

# BURNING NEWS...



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**HAPPY HOLIDAYS!**

## COMING JAN '08: Body By Steel and "300"!

### Get Ready for 2008!

**Body By Steel**, the 12-week fitness competition will start again on January 7th! Participants will compete to see who can gain the most strength and lose the most body fat.

During the initial meeting participants will have baseline measurements taken including circumference measurements and body fat. The group will also complete fitness testing including step tests and push ups.

Contestants will meet weekly

on Mondays at 6PM for a health and fitness seminar, Q & A session with the trainers and weigh in. The cost to participate is \$150. Participants receive the fitness assessments, t-shirt and a journal.

Also, new to Steel Fitness, the **"300" Competition!** On Sat, January 5 from 8AM-1PM, the toughest competitors will join the "300". This intense competition was born out of the movie "300" and was the pre-filming workout for the actors. It has become a popular competition for



The Successful and Fit Participants of BBS2.

those who are not faint of heart and are ready to take on Bethlehem's most fit athletes. Watch for details!

## Eating Smart Through the Holiday by Mike Kramer, GM

As the holidays are fast approaching, we must face the yearly temptations of our favorite holiday treats and our commitment to a healthy lifestyle. The best survival tip is to understand portion

control, fat content and total calories. Nothing wrong with having a slice of pumpkin pie. Just remember the size of the slice, ask what ingredients were used and limit yourself to one

slice. The goal is to get through the holidays without gaining any unwanted weight. Control your hunger and eat foods that are nutrient dense, not calorie dense.

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### Special points of interest:

- **Body By Steel starting January 7**
- **The "300" Competition will be held on January 5, 8AM-1PM**

**A thought to ponder from Tom...**

**"What's the difference between champs and chumps? 'U'" ~Lou Holtz**

## Helpful Tips During the Holiday Season by Ian Savitz



Whether you're attending holiday parties, visiting family and friends shopping for presents, or going away on vacation, you're likely to make more excuses than usual to avoid the gym and the take in some extra calories. Thanksgiving through the New Year can be a 6 week stretch highlighted by fun with family and friends, and "low lighted" by weight gain and de-conditioning.

Let's discuss a few tips to keep you from going into the New Year with lots of ground to make up.

### 1.) Don't adopt the all or nothing approach to diet and exercise:

We all are bound to have a bad day or two during the holidays. The key is not allowing a couple of bad days turn into a bad week, and then let the bad week turn into a bad month. By then, it's New Year's resolution time; you're up five to ten pounds, and you feel like you're starting all over again. Instead, combat the extra calories, by hitting the gym extra hard after a bad weekend, and you've lost nothing, but have had a great time celebrating the holidays.

### 2.) Don't go crazy consuming liquid calories:

For the sake of safety, keeping the excess calories to a minimum, and feeling fresh the next day, limit your alcohol consumption. Avoid drinking on an empty stomach. Doing so will not only cause the beverage to have a greater effect on your system, but it can lead to a night of overeating and overdrinking.



### 3.) Take the focus off of food:

Not every holiday related event has to revolve around food. The holiday season can be a great time to reconnect with friends and family. Instead of lunch or dinner out, line up a football or basketball game, or go out shopping with friends and go for a walk. If your holiday event is going to revolve around food, try going out for a 15 or 20 minute walk after your lunch or dinner. This is a proven way to metabolize the calories that you have just consumed.

## Healthy Holiday Nog Recipe

- 1/2 cup egg substitute
- 2 cups skim milk
- 1/2 cup fat-free creamer
- 2 tbs sugar substitute
- 1 tsp vanilla
- 1/2 tsp nutmeg, cinnamon, or pumpkin spice

Pour ingredients into a container, mixing until thickened. Cover and allow to chill for at least 2 hours.

Serving suggestions:

Top each glass of eggnog with a sprinkle of cinnamon or nutmeg on top or add a dollop of fat-free, sugar-free whipped topping.



## NEW at STEEL FITNESS: Website and PT Blog

Be sure to check out our brand new, high tech website. Now with updated information, special effects and even a Personal Training blog. We will post valuable health and fitness information written by our personal trainers and fitness experts.

On our blog, you have the opportunity to make comments and/or ask questions. Our degreed and certified personal trainers will be happy to get back to you and post answers.

**Check us out:**

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

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