

Health Fitness and Beyond

Volume 8 Issue 1

January 2010

Happy Birthday to Our 84 Associates!

- Mike Bachinski
- Sandy Brady
- Kathy Duntz
- Thomas Kuntz
- Rebecca Lopez
- Ian Wilson

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Happy New Year! 2010, can you believe it? I hope that everyone had a wonderful holiday season. My daughter Haley made Christmas a absolute blast, she's 6 years old and her excitement rubbed off on all who were around her, I'm a little sad they are all over and bummed that I can't use the threat of calling/texting Santa Claus, when my daughter is misbehaving.

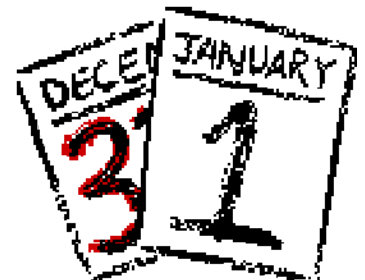
January is such a wonderful time of the year. It's a time for new beginnings, a time to reflect on the past year, and also a time to set our direction for the up and coming year. Tis the season for New Year resolutions! Yes I am one of those saps who are big on New Years resolutions. I've always been a goal setter, but January I set my whole year plan (long

As winter continues, more of our members will be using the facility. In order to avoid parking problems, there are additional parking spaces at the George Handyside Building parking lot (directly behind the Fitness Center). Please

Managers Notes

range goals), then through the course of the year I break them down into small realistic steps to reach them. Are your goals to exercise regularly (even through the summer months). Lose those last 10 pounds that just won't go away, get organized or get out of debt? Whatever your goals may be make them realistic and break your goals into small achievable steps. Make sure that you write your goals down and look at them daily. Reward yourself for accomplishing your goals, create a rewards list and when you reach that certain goal choose something from your list (this escalates momentum) and continue to keep setting goals for yourself.

Please remember the staff is here to help you achieve your exercise and nutritional



Have a Happy and Healthy New Year!

goals. If you need an update on your exercise program or just a little push, schedule an appointment with one of our trainers. However we can help you just let us know and remember my door is always open if you just don't know how to get started or have a question of any kind.

Yours in Health,
Lynn Osborn

Winter Parking

do not park along side the curbs at the side of the building or any other space not marked for parking. People who park alongside the curb create problems for members entering and exiting the parking lot.





Pete's pick...I tri, therefore, I AM (part 1)

The perception of an "athlete" goes far beyond that of what we see on TV every Sunday. Being able to push yourself through the pains of intervals, early morning runs (in freezing temps), etc without the million dollar contract or endorsement deals. Triathlon is tough, it's not golf. It hurts and it's (the training) time consuming.. 95% of the racers at the starting line have done their training, bought their bike and entered just for the love triathlon or the fitness lifestyle it provides, without the sponsors. To do it right, you have to come up with some toughness and focus. And there's nothing like a race and a potential butt-kicking to prompt a convergence of priorities. If work expands to fit the time allotted, then it seems true that wasted time shrinks to fit whatever is left. A famous track coach once said that sprinters get really good at video games and marathoners go on to medical school (!?)

Well, if so, aren't triathletes impressive people? When we mention our upcoming workout/race, people don't even finish chewing their potato chips before they say "you're sick...you're nuts". Maybe we are. A body that sweats profusely or aches to the bone IS sick, unless it's in perfect health, in peak

form, running at redline. We're crazy! Who else would get out of a cozy bed on a weekend to swallow hard against the butterflies while staring past the start line, over the water & mist to an impossibly distant turnaround buoy? Truth is, we wonder, also. Growing up, I ALWAYS rode my bike, swam in a pool at the YMCA and ran, but when I did my first tri, I thought I was going to have an accident (in my shorts) at the start of the race...I still do, somewhat.

If you ask anyone who has competed in triathlons, they'll tell you it's one of the most stable activities they've ever done. Because it's *unstable*. Maybe it's important to understand that stability is not immovability. Maybe stability is to inertia what courage is to fearlessness—more a triumph over adversity than an absence of it. So, let's explore triathlon and see what we find. Maybe the unexamined sport and lifestyle is at risk at becoming too routine (we can't have that...it may as well be baseball or football).

The Swim:

Lao-Tzu once said the journey of 1000 miles begins with a single step...except triathlons, they begin with a splash, kicks, flailing arms, a foot to the face followed by questions of "what in the hell am I doing in a lake

while my wife (and most sane people) are still asleep?". Triathlon begins with a swim. Swimming presents an exhausted athlete with the greatest potential for tragedy, so let's get it out of the way while we're all fresh, more packed together and well, no one can tell if you've wet your pants. The swim is pretty intimidating. The water is cold and vast. The first buoy may only be as far away as a few laps in the pool, but in open water, it seems as far away as St. Croix. The open water is disorienting, no blue line to follow, it's dark and murky. The thrashing... there's NO WAY around it. The action stirs the emotions as it stirs the silt. The starter's horn sounds and it's not so much a signal as a switch...you're off. The glassy water explodes into a boil. The mild fellow at your side turns from four limb swimmer to an eight tentacle Humboldt squid, trying to drag you under, and he's getting the same impression of you. The swim is awful. So awful that it would ruin triathlon if it wasn't so wonderful. Part of triathlon's appeal is that it's still a bit exotic. Runners can picture themselves cycling and cyclist can see themselves running.

(please see bottom of page 3)

Because triathlon is hard and time consuming, it's worth doing. it's not golf, you have to be able to handle some HURT



The 84 Fitness Center 5K and Mini-K will take place on Saturday May

Kid Korner.. The Incredible Importance of Snacking

Gone are the days when children would eat three square meals a day, with no snacks in between. Today's kids are eating more snack foods than ever, filling up on empty calories, without the nutrients necessary for growth.

The new nutritional wisdom suggests kids should graze on healthy foods throughout the day. Think of your child's stomach like the fuel tank of a car. While an empty fuel tank brings a car to an abrupt halt, an empty stomach often triggers a child's repertoire of undesirable behaviors. Keeping high quality fuel in the tank plays an important role in a child's ability to regulate their behavior.

Snack foods should be considered small meals so children fill up on nutrient dense foods. Snack time is a perfect time to serve foods from the major food groups: fruits, vegetables, whole grains, foods high in calcium like yogurt, reduced fat cheese, lean animal and plant protein like nuts, legumes, and turkey. A good rule of thumb is to serve foods as closely as they occur in nature. For example, an apple is more nutritious

than apple fruit leather.

If you're a family on the go, consider the purchase of a small cooler that's big enough for an ice pack yet easy to haul around. Fill it with healthy snacks before rushing out and keep your kids fueled on high-octane foods throughout their busy days.

Here are some healthy snack ideas:

- Consider serving snacks that can be dipped in peanut or almond butter. Apple slices and bananas taste great with nut butters. Bananas can be cut into circles topped with peanut butter or served whole with nut butter lathered on top like icing.
- If you're on the go, try tossing your favorite trail mix into a small container, and grab a piece of fruit. Involve the kids in making a signature trail mix with their favorite nuts and dried fruit. For an extra special treat, add some dark chocolate chips. This is especially important for the moms!
- Fresh berries with vanilla yogurt
- Whole grain cereals packed in small snack bags
- Rice cakes with nut butters
- Fresh fruit like mango slices, kiwi, berries, apples, oranges, bananas, pineapple chunks, and grapes
- Fresh vegetables like carrots, celery, slices of red and orange peppers, and fresh beet slices. Aim up the nutrition by dipping these veggies in hummus.
- Legumes like soybeans (edamame), hummus (chickpeas), and sugar snap peas.
- Dried fruit like blueberries, cranberries, cherries and raisins.
- Water, small boxes of soymilk, calcium fortified orange juice, rice milk, or low-fat milk instead of soda and other sugary juice drinks.

Keep snacking simple. Offer foods that are similar to those served at mealtime, just in smaller portions. Our children will be healthier for it.

Pete's pick...continued

But swimming is a different matter entirely and open water swimming? "fahgetaboutit". It's like being in the mosh-pit at a Pantera concert. You know you're going to get beaten, but that's why you enter. Swimming has it's importance in triathlon, but it

fades since it's the shortest part of a race. It's an accepted axiom that you can't win a triathlon in the swim, but you sure as hell can lose it there. Irrational exuberance in the water will cost far more in resources than it will return in minutes. If the bill comes due while

there's much race left, it becomes a very bad investment. Go with-in yourself in the water and save something for the bike and run. Next month, the bike...



5 Healthy Life-Changing Goals For 2010



Reach for the stars—find out what your body can do!!

2010 is here, a completely new decade. What are you going to do differently this year? What goals will you make for your health? And how will you ensure that you actually follow through with your goals? For starters, life changes begin with bite sized steps toward health; you don't have to change everything in one day!

Start small! Just choose 3 life changing practices to be your goal for 2010. The trick is to be consistent every day and work your way up to your full goal.

1. Take a 20-minute walk every day

In a research with centenarians, it was found that every one walked for at least 30 minutes a day, and most walked more than a hour.

Aside from the proven benefits to your heart, walking is the perfect gentle exercise for improving digestion and encouraging cleansing of the lymphatic system. Start small with just 5 minutes and build your way up to 20 minutes or more.

2. Eat 5 vegetables of different colors every day. The countries with the highest number of centenarians generally have very little meat in their diet— and many more vegetables. Numerous studies show that the different pigments in the skins of vegetables are powerful antioxidants crucial for maintaining health, preventing cancer, and protecting against environmental toxins; an estimated one-third if all cancer patients

developed their disease as a result of insufficient whole plant fiber in their diets. Get started with this rainbow of produce:

Green: broccoli, Brussels sprouts, bok choy, and dark leafy greens like kale

Yellow/Orange: carrots, squash, pumpkins, and sweet potatoes

Red: hot peppers, red bell peppers, and beets

White/Light: cauliflower, maitake mushroom, and daikon radish

Dark colors: eggplant, seaweed, and black mushrooms

Start small: Start with just two different veggies, learn some recipes, and before you know it, you'll be up to five a day.

3. Drink 2 cups of herbal tea a day.

In addition to being a delicious, low-cal drink, tea is the beverage most commonly enjoyed by centenarians around the world. To maintain optimum health, drink decaffeinated tea with herbs that help support your liver, lymphatic system, bowels, urinary track, and skin by cleansing and preventing a buildup of toxins and waste in the body. Some of the best herbal teas for detoxifying and getting healthy are ginger, dandelion, chrysanthemum flower, milk thistle, hawthorn berry and turmeric. Green tea also has many health benefits, and even with its caffeine content, (which is much less than coffee) is still an excellent choice. **Go Big:**

This being a relatively simple practice, you can take on a bigger challenge: drink tea instead of coffee—and get the health properties without loads of caffeine. Even black tea has a third less caffeine, and beneficial polyphenols to boot.

4. Stop eating when you are three-quarters full. Something that almost all centenarians have in common is that they eat less, some have very modest means, and as a result, they were eating less than average. They often stopped eating once they were three quarters full. Many studies show that less food-calorie restriction— increases life span in animals. For example, excess animal protein increases the risk of cancer and kidney disease; excess fat leads to obesity and a higher threat of heart disease and stroke. Eating in this way also improves your overall digestion, allowing you to absorb the nutrients from your food **Start small:** Follow the 3/4 rule for just one meal a day. See if you notice a difference between that and eating to full capacity.

Continue of page 7

Fit Tip: One of the most effective ways to reduce stress, protect your heart and lengthen your years is to meditate.



Your mom was right - Eat your vegetables!

Let's Get To Know Member...Liz Dames

- How long have you been a member of 84 Fitness?

Umm, I'm going to go with 3 years.

- What are your fitness goals?

Maintain a healthy lifestyle, I want to run around with my kids and not gasp for air.

- The vegetable I won't eat...

Brussel sprouts.

- Pick one: Family guy, Myth Busters, Monday Night Football

Myth Busters

- The exercise I dread, but must do is..

Abs

- In high school I was...

Little smirk...a nerd and a

volleyball player

- The best advice I ever got was...

Today's problems will seem smaller tomorrow.

- My favorite exercise is...

Kickboxing, then running.

- In my glove box, you'll always find...

Napkins

- The last book I read was..

New Moon

- Pizza, Tacos or Cheeseburgers....

Ohhhh, pizza

- If the TV is on at 3:00am, I'm watching...

The back of my eye lids.

- The celebrity who would play me in mu bio-pic is..

Claire Daines

- People would be surprised to know...

There's nothing interesting about me, Pete chimes in, you have a wonderful sense of humor and you are a teacher.

- The movie I could watch anytime it's on is...

I'm going to go with Tremors

- My first job was...

I was a babysitter

- It's not pizza without...

Beer, or just cheese



Liz juggles 3 beautiful children and works part-time



Big Bird, Small Price

Versatile, healthy, and budget friendly, chicken is an ideal protein source for a active lifestyle. Our one, um, beef with this lean meat? It can often be bland. But chicken's mild taste means you can make it work in any type of dish. Plus, it's inexpensive. Here's why people with an active lifestyle make this a mainstay in their diets.

Protein Plus: *Both dark meat, found in thigh and drumstick, and light meat, found in breast, are loaded with quality protein that supplies all the*

amino acids your muscles need for rebuilding. One 5-ounce chicken breast packs 35 grams of protein—that's 65 percent of your Daily Value.

B-Vitamin Bonanza: *One serving of chicken contains more than 70% of your niacin and 20% of your B6 needs. These B vitamins help streamline your muscles ability to burn body fat and carbs for fuel.*

Mineral Wealth: *One chicken breast provides 30% of your selenium needs. This mineral helps protect your immunity. You'll also*

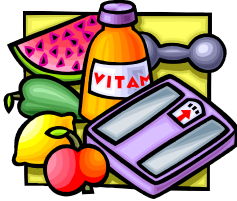
get 10% of your DV for iron (which helps fight fatigue) and 20% for zinc, which boosts recovery from injury. These minerals are often low in a active lifestyle.

Healthy Fat: *Chicken is lower in artery-clogging saturated fat and higher in heart-healthy monounsaturated fat than many cuts of beef. Remove the skin before cooking to reduce unnecessary fat intake.*



Chicken is cheap, packed with vitamins and of cooked right-delicious.

8 Little Health-Boosters



These are just tips for better health not a guarantee cure.

LOWER YOUR BLOOD PRESSURE JUST BY... **Getting your news this way!** *New research shows that watching the news on TV can be upsetting enough to raise your heart rate and blood pressure for up to 45 minutes afterward! Instead skim the news headlines on the Internet so you can click on stories you want to know more about, while skipping details of tragedies that you don't.*

Sleeping with Earplugs.. *Researchers have found that any noise you hear during sleep—from a car alarm to your dog's snoring—can cause a spike in blood pressure, even if it doesn't wake you up! But there's an easy solution: Wear soft foam earplugs to bed. They've been shown to improve the sleep of hospital patients by blocking out noisy in-room equipment!*

PREVENT DIABETES BY.. **Taking the Stairs Down!** *Sure, you know walking upstairs is good exercise— and researchers now say taking them down has health perks, too. Researchers had volunteers hike either up or down a mountain, then tested their blood levels. They expected to find health benefits from the exhausting trek up, but were shocked to learn that the downhill walk resulted in dramatically lower blood sugar levels! Researchers think it has to do with how the muscles move while walking downhill—which also exercises under used muscles in the leg. So if you hate feeling winded, take the elevator up and the stairs down.*

Flossing Your Teeth.. *Spanish research shows flossing can help*

prevent diabetes! Turns out, gum disease and inflammation flood the bloodstream with a compound called necrosis factor, which interferes with the body's ability to absorb blood sugar. And not only can flossing stave off the disease, it can help treat folks who have it. When patients with Type 2 diabetes were tested after a dental cleaning, their blood sugar dropped 20% !!

DETOXIFY JUST BY.. **Nibbling on the garnish!** *Chances are, you ignore the parsley garnish on your plate at restaurants. But it's packed with nutrients: It boasts three times more vitamin C than an orange and twice as much as spinach! It's also been shown to neutralize toxins absorbed in the body from environmental pollution and even cigarette smoke. Try picking up a bunch of parsley and aiming to eat two tablespoons a few times a week; toss into salads, soups and tomato sauces.*

Taking A Spa Soak! *Stressed and tired? When you have time to take a bath, toss in some Epsom salts. Research shows they trigger the release of trapped chemical toxins, heavy metals and pollutants from the body, which are then flushed out through the pores. And a bath is also an easy way to get your RDA of magnesium: Just a 12-minute Epsom-salts soak increases blood levels of this anxiety-reducing mineral 35%!*

AVOID CANCER JUST BY... **Having This Ketchup With Your Fries!** *A new study shows organic ketchup has three times more disease-fighting lycopene than the regular kind. And lycopene prevents cell damage that*

leads to wrinkles, heart problems and cataracts. It's even a major cancer fighter: Women who get the most of this nutrient are five times less likely to develop cervical cancer! An example of this product would be Heinz Organic Ketchup.

Putting This On Your Hot Dog!

Ask for sauerkraut, which contains hormone-regulating plant compounds that lower your risk of breast and other estrogen-related cancers. In fact, researchers made the discovery after noticing that Polish women—where sauerkraut is enjoyed daily—had a nearly 40% lower breast cancer rate than we do! Find it at any supermarket and serve it with pork chops and hot dogs

Did you know...

Parsley's oils neutralize bad breath; in fact, it's the main ingredient in many over-the-counter products!



When you get a bath, especially in the winter, don't forget to moisturize!

Easy Ways To Control Your Energy Bill

How many ways can you use energy wisely in your home? Here are just a few easy, money-saving steps to reduce your energy usage.

1. Add insulation and seal air leaks
2. Replace your furnace filter regularly.
3. Buy ENERGY STAR appliances which use 10-50% less energy than standard models and can save you \$750 in energy costs over ten years.
4. When washing clothes, use cold water to save energy and up to \$63 a year. Detergents formulated for cold water get clothes just as clean.
5. When not in use, unplug your gaming system. A game console left plugged in costs an estimated \$26 annually.
6. Install a low-flow showerhead to achieve savings of 25%-60%. Showers use less hot water than baths. Also you can consider taking shorter showers.
7. When not in use, unplug your laptop. Left plugged in, it costs an estimated \$16 annually.
8. Turn down the temperature of your water heater to the warm setting (120 degrees). You'll not only save energy, you'll reduce the risk of scalding.
9. Set refrigerator between 37 and 40 degrees (F) and clean coils. Keep the refrigerator full; when the refrigerator is stocked, less cold air is lost when the door is opened.
10. CFLs use 75% less electricity than incandescents, last up to 10 times longer and can save you up to \$30 over the life of the light bulb.
11. Use a power strip to turn off your TV when not in use. A plasma TV left plugged in costs an estimated \$160 annually.
12. The average household dedicated 11% of its energy budget to lighting. Turn off lights when not in use. Wasted energy is wasted money.
13. Wash only full loads of dishes and air dry them. If washing dishes by hand, do larger piles at a time and remember not to leave the water running in between dishes.
14. Make sure draperies and furniture do not block the heating registers in your house.
15. Adjusting your thermostat 10-15% for 8 hours can save as much as 10% on your energy bill. Using a programmable thermostat makes this a user-friendly process.

**** With the cap on the generation component of retail electric rates set to expire on 12/31/2010, the rate you are charged is likely to increase. But you can control the size of your electric bill through energy-efficiency and conservation.



When not in the room-turn off those lights!!!

A Few Little Adjustments Can Add Up To Big Savings, These Ideas Can Help You Save Money On Electricity Today

Healthy Life Changing Goals for 2010

Continued from page 4

5. Commit to a cardio workout.

It is most unlikely that you will ever meet a centenarian that lived a physically inactive life. Cardiovascular exercise is critical to attaining your health goals and the key to a healthy heart.

Effective moderate exercises include general calisthenics, racket sports, swimming (with moderate effort), cycling (at a moderate speed of 10 miles per hour or less), canoeing, and rowing (at a speed of about 2-3 miles per hour). A gentler overall workout is tai chi which is easier on the joints and balances your energy. **Start Small:** Begin by exercising

only 5 minutes a day, but do it everyday. Increase the time by five minutes each week. By week 6 you will be up to 30 minutes.



Ta chi is a gentle overall workout

Whole Wheat Pancakes with Nutty Topping



Remember to remove the shells of the sunflower seeds

There is never a bad time for pancakes, especially on a crisp-cool winter morning

Ingredients:

For The Topping:

- 1/4 cup sliced almonds
- 1/4 cup hulled (green) pumpkin seeds
- 1/4 cup sunflower seeds
- 1 tablespoon sesame seeds (preferably unhulled)
- 1/4 cup toasted wheat germ
- 1/4 cup real maple syrup, plus more for serving
- Pinch of salt

For The Pancakes:

- 1 medium apple, such as Golden Delicious, cored and diced
- 3/4 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 2 teaspoons baking powder
- 1/2 tsp. baking soda
- 1/4 teaspoon salt
- 2 large eggs
- 1 cup 1 percent low fat butter-milk
- 3/4 cup low fat milk

- 2 teaspoons honey
- Nonstick cooking spray

Directions:

Make the topping: In a large skillet, toast the almonds and pumpkin seeds over medium-high heat, stirring, for about 1 minute. Add the sunflower seeds and cook, stirring, for about 1 minute more. Add the sesame seeds to the pan. Cover and cook, shaking the pan, until the seeds are toasted, about 30 seconds more. Transfer the toasted nuts and seeds to a medium sized bowl. Add the wheat germ. Stir in the syrup and a pinch of salt and set aside.

Make the pancakes: Put the apple in a microwave-proof bowl, tightly cover with plastic wrap and microwave on high until softened, about 2 minutes. Set aside.

In large bowl, whisk the flours, baking powder, baking soda and salt.

In a small bowl, whisk together the eggs, buttermilk, 1/2 cup of the milk and honey. Slowly whisk the egg mixture into the dry ingredients, stirring until just combined. If the batter seems too thick, add as much of the remaining 1/4 cup milk as necessary.

Spray a large non-stick griddle with cooking spray and heat over medium heat. Spoon about 1/4 cup batter per pancake into the pan and top each pancake with a heaping tablespoon of the cooked apple.

Flip when the pancake tops are covered with bubbles and the edges look cooked, about 2 minutes. Cook until the pancakes are golden brown and cooked through, an additional 1 to 2 minutes.

Serve immediately or transfer the cooked pancakes to an ovenproof dish and keep warm in a pre-heated 250 degree F oven while making the rest.

To serve: Arrange 3 pancakes per plate and sprinkle each serving with 1/4 cup of the topping.

Serve with additional syrup

Calories 510

Fat 19

Protein 21

Carb 68

Fiber 7

Frozen Yogurt Sandwiches (cont. on page 10)



Great for kids-or the kids at heart

Ingredients:

- 1/2 cup packed light brown sugar
- 2 tablespoons canola oil
- 1 tablespoon low fat milk
- 1 large egg white
- 1 teaspoon vanilla extract
- 1 cup "quick" rolled oats
- 1/2 cup whole-wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 2 cups frozen unsweetened fruit, such as cherries, blueberries, strawberries, peaches, slightly thawed
- 3 cups nonfat vanilla frozen yogurt

Directions:

1. To make cookies: Preheat oven to 300 degrees. Coat 2 baking sheets with cooking spray.
2. Whisk together sugar, oil, milk, egg white and vanilla in a mixing bowl until no

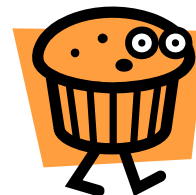
Banana Chocolate Chip Muffins

1 3/4 cups all-purpose flour
1 1/4 tsp. baking powder
3/4 tsp. baking soda
1/2 tsp. salt
2 ripe bananas, mashed, 1 cup
2/3 cup packed dark brown sugar
1 cont. (6 oz) low-fat banana yogurt
1 tsp. vanilla extract
1 egg
1 egg white

1/2 cup + 1 Tbs. low-fat (1%) milk
2 Tbs. mini chocolate chips, chopped
2/3 cup confectioners' sugar

Preheat oven to 350. Coat 12 muffin cups with cooking spray. Combine flour, baking powder, baking soda and salt; reserve. On medium speed, beat bananas, brown sugar, yogurt and vanilla until blended. Beat in egg and

egg white. On low speed, alternately beat in flour mixture with 1/2 cup milk until just combined. Stir in chips. Divide batter among muffin cups. Bake 20 minutes or until toothpick inserted into centers comes out clean. Cool 10 minutes. Transfer from pans to rack; cool completely. Combine confectioners' sugar and remaining 1 Tbsp. milk until smooth; drizzle over muffins.



You'll go bananas for this muffin—without all the fat of the original

Flank Steak

1 tablespoon of flour
2 large red onions, halved lengthwise and thinly sliced
1 red or green bell pepper, cut into thin strips
1/2 teaspoon dried sage
1/2 teaspoon dried oregano
1 1/4 to 1 1/2 pound beef flank steak
1/2 teaspoon salt
1 tablespoon freshly ground black pepper
4 7-8-inch flour tortillas, warmed
1 15-ounce can black beans, rinsed and drained, warmed

- Stirring constantly, cook, uncovered, over medium-high-heat for 4 to 5 minutes, until the onions are golden and the peppers are crisp-tender.
- Preheat a grill pan over medium-high heat. Trim fat from the steak; score on both sides by making shallow cuts at 1 inch intervals in a diamond pattern. Rub with salt and black pepper. Grill 8 to 12 minutes for medium rare or 12 to 15 minutes for medium, turning once.
 - To serve, thinly slice the steak diagonally across the grain and top with the onion mixture. Serve with warm tortillas and black beans on the side.

Flank steak is easy to prepare, quick to cook and low in calories. It absorbs marinades well and grills evenly. Here are tips for buying the best steak:

Be Picky: Look for a cut that is deep in color and has white specks of fat, which give the meat flavor

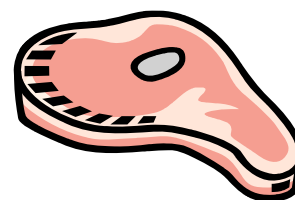
Buy A Thick Cut: Choose a steak that's one to two inches thick so it will be brown on the outside but medium rare on the inside after grilling.

Serve, Don't Store: The steak will stay fresh for up to three days, but for the juiciest texture and best flavor, marinate and cook it within a day or two of purchase.

- Melt the butter in a large skillet over medium heat. Add the onions; cover and cook, stirring occasionally, until tender, about 7 minutes. Add the bell pepper strips, sage and oregano.

Beef Up

Need dinner on the table fast?



Use a freezer bag with a ziploc top to marinate the steak.

84 Fitness Center

84Fitness Center
1019 Route 519
Eighty Four, P.A. 15330

Phone: 724-228-8855

84 Fitness Center is committed to being a quality, family oriented health club offering first rate service to our members. We provide an experienced, friendly motivated team of fitness professionals dedicated to assisting members in achieving their goals and enhancing their overall well-being.



*84 Fitness Center Hours
Monday-Wednesday-5:30am-10:00pm
Thursday-Friday-5:30am-9:00pm
Saturday-7:00am-4:00pm
Sunday-9:00am-2:00pm*

Frozen Yogurt Sandwiches ..(cont)

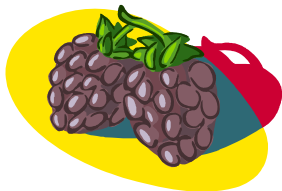
lumps of brown sugar remain. Add oats, flour, baking soda and cinnamon to the bowl and stir until no traces of dry ingredients remain.

- 3. Divide the dough into 16 equal pieces and form each piece into a ball. Place 8 balls on each prepared baking sheet. Cover each baking sheet with a piece of plastic wrap or wax paper; firmly press each of the balls into a thin 3-inch circle, using a flat-bottomed cup or bowl.*
- 4. Bake the cookies, one sheet at a time, until well-browned, 8*

to 10 minutes. Transfer to a wire rack to cool completely.

- 5. To make sandwiches: If the pieces of fruit are large, coarsely chop them. Soften frozen yogurt in the microwave at medium-low power for 30 to 60 seconds or at room temperature for 10 to 20 minutes; place in a mixing bowl. Swirl the fruit into the softened frozen yogurt. If the yogurt has become too soft, return it to the freezer to firm up slightly. Scoop about 1/3 cup of frozen yogurt onto a cookie and gently press a second cookie on top. Repeat*

with the remaining cookies and frozen yogurt. Return the sandwiches to the freezer to firm up.



Frozen fruit swirled into frozen yogurt and sandwiched between 2 cookies! Yum