

# September 2013 Newsletter



## Easy & Delicious Roasted Vegetable Quinoa

\*Works great as both a side dish and entrée

### Ingredients:

- 2 cups uncooked quinoa, made according to package (tastes even better if you add a low sodium or no salt added vegetable bouillon cube to the mix!)
- 1 large sweet potato, peeled and cubed
- 1/2 butternut squash, peeled and cubed (any other seasonal squashes will work too!)
- 2 heads broccoli, chopped
- 1 large onion, chopped
- 2 tablespoons coconut oil (or extra virgin olive oil)
- Sea salt & fresh ground pepper, to taste

### Instructions:

- Preheat oven at 450 degrees.
- Coat large cookie sheet pan with oil.
- Chop vegetables, place on oiled pan, and stir around with hands so that the veggies soak up the oil.
- Bake for about 45 minutes, stirring at least every 10 minutes. Oven times could vary, so be sure to keep a close eye on these so they don't burn.

<http://www.purplecarrotkc.com/2011/11/quick-delicious-roasted-vegetable.html>



## September is National Arthritis Month

Arthritis pain can be managed and eased by maintaining a controlled diet. This requires the consumption of anti-inflammatory foods to keep your joints happy and healthy!

Anti-inflammatory food includes: Kelp, Wild-Caught Salmon, Turmeric, Green Tea, Sweet Potatoes, Broccoli, Extra Virgin Olive Oil, Blueberries, Papaya and Shiitake Mushrooms.

Foods to avoid: Red Meats, Dairy, Night Shade Vegetables (Tomatoes, Eggplants, Red Peppers etc), Sugars, Alcohol, Caffeine, White Wheat and Dry-Roasted Nuts.

<http://www.get-arthritis-pain-relief.com/arthritis-pain-diet-foods-to-avoid.html>  
<http://theconsciouslife.com/top-10-anti-inflammatory-foods.htm>

## NEW at FitnessWorks!

Triggerpoint Performance kit features self massage tools to target deep Myofascial tissues.

It includes a two-disc DVD set and a step-by-step guidebook which is designed to help you achieve strong, elastic muscles safely and efficiently.

Ask our front desk staff for more information!





Creating Community  
Changing Lives

## Daily Intake of Flax Seed Oil increases Skin Hydration and Smoothness

Consuming flax seed oil regularly decreases skin sensitivity, dryness, roughness and scaling and increases smoothness and hydration!



This Month's Winner is...  
**JOY PARKES**  
Congratulations!



## Caffeine and Exercise

Does caffeine consumption increase our exercise abilities? Yes and No. Caffeine acts as a stimulant that increases our awareness and keeps us alert for long periods of time. Although, it does not make us pump harder or faster, it can make us run longer. For this reason it is considered a drug in the Olympics if too much level is consumed prior to training. Caffeine also increases our metabolism which means it helps us burn more calories through out the day. Choose lighter roast coffee beans for a high Caffeine content. Dark roast tends to burn off the contents of the coffee bean!

<http://www.fitday.com/fitness-articles/fitness/weight-loss/consuming-caffeine-before-working-out.html#b>

*Track your hours and progress with our Tim Horton's September Challenge!  
don't forget to sign up at the front desk!*

## YERBA MATE – SUPER FOOD!

What is Yerba Mate? Yerba Mate is a plant in Argentina originally used to make tea and contains half the amount of caffeine that coffee does.

Why do we consider this food a super food? Yerba Mate has 90% more antioxidants to fight cancer than Green Tea, tons of B vitamins and chromium which helps regulate blood-sugar levels (which in turn help keep fat off your body).

Where do we see Yerba Mate? Yerba Mate is found in most health food stores but also in most of the diet pills that you see on today's shelves.

What is the best form of Yerba Mate? Yerba Mate can be purchased in loose-leaf bags used in your own tea mixtures.

Metabolism Yerba Mate has a powerful effect on your metabolism and should be consumed along with Green tea for an ultimate metabolism cocktail.

[http://www.myfit.ca/news/news\\_comments.asp?NewsID=98&title=Yerba%2BMate%2B%28MAH-tay%29%2B-%2BSuperfood!](http://www.myfit.ca/news/news_comments.asp?NewsID=98&title=Yerba%2BMate%2B%28MAH-tay%29%2B-%2BSuperfood!)