRATED AND TO ENSURE THAT YOU DON'T DRINK EXCESSIVELY, TRY HAVING AN EXTRA GLASS OF WATER FOR EVERY ALCOHOLIC DRINK YOU CONSUME.*

## **The Kitchen**

*SUBSTITUTE ITEMS, PLAIN AND SIMPLE. USE NON-FAT MILK IN MASHED POTATOES, SERVE VEGETABLES WITHOUT SAUCES THEREBY AVOIDING THE FAT FROM MARGARINE OR BUTTER. ALSO USE BOLD HERBS & SPICES TO MAINTAIN A FLAVORFUL DISH!*



# Stacey's Holiday Healthy Recipe Ideas

## Spinach Dip

*Ready in 5 minutes (plus 2 hours chilling time) • Makes 4 servings*

- 1 cup smooth low-fat cottage cheese
  - 1 cup plain low-fat Greek yogurt
  - 1 package onion or leek soup mix
  - 1 can water chestnuts, chopped and drained
  - 1/4 cup grated carrots
  - 10 oz package frozen spinach, thawed, chopped and drained
- \* Season with garlic powder, sea salt, & ground black pepper
1. In a bowl, mix cottage cheese, yogurt and soup mix. Add water chestnuts, carrots and spinach and stir gently.
  2. Refrigerate for about 2 hours before serving.

### NUTRIENTS PER SERVING:

Calories: 150, Total Fats: 2 g, Saturated Fat: 2 g, Trans Fat: 1 g, Cholesterol: 0 mg, Sodium: 570 mg, Total Carbohydrates: 19 g, Dietary Fiber: 5 g, Sugars: 4 g, Protein: 17 g, Iron: 2 mg



## Black Bean Hummus

### INGREDIENTS:

- 1 15-oz can black beans, drained and rinsed
- 1 15-oz can chick peas, drained and rinsed
- ¼ cup reserved liquid from bean cans
- ¼ cup water
- 4 tbsp lemon juice
- 3 cloves garlic, finely minced
- 1 tsp sesame oil
- ¼ tsp cumin
- 5 pieces sun-dried tomato
- ¼ tsp ground red pepper
- Sea salt and black pepper, to taste
- 1 tbsp dried or fresh parsley

### INSTRUCTIONS:

Place all ingredients except parsley in a food processor. Process until smooth. Pour into a dish and sprinkle with parsley. Cover and refrigerate for 2 hours. Enjoy with warm pitas or fresh vegetables.

### NUTRIENTS PER SERVING:

Calories: 70, Total Fats: 1 g, Saturated Fat: 0 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 130 mg, Total Carbohydrates: 13 g, Dietary Fiber: 3 g, Sugars: 2 g, Protein: 4 g, Iron: 1 mg

## Les Mills Group Fitness Launch Dates:

Mark your calendars for an unforgettable experience and a chance to try out our two new programs– BODYPUMP and RPM for the first time in Sonora!!

**Thursday January 14<sup>th</sup>** – Members Only – First chance to try BODYPUMP and RPM

**Saturday January 16<sup>th</sup>**- Members, Friends, and Family – First chance to try BODYPUMP and RPM

Look for more information on our new Classes being added to the Group Exercise Schedule in January 2010!!!



# WHAT'S UP With The YOUTH?



## ALL LEAGUE REGISTRATION SIGN-UP NOW!

Register and pay online at [www.sonorafitness.com](http://www.sonorafitness.com)

### Boys Basketball League II ages 6th grade to 8th grade

Fee Increase

Late Registration: January 1st - January 15th

**Last Day to Register: January 15th**

Practices: February 9th - February 21st

Season: February 22nd - March 26th

Tournament: March 27th - March 28th

*For more information contact Nicki Holt at  
[nicki@sonorafitness.com](mailto:nicki@sonorafitness.com)*

# HOLIDAY BURN



**December 28th-31st**

**Monday through Thursday**

**6:00 am—7:45 am**

**or**

**2:00 pm—3:45 pm**

**\$35/person: member or non-member**

**Cardio, Circuit, Cardio! A program designed  
to help you avoid unwanted pounds this  
holiday season!**

## HOLIDAY GYM HOURS

December 4th: 5:00 am to 6:00 pm  
(employee Christmas Party)

December 24th: 5:00 am to 3:00 pm

December 25th: Closed

December 26th: 8:00 am to 6:00 pm

December 31st: 5:00 am to 6:00 pm

January 1st: Closed

## Group Exercise Classes

**\*\*\*No Group Exercise Classes\*\*\***

From

**December 24th through January 3rd**

For the holiday break



Q AND A WITH WANDA

**Q:** *I work out every day. Can I be over shampooing my hair?*

**A:** *No, if you use a mild shampoo. Try to avoid using a deep cleaning shampoo everyday and use a mild cleaning shampoo. This will help to avoid damaging the hair and maintain a healthy luster. But once in a while a deep cleaning shampoo helps eliminate build up from harsh water types.*

**YES IT'S TRUE**

**MS. WANDA IS NOW DOING**

**PERMANENT MAKEUP.**

**COME BY AND VIEW HER WORK.**

### MISSION STATEMENT

Our mission is to provide an educational, nurturing, safe, and healthy environment for our members.