

April 2010

Happy Easter!



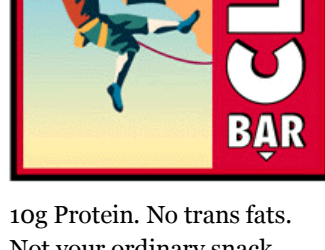
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Featured Product

CLIF MoJo Bars



10g Protein. No trans fats. Not your ordinary snack. 70% Organic. Entirely natural, no genetically engineered ingredients. So there's this bar right? We call it Clif MoJo. Folks tell us it's pretty darn good. Clif MoJo is all about getting out there, trying new things, combining ingredients. And because it's got all sorts of good stuff in it, your body will dig it too. Clif MoJo. Get some. Certified Organic by QAI.

Try
**Peanut Butter
Pretzel
&
Honey
Roasted
Peanut**



Cost: \$2.00

From the Clipboard

— Notes from your Favorite Personal Trainer

The Do's of Exercise

I always seem to hear about the don'ts of exercising. You have heard them: don't lift too much, don't eat after 7:00, don't eat carbs, don't eat fat. After so many don'ts what can we do? Here is my list:

- Do: Eat 5 times a day. Small meals throughout the day keep you energized and your metabolism going.
- Do: Lift weights. Weight training makes you feel good it builds up bone density and increases muscle mass.
- Do: Eat Carbs. Healthy, low sugar carbs and whole grains are good for your body.
- Do: Cardio. Any cardio. Ride a bike, jog, walk, play tennis, play with your kids. Aim for 3 to 5 days a week.
- Do: Keep an exercise and nutrition journal.
- Do: Ask for help. It is ok to be confused. There is so much conflicting information that it can be hard to understand what is best for you. Find someone who can set you up on a plan specific to your individual needs.
- Do: Give yourself time. Exercising is a lifelong activity, so give yourself some time to see the results that you want. It is ok to gradually increase your exercising and make changes. Any change worth making won't happen overnight.
- Do: Have fun. Take advantage of the spring weather and do exercise that you enjoy.

Glenn

You're Invited

Who: You & your friends and Family

What: Health and Fitness Night

When: April 29, from 5-8pm

Where: Candid Gifts 18 E. Main, Belleville

Why: A fun-filled evening with guest speakers, free massages, wine tasting, door prizes and giveaways. For more info or to RSVP, visit this [link](#).

Colin's Exercise Tip

Aim for 150 minutes per week of physical activity.

According to the American College of Sports Medicine this prevents significant weight gain and reduces chronic disease risk factors. ACSM also recommends strength training to increase lean mass and further reduce health risks.

Don't think you have time? This works out to 30 minutes 5 days a week



Thanks for your vote!

Your vote made Inspire Health and Fitness the #1 personal training center in the St. Louis area.

We appreciate your support and the many kind and enthusiastic recommendations you gave us. We are honored to be a part of your healthy lifestyle.

[Fox 2 Hot List Voting Results](#)

Spring Cleaning

Eileen Vollmer, Nutrition Consultant

In the Spring, I have counted 136 different kinds of weather inside of 24 hours. Mark Twain

It is officially spring on the calendar, and hopefully in our weather! Bring on the sunshine!

April is a transition time from the hibernation and resting period of winter to the awakening and blooming of spring. Like shrugging off an oversized coat, come spring we are eager for more movement, lighter food, and reconnection.



With spring comes a desire to cleanse and shed. Here are some great ideas to cleanse your body on the inside and help you shrug off that winter weight.

- First thing in the morning, drink 12 oz water with a fresh lemon squeezed in (cleanses kidneys, diuretic). Try a sweet Meyer lemon!
- Add in some fiber like psyllium, or seeds like flax or chia. These help the colon eliminate.
- Get in those dark leafy greens like kale, spinach, Swiss chard. Very detoxifying for the liver.
- Eliminate toxins like sugar, caffeine, alcohol, artificial sweeteners, MSG, hormones in dairy and meat, artificial flavors and colors, high fructose corn syrup, nitrates and trans fats. Even if you just pick ONE and purge it from your diet, you are reducing the stress load on your liver.
- Breathe! Most of us are very shallow breathers, which releases cortisol in the body. Oxygenate your body and eliminate toxins via your exhale.
- Stop eating several hours before bedtime so your body can restore itself through the night.
- Get outside and move every opportunity you can!

If you need a plan, check out my 21 day Gentle Cleanse. It's getting great results!

Eileen

Recipe of the Month

Turkish Potato Salad

A delicious healthy alternative to traditional potato salads, and a use for some of your hardboiled Easter eggs.

Ingredients

- 1 lb Red potatoes, chopped
- 3-4 Hardboiled eggs, chopped
- 1 bunch Green onion, sliced
- Cherry tomatoes, halved
- Black olives, halved
- Olive oil
- 1 Lemon
- Garlic salt
- Basil or Mint
- Paprika



Directions

Place potatoes in a pot with enough water to cover. Bring to a boil, then cook for 5 to 10 minutes until tender. Drain and transfer to a large bowl.

Toss potatoes with chopped hardboiled eggs, sliced green onion, cherry tomatoes and black olives. Drizzle olive oil and juice from fresh lemon overall. Stir in garlic salt, a few dashes of basil or mint. Sprinkle paprika over top. (Adjust seasonings to suit your taste.)

Serve warm or cold.

Good luck to all of the contestants in the Biggest Loser Challenge. Next month, we'll announce the winners!

Coming up...

- Stay tuned to see who wins the Biggest Loser Fitness Challenge.
- Health and Fitness evening is April 29th from 5 to 8 pm at Candid Gifts in Belleville.



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