



# NEWS

SEPTEMBER 2008

## START ME UP!

You keep telling yourself that you will start a workout program soon. You'll start right after "this" or as soon as "that" is done. A helpful hint in getting started is to know what to do or how to start. Following are some common guidelines to consider when beginning an exercise program.

Choose an activity you enjoy. Don't do something because you think it's a popular activity. You are more likely to stay with an activity if it's something you enjoy. If having people to exercise with you is important then join a class, we have some of the best around. For example, **Group Power** is our most popular resistance training class. We have numerous **mind body classes** that will energize your body and strengthen your core. Then there are awesome aerobic classes, like our **interval classes, group cycling,** and **step**. All of our instructors are nationally certified and ready to help you get started.

When working out with a partner be sure to choose someone with a similar fitness level. As a beginner, you may work too hard if you exercise with an experienced partner.

When beginning, ease into a program and have fun. Remember, you should not try to make up for all the years you have not exercised in the first few workouts. Because your body is unaccustomed to exercise, realize that you may be stiff or sore after the first day.

This soreness will pass as you continue to work the muscles. If you overdo it the first day, you could be so sore that it turns you off to exercise.

Choose to participate in more than one activity. Anything can become boring or monotonous day after day. If you like cycling and swimming then alternate these activities. Don't try to learn a new skill as a way to exercise unless it is very simple. Also Remember to choose activities that can still be done during inclement weather because you want to exercise year round. A good program incorporates aerobic, strength, and flexibility components. Try for all-around conditioning, not just one aspect.

**Some people feel they will attend more regularly when they join Bob's Gym if they hire a personal trainer.** A trainer will give you a safe and effective program that will meet your individual health and fitness goals. Participant's workout in a time efficient manner and get the most out of their exercise time by using a trainer.

When possible, exercise at the same time each day. This helps to form a schedule. Once you have a routine it becomes a natural part of your week. If you are male and older than 35 or female and over 40 or have any preexisting health concerns please see your doctor to receive medical clearance to participate in exercise. There may be a valid reason why you should

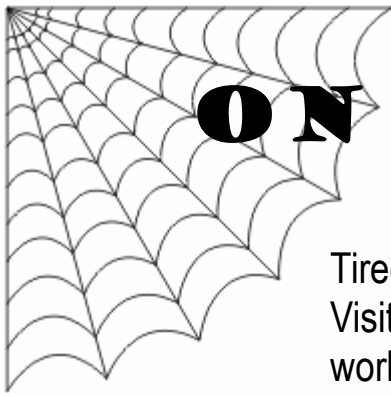
limit your participation or not exercise at all.

Everyday activities such as walking the dog, gardening, taking the stairs, and mowing the lawn are good ways of adding to your overall activity. Most important is to enjoy the activities you do. This makes the benefits even more worthwhile. You are improving your health and you're having fun too!

You will be pleased with the results in your body and your life. For more information and specific programs to fit your needs please contact Tony Maier, Director of Fitness for Bob's Gym at [tony@bobsgym.com](mailto:tony@bobsgym.com) or 812-402-2627.



**SEPTEMBER 21**  
**EASTLAND MALL**  
**FOR MORE INFORMATION**  
**PLEASE VISIT**  
**[www.komenevansville.org](http://www.komenevansville.org)**



# ON THE WEB

[www.crossfit.com](http://www.crossfit.com)

Tired of the same old routine? Visit this web site to find a daily workout that will keep your muscles guessing. The workouts are challenging but can be scaled back for beginners.

## DID YOU KNOW?

One pound of body fat is equal to about 3,500 calories

## SEPTEMBER CALENDAR OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Teen Weight Certification @ West Side 6:00-7:15 pm	4 FREE Family Fun Night @ Evansville's Children's Museum 5:00-8:00pm	5	6 FREE Women's Defense Class @ USI's Newman Hall 3:00 pm
7	8 Charity Golf Scramble for Youth First Inc. Helfrich Hills Golf Course Noon-5:00pm	9	10 Teen Weight Certification @ West Side 6:00-7:15 pm	11	12	13 Intro to Pilates @ West Side 10:00-11:30am  Fido Fun Walk Vand Humane Soc. 9:00am-2:00pm
14	15	16 Teen Weight Certification @ Newburgh 6:30-7:45 pm	17	18 Intro to Pilates @ North Side 10:45am-Noon	19	20 Teen Weights @ North Side Noon-1:15 pm
21 Evansville's Race for the Cure Eastland Mall Registration @ 6:30 AM	22 Intro to Pilates @ Newburgh 6:30-8:00 pm	23 Teen Weight Certification @ Newburgh 6:30-7:45 pm	24	25 Office Olympics Main Street Downtown 5:00-11:00pm	26	27 Teen Weights @ North Side Noon-1:15 pm  Walk to Defeat ALS Casino Aztar @ 10AM
28 Evansville's Children's Museum's Birthday Party @ 2:00 PM	29	30				

# MEMBER INSPIRATIONAL

Hi. My name is Donna McMillin and I am a personal trainer here at Bob's Gym. A few years ago, my doctor recommended a bone mineral density test for osteoporosis because of my small frame and family history. Osteoporosis is a disease that affects your bones by weakening them and making them prone to fracture. The disease affects more than eight million women and two million men in the United States alone. The bone density test showed I had osteoporosis. I already was working out by running, weight training, and going to group exercise classes. I researched osteoporosis and the medications used for patients of osteoporosis. What I learned left me with serious concerns regarding the medications recommended.

I also learned in my classes at USI how weight training and supplements were very effective in helping to prevent or slow down the process of osteoporosis. I prayed and asked the Lord for wisdom in which route I should take concerning my health. That's when I believe the Lord directed me to strength training and supplements. I became diligent with strength training workouts and taking natural bone supplements. After the 3rd bone density test, the results were in and all my hard work had paid off. My bone density in my spine had increased 1.8%, a statistically significant change for the positive! By the grace of God, this was without the aid of medications, but through strength training and supplements only.

## BEHIND BOB'S...



**Keith Zenker**  
FRONT DESK and DELIVERY  
West, North, and Newburgh

What NFL team do you root for?  
- DA BEARS!

The best part about working at Bob's is?  
- Getting to know the members

What is the greatest movie of all time?  
- Back to the Future

What was better Phelps or the Redeem Team?  
- The unstoppable Michael Phelps

What is your favorite shake or smoothie?  
- Electric Lemonade



# NUTRITIOUS AND DELICIOUS HONEY BBQ CHICKEN

## Ingredients:

- 1/3 cup honey
- 1/3 cup low-sodium soy sauce
- 1/3 cup rice vinegar
- 2 cloves garlic, crushed
- 1 tablespoon freshly grated ginger
- 6 skinless, boneless chicken breasts, 4 to 6 ounces each

## Cooking Instructions:

1. Combine honey, soy sauce, vinegar, garlic and ginger in small pan. Cook on high heat until mixture reduces by half. Let Cool.
2. Spray grill grate with non-stick spray and preheat grill to medium-high.
3. Season the chicken with salt and pepper.
4. Grill chicken on each side about 2 to 4 minutes per side, depending on thickness.
5. Brush on both sides the honey mixture, then grill 2 to 3 minutes more on each side. Drizzle the chicken with the remaining honey mixture and serve.

## Nutrition Facts

<b>Serving Size</b> 1 chicken breast
<b>Calories</b> 191
<b>Protein</b> 27 g
<b>Total Carbohydrate</b> 17 g
<b>Dietary Fiber</b> 0 g
<b>Soluble Fiber</b> 0 g
<b>Insoluble Fiber</b> 0 g
<b>Sugar</b> 15 g
<b>Total Fat</b> 1 g
<b>Saturated Fat</b> 0 g
<b>Monounsaturated Fat</b> 0 g
<b>Polyunsaturated Fat</b> 0 g
<b>Omega-3 Fatty Acid</b> 0 g
<b>Omega-6 Fatty Acid</b> 0 g
<b>Cholesterol</b> 66 mg



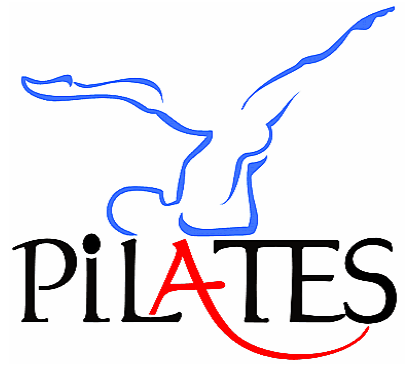
# EMPLOYEE OF THE MONTH

## Gretchen Gerling



Gretchen has worked for Bob's Gym for 5 months now and has already established herself as a top employee. She is always polite, outgoing, and reliable. Customer service is her top priority, and that is seen in her ability to talk with members as if she has

known them forever. It is because of that attitude that she is a favorite among the members, and Newburgh's August Employee of the Month! If you have not met Gretchen stop by some morning and say hello. THANK YOU GRETCHEN!



**INTRO CLASS**  
**MONDAY SEPT. 22nd**  
**6:30-8:00PM**  
**SIGNUP REQUIRED**  
**\$20 FEE**



**TEEN WEIGHT LIFTING CERTIFICATION CLASS**  
**TUESDAY SEPTEMBER 16 & 23 6:30-7:45PM**  
**CLASSES ARE FOR AGES 11-13 AND ARE FREE!**



## Family Fitness Day!

Saturday November 1

5k Run/Walk @ 9:00 am

Kids Dash @ 9:45 am

Location: Bob's Gym North  
 Post Race Party with Food,  
 Drinks, and Prizes!!

**DON'T FORGET!**

**DID YOU FORGET TO TAKE ADVANTAGE OF YOUR FREE FITNESS ASSESSMENT AND ORIENTATIONS WHEN YOU SIGNED UP? DON'T WORRY IT'S NOT TOO LATE! SEE THE FRONT DESK TO GET SIGNED UP TODAY!!!**