

"The more difficulties one has to encounter, the more significant and the higher in inspiration his life will be.

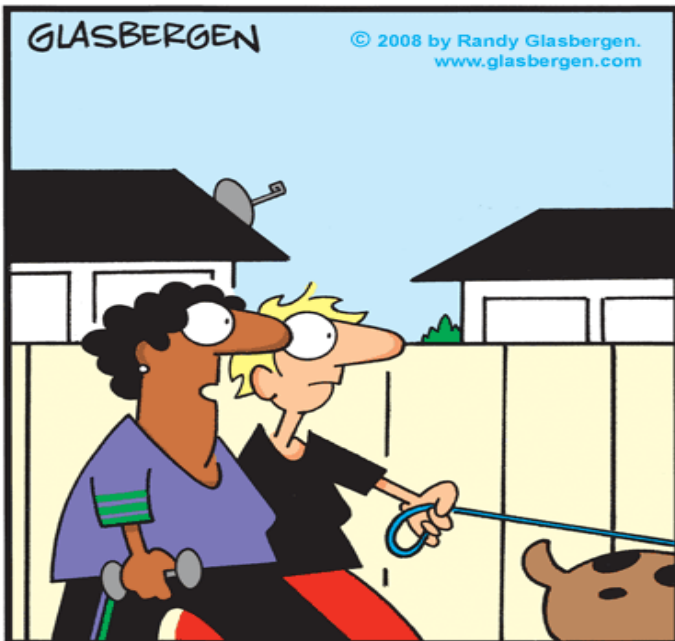
Horace Bushnell

FALL WORKSHOPS NOW OPEN FOR REGISTRATION

**Anusara and Hatha Yoga,
Classical Pilates, Gymstick,
Running Clinics, and
Wellness Workshops**

**Leading-edge instructors and
educators bringing you vitality,
expertise, and lots of fun!**

Class sizes are limited. Drop-ins welcome!



"The doctor told my husband to double his daily exercise, so now he changes channels with both hands!"

Hate Exercise?

You are not alone! Recent studies indicate that only 18% of North Americans engage in exercise consistently. The interesting part is that other studies conducted in similar time frames indicate that over 70% of North Americans wanted to lose weight and/or lead a healthier lifestyle. So if the majority of us want the benefits of an active lifestyle why are less than 20 percent of us taking action?

Being in the field for over two decades it is quite apparent that the fitness industry has failed to make it easy to enter into an exercise regime without intimidation. With an overwhelming number of marketing gimmicks and thousands of articles contradicting each other, who has the energy to even consider adding this additional madness to their already hectic lifestyles? The only memories many of us have of exercise are haunting high-school gym class episodes. You remember when the teacher made you do suicides until your legs felt like they were going to explode, wearing those shameful polyester gym-class uniforms. Except for a precious few, who were completely confident with self-image and born exercise addicts, gym class was dreaded more than a visit to the dentist.

Now here we are experiencing the signs of aging and our doctors stressing the importance of regular exercise to prevent heart disease and diabetes, to name a couple, and we wonder why we don't crave exercise like the avid runner who lives next door. It is pure fear alone that drives us straight to the mall after that first eye-opening doctor's visit where the cholesterol test results were high. We buy that brand-name workout outfit believing that it alone should be enough motivation to get us to the gym. We begin to fantasize that all of those "wobbly bits" that accumulated on our waste lines over the last twenty years will easily melt away in two weeks by simply signing our names to a membership at the local gym. In less than two weeks of signing when our bodies have not transformed into unrealistic model-like figures, we are so discouraged we forget the fear of dying before our time, and the main reason we decided to give this a go in the first place. We crash on the couch that night and settle in to a rerun of Sex in the City with a glass of wine and a tin of Pringles. The next day we are disgusted by the way we look in our new outfit and convince ourselves that exercise is at the root of our misery.

For more information visit us at www.targetzonehealthandfitness.com



MUSCLE MILK PROTEIN PANCAKES

INGREDIENTS:

6 egg whites, ½ cup oatmeal (uncooked), 1 scoop any flavor of Muscle Milk® or Muscle Milk® Light powder (Chocolate Milk, Strawberry Banana, Blueberries 'N Crème, Cinnamon Bun, Cake Batter, Chocolate Peanut Butter, etc...).

Mix all ingredients together. Spray hot skillet with cooking spray.



Makes 2 pancakes. Top with fresh fruit.

Member Spotlight

Member: Mary Fitzmorris **Occupation:** Teacher
Start Date: March 22nd, 2008 **Age:** 49

When I joined Target Zone 18 months ago my first impression was "Wow"! What a nice clean facility with a wide variety of good equipment and most importantly, a very pleasant welcome every time I went. My husband has since joined and both of my children have had excellent personal training from Jay.

I was thrilled when the Target Zone offered a ten-week running program to prepare and train if desired, for the annual Harvest Fest Run.

Each week we were taught something about distance running: proper form, proper shoes, breathing exercises, Pilates and yoga exercises to strengthen our core, nutrition, as well as the mental and technical aspects of running hills and speed training.

I took the challenge to be a better runner and not let the mental aspect get in the way. Race day was good, and I met my goal! The most thrilling aspect of race day however, was watching the Target Zone group cross the finish line and feel that same proud feeling and euphoria that I did.



Hate Exercise? (cont'd)

As funny as it may seem this is a typical experience for the first-time gym member. In order to help us improve the statistics it is imperative that we start to focus on the benefits of exercise, far beyond weight loss, to remain motivated for more than a few weeks. Two additional success factors that have been proven to counter, "exercise drop out" are a strong support system and planning. Set yourself up for success by joining a facility with staff that want to be part of that support system. Instead of investing in that trip to the mall meet with a certified and reputable trainer who can help you get started safely without the guesswork. Schedule your exercise times with the priority they deserve remembering to include activities you enjoy. Pain should no longer be part of the equation. Remind yourself everyday of the health benefits of every minute you make your body move and you may just find out you can actually "like" exercise. Whether it is Gymstick, belly dancing, yoga or weight lifting be sure to make it yours and keep it fun!

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 Convenient packets full of energy, antioxidants, vitamins, minerals and great taste!
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