



Ready to get Fit?



Boot Camp



New Session

Monday Oct 19th

4 weeks

2 times a week

Mon & Wed

Mornings

6:00-7:00am

Evenings

6:30-7:30pm

Cost \$120.00

Ski/ Snowboard Season Training Sessions

Issue: #2

October 2009



Opc 3 Antioxidant

Primary Benefits:

Combats free radicals
Demonstrates anti-inflammatory activity
Helps maintain healthy cholesterol levels
Helps maintain healthy circulation by strengthening capillaries, arteries and veins

Helps maintain joint flexibility
Helps promote/support cardiovascular health
Helps reduce mild menstrual cramping and abdominal pain

Helps support visual health/visual acuity
Potent free radical scavenger
Promotes/Supports healthy blood vessel dilation

Promotes/Supports healthy nitric oxide levels
Supports a healthy complexion
Supports healthy blood glucose levels
Supports healthy platelet activity
Supports healthy sperm quality



Roasted Butternut Squash and Shallot Soup

Yield:

6 servings (serving size: 2/3 cup soup and 1 teaspoon chives)



4 weeks starting October 12th

Monday 7:30-8:30pm

Thursday 6-7pm

Cost \$100.00

Believe it or not, it's that time of year again. The temperatures are dropping and the snow is getting ready to fall. As you think about dusting off those skis or snowboard, shouldn't you give thought to preparing your body for the season.

Participating in a preseason program will get your body ready to meet the demands that the mountain will certainly be asking of you. You will feel more comfortable on the mountain, more confident in your skills, and safer as strength training has proven to decrease injury risk. This class is taught by Timothy Webber

High School Hockey Training Session

Oct 6th-Nov 12th

Tuesday

4:30-5:30pm

Thursday 5-6pm

Cost \$120.00

Ingredients

4 cups (1-inch) cubed peeled butternut squash (about 1 1/2 pounds)

1 tablespoon olive oil

1/4 teaspoon salt

4 large shallots, peeled and halved

1 (1/2-inch) piece peeled fresh ginger, thinly sliced

2 1/2 cups fat-free, less-sodium chicken broth

2 tablespoons (1-inch) slices fresh chives

Cracked black pepper (optional)

Preparation

1. Preheat oven to 375°.

2. Combine first 5 ingredients in a roasting pan or jelly-roll pan; toss well. Bake at 375° for 50 minutes or until tender, stirring occasionally. Cool 10 min. Roasted Butternut Squash and Shallot Soupes.

3. Place half of squash mixture and half of broth in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large saucepan. Repeat procedure with remaining squash mixture and broth. Cook over medium heat 5 minutes or until thoroughly heated. Top with chives and pepper, if desired.

Nutritional Information

Calories: 112 (20% from fat) Fat: 2.5g (sat 0.4g, mono 1.7g, poly 0.3g) Protein: 3.3g Carbohydrate: 22.4g Fiber: 3.6g Cholesterol: 0.0mg Iron: 1.6mg Sodium: 266mg Calcium: 84mg

Mark Scarborough, Cooking Light, NOVEMBER 2008

Staying on track with your health and fitness



Why after working so hard to get into shape do we fall off the wagon and stop our health and fitness routine? Is it that we get bored, plateau, or does family and work get in the

This training program is designed to improve speed, quickness, and overall strength. Office training has become an essential aspect of hockey and great improvements can be seen on the ice when a proper strength program is implemented. This Class is taught by Tim Webber

QUICK LINKS

www.tripswitpets.com

www.emilieinc.com

www.marketamerica.com/cgotts

www.websolutions-maine.com

www.drdunphy.com

way?

We have to remember why we are doing this. Being fit and healthy is a journey not a destination. Health and fitness is a lifestyle that hopefully will become a habit not so much a chore. Look at the the big picture (your health); a healthy and fit lifestyle allows us to be more productive in other parts of our life.

I believe along with other experts in the field that small goals (written down) along with a daily or weekly calendar or journal can help you to stay on track. Smaller goals don't seem so overwhelming and more attainable. Tell your family and friends that you have goals and that their support will help you achieve them.

Other ways to stay in the game would be to join a group fitness class, find a friend or friends to workout with, or hire a personal trainer to get you started and/or rev up your fitness engine if you have stalled for a bit.

For more information please call us at (207) 741-5280 or email us at info@bodyofworkme.com or check us out on the web at www.bodyofworkme.com We look forward helping you get on the healthy fitness track.

Sincerely,

Body of Work

October Special

One Health and Fitness Evaluation which includes : measurements, weight, body composition, posture analysis, basic fitness test, nutritional consultation, and 3 one-on-one training sessions for \$250.00.

Offer Expires: October 31st, 2009