

To our valued members...

It's pretty amazing to think about next month being our *third* anniversary. When we began this endeavor who would have imagined the twists and turns in the road. We remain optimistic of a sound future and with your help the club can remain strong. What we would ask is that each of you think of people you know who would be interested in a free 7-day pass to try out the club. Our new membership package gives people 30 days to evaluate the club. If they are not satisfied after that time we will refund their set-up fee and cancel their contract. Either way they can try out the facilities, classes and trainers and when they join: they win, you win (with reduced monthly dues) and we win!!

Have you made an appointment for a FREE nutritional assessment with Joyce?

Give her a call
406-570-3866.

Also, be on the look out for her upcoming nutrition class-details coming soon.

Sincerely,

Gary and Dave



The BEND
Downtown
ATHLETIC CLUB
March



**GROUP EXERCISE
FOR MARCH**

Starting
Friday, March 5th
5:45 am ZUMBA!
will be with Susan.



**Check
out the board for
all kinds of
specials!!**

Daylight Savings
Sunday, March 14th
Remember to set your clocks
AHEAD.

Eat these foods to stay healthy this flu season-part 2

Yogurt

Shift workers who consumed a drink containing *Lactobacillus reuteri*, a probiotic that appears to stimulate infection-fighting white blood cells, were 33 percent less likely to take sick days than those who took a placebo, according to an 80-day Swedish study published in *Environmental Health*. But beware, says Elizabeth Somer, RD, author of 10 books on nutrition: "Some companies make up probiotic names to put on their label." She suggests looking for yogurt that contains *Lactobacillus acidophilus* as well as *Bifidus* and *L. rhamnosus*. "They're even more effective when combined," she says.

Fish and shellfish

Salmon, mackerel, herring, and other fatty fish contain omega-3 fatty acids, which increase activity of phagocytes — cells that fight flu by eating up bacteria — according to a study by Britain's Institute of Human Nutrition and School of Medicine. They also contain selenium (also plentiful in shellfish such as oysters, lobsters, crabs, and clams), which helps white blood cells produce cytokines, proteins that help clear viruses. Other research shows that omega-3s increase airflow and protect lungs from colds and respiratory infections. In fact, says Somer, DHA and EPA (the two main

forms of omega-3s) benefit the immune system at the most basic level, enabling cell membranes to efficiently absorb nutrients and remove toxins.

Chicken soup

This cold remedy has been used for centuries — and with good reason. Cysteine, an amino acid released from chicken during cooking, has a chemical structure similar to acetylcysteine, a drug for bronchitis. The soup thins mucus and calms the symptoms of a stuffed-up nose and wracking cough. A study published says even most supermarket brands helped block the inflammatory cells, leading to reduced cold symptoms. Added spices, such as garlic and onions, can increase soup's immune-boosting power. Have a bowl whenever you feel crummy.

Garlic

According to a study published in *Advances in Therapy*, subjects who swallowed a garlic capsule for 12 winter weeks were two-thirds less likely to catch a cold; those who did suffered for 3 1/2 days less. Garlic contains infection-fighting compounds, including allicin, a potent bacteria fighter that Somer believes is even more effective in food form.

Healthy-er Enchiladas by Kris



1 bottle of your favorite mild green chili sauce
1 bunch of fresh cilantro
1 bunch fresh parsley
Lots of fresh garlic
1-1/2 lb. lean ground turkey
Low moisture grated mozzarella
*Don Pancho High fiber, low carb, low fat wraps
(These specific wraps will give you the nutritional numbers at the end)
Heat oven to 350. Spray 11x7 dish with cooking spray.

- Blend well green chili sauce, cilantro and garlic.
- Brown turkey.
- Mix approx. 3/4 of blended sauce into the meat.
- Add some cheese-melt and stir.
- Roll turkey into tortillas.
- Place in dish side by side.
- Spread remaining sauce over rolled enchiladas .
- Sprinkle with cheese.
- Bake 25 minutes and enjoy!

Your wrap choice will change these numbers :

*235 calories *28 g. protein
*17 g. carbs. *6 g. fat

Fix Your Worst Diet Habits

Bad habit: Eating when you're not hungry

Snacking even though you are full makes the pounds add up.

Fix it: The next time you're about to pop something into your mouth, assess your hunger level. If you're not truly hungry, don't eat. If you're a little peckish, allow yourself to get a bit hungrier. When you do sit down to eat, adhere to the Japanese saying *hara hachi bu*, which means "eat until you are 80 percent full." Chances are that in 15 to 20 minutes, you'll be perfectly satisfied.

You gradually force the pathway to weaken and atrophy over a period of time by not using it.

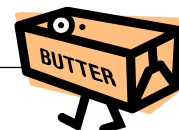
Every time you resist the urge to eat an extra cookie when you're upset, or use the ranch dressing at the salad bar, you're allowing those old patterns and pathways to die away so that you can slim down and get healthier. You can do this by pausing and thinking through your choice. Ask yourself what the consequences of that choice will be. That allows you to move from the impulsive part of your personality to the part of your brain that can reason before automatically reacting.



Override the old pathway by wiring in a new behavior.

Let's say you've been going to the same supermarket for years—and buying garbage foods that don't support your efforts to lose weight. Try a new supermarket! It seems strange, but simply being in a new location will help you not fall into old patterns of grabbing your same-old old junk food from the same old shelves. Remember to shop the perimeter of the store where the whole foods can be found. Then repeat. Something that will help create a strong neural pathway is repetition. It's not as complicated as the term "neural pathways" makes it sound: Just know that you actually can create physical changes in your brain, hard wiring yourself for success.

Okay, now what old habits are you going to break? And what will you replace them with?



Trainer: Tidbits-Joyce on nutrition-Butter versus margarine

Let first take a look at how margarine is made...manufacturers begin with the cheapest oils; soy, corn, cottonseed or canola, which undergo a rancid yielding extraction process, followed with a mixing of tiny metal particulates (mainly nickel oxide). The mixture is then subjected to high pressure hydrogen gas. Consistency is improved through the use of emulsifiers and starch based products; the oil is yet again subjected to high temperature when it is steam cleaned, removing its unpleasant odor. Margarine's natural color, an unappetizing grey, is removed with bleach, and dyes and strong flavors are added to make it resemble butter. If that hasn't turned your stomach... maybe you need to know that this process causes the hydrogen atoms to change position on the fatty acid chain, which makes it a toxin. Unfortunately, your digestive system does not recognize them as foreign fatty-acids and your body incorporates these trans-fats into the cell membranes. This causes the cells to become partially hydrogenated, therefore your cells no longer do their job properly. Margarine, causes chronic high levels of cholesterol and has been linked to both heart disease and cancer.

On the other hand, butter is made from whole milk. It goes through a churning process and is a great source of vitamins A and D. Natural butter contains a high concentration of the short-chain saturated fat-butyric acid, great fuel for most of the cells of the large intestine and it helps keep the digestive system on track.