



October 2010

Happy Autumn

Every leaf speaks bliss to me
fluttering from the autumn tree

—Emily Bronte

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- From the Clipboard, by Glenn Peterson
- Women's Health Night, by Beth Baughan
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From the Clipboard

— Notes from your Favorite Personal Trainer

Running to Finish

Amanda and I completed our first marathon on October 3rd in Milwaukee. The experience of training taught me some unexpected lessons.

1. I enjoyed running more than I thought I would. I always thought running was boring, but I found that it is a great stress-reliever. There is something relaxing about getting somewhere on your own two feet.

2. Slow and steady really brings results. We started running 3 or 4 miles at a time and gradually worked our way up to 26.2. At the beginning, this seemed like an impossible distance, but adding on 1 to 2 miles per week made each smaller goal achievable.

3. It's always good to be challenged. I love to push myself to achieve something that seems impossible. It always amazes me just how much I can accomplish when I set a new goal to tackle.

Endurance and perseverance are always great traits to develop within yourself. You'll find that you can accomplish more than you thought possible.

—Glenn

Featured Product

EcoGreen Multi Vitamins



- Iron-Free
- Fortified with Green Superfood Concentrates

Multiple vitamins help to bridge the nutrient gap in our daily diets. In today's world of processed foods and fast-paced lifestyles, many of us do not get the daily recommended allowance of vitamins, minerals and other nutrients. Multiple vitamins can help fill in the areas lacking in our diets, and are formulated to provide a broad range of nutrition in a synergistic manner.



Cost: \$12.75

Size: 90 vcaps

We finished!

(proud but exhausted)



Glenn & Amanda

Calling All Women

Beth Baughan, Personal Trainer

Attention Women: Inspire Health and Fitness is having a women's health night!

Have you ever asked yourself a question like "Why is weight loss is harder for me then my husband", or "Why does my weight go up and down for no reason".

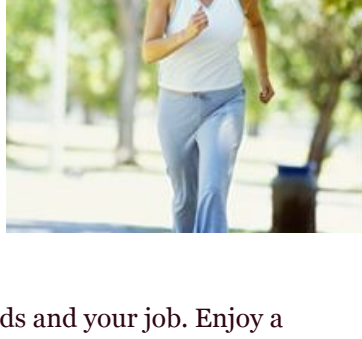
For answers to questions like these and much more join Dr. Amanda Buffington and myself at Inspire Health and Fitness for a discussion on women's health issues.

We know you work hard to take care of your family, your friends and your job. Enjoy a night out with the girls to learn about issues that affect your health: hormones, fitness, nutrition and weight loss.

When: October 19 at 7pm
Where: Inspire Health and Fitness Inc.
Who: You and your friends
Cost: Free

[Visit us on Facebook to RSVP.](#)

We look forward to seeing you there!



Recipe of the Month

Rice with Asparagus Chicken

From: [All Recipes.com](#)

Ingredients

- 1 whole boneless, skinless chicken breast, cubed
- 2 cups brown rice, cooked
- 1/2 pound fresh asparagus
- 3 tablespoons hoisin sauce (or make your own)
- 4 tablespoons peanut or olive oil
- 1 tablespoon brown sugar



Hoisin Sauce

- 2 tablespoons soy sauce
- 1 tablespoons peanut butter or black bean paste
- 1/2 tablespoon honey or molasses or brown sugar
- 1/2 teaspoons white vinegar
- 1/8 teaspoon garlic powder
- 1 teaspoons sesame oil
- 1/8 teaspoon black pepper

Directions

Cut asparagus into 3/4 inch to 1 inch pieces, discarding tough bottoms of spears. In a small bowl, mix together the hoisin sauce and brown sugar and set aside. Prepare rice OR reheat cooked rice and keep warm.

Heat wok over medium high heat. When hot, dribble 1 tablespoon of oil around the rim. Stir fry asparagus for approximately 2 minutes. Remove from the wok and keep warm. Heat wok to high heat.

Heat wok to high heat. Add 2 tablespoons of oil and the chicken pieces and stir fry until the chicken is no longer pink. Add the reserved asparagus and hoisin/sugar sauce and stir fry all together until pieces are coated with sauce. Serve over the hot rice.

Note: If you don't have asparagus on hand, try green beans or broccoli. Also, feel free to customize and add other veggies.

Meet Beth



Beth Baughan

Certified Personal Trainer at Inspire Health and Fitness

Education: B.S. Education and Special Education at Louisiana State University at Shreveport

Experience as a Trainer: 2 years

Goals Achieved: Completed 2 marathons, won a Triathlon

Family Information: I'm married to an Air Force Pilot. I have two kids, 8 and 3. I also have 2 dogs (Labs).

How long have you been exercising? 30 years. As a kid, I played every sport there was. My Dad was a marathon runner so I did races all the time. As a family, we were always very active. I had my first gym membership at age 14. I need to exercise just like I need to sleep. I don't feel right when I don't.

Have you noticed a difference in how you feel as a result of your fitness routine? I feel much better after I exercise. I exercise for mental clarity and stress relief. At the same time, it helps keep me trim, so it makes me feel good about myself. I know I sleep better because of it.

What advice do you have for someone starting a fitness routine? Take it slow. Start off 2 – 3 days a week. Find something you like. Stick with it for month before you decide how you feel about it. Start with an open mind.

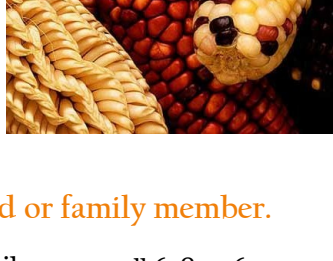
What are your hobbies? Running, biking, swimming, weight lifting, reading, cooking, entertaining.

What is your favorite exercise and why? Long Distance Running. I can hit the open road with my ipod and go. I can run everywhere I travel as long as I have my shoes. I get the most mental clarity and stress relief when I'm running.

Why did you become a personal trainer? I have a HUGE passion for fitness and nutrition. I feel exercise is one of the pieces to my overall health. The quality of my life is better with health and fitness in it and I love giving this gift to others. I also want to teach individuals how to maximize their time and fit exercise into their life.

Coming up...

- Third Annual Guilt Free Thanksgiving Workout
- Stay tuned for the unveiling of our new website.



Please feel free to forward this newsletter to a friend or family member.

Questions or comments? Email us at inspirehealthandfitness@gmail.com or call 618-416-4522.