

# TBS News and Updates

## TBS Happenings

March 2008

## Penne with Salmon and Roasted Vegetables

**Yoga** has moved to Friday nights at 6:15 p.m. so join Erika Heilig for some great end-of-the-week relaxation and de-stress time! Classes are also offered Tuesday mornings at 7:15 a.m. These classes are FREE to TBS members and cost \$12.00 for non-members. Yoga mats and blocks are available to purchase, or you can bring your own.

**Pro-Fit Golf** is back for a second round! There is an evening session Mondays at 6:15 p.m. and Thursdays at 5:15p.m. starting Monday, March 10<sup>th</sup>. There is also a morning session Tuesdays at 9:30 a.m. and Thursdays at 9:30 a.m. starting Tuesday March 11<sup>th</sup>. Cost for the series is \$80.00 with a 15% discount for TBS members!

**Foam Roll** is back with Debi Garlick starting Wednesday, March 12<sup>th</sup> at 6:00 p.m. and running until April 2<sup>nd</sup>. You can bring your own foam roll or purchase one at TBS for \$25.00

**Belly Dancing** continues with another 8 week series starting Thursday, March 13<sup>th</sup> at 6:30 a.m. women of all ages are welcome to attend!

**Beginner's Day:** TBS will be hosting another Beginner's Day with FREE demos of all fitness classes, which will be taught at a beginner's level. We will also be raffling off 5 admin fee waivers for new members, the more classes you try, the more chances you have at winning! More details to be announced.

### Ingredients:

- 12 oz. penne
- 2 lbs. leeks
- 1 red bell pepper, cut into strips
- ¼ cup chicken broth
- 2 Tbs. lemon juice
- 1 Tbs. olive oil
- 2 tsp. dried thyme, crushed



- ¼ tsp. freshly ground black pepper
- 1 yellow summer squash, halved and cut into ¼ " slices
- ¼ cup pitted kalamata olives
- 1 salmon fillet (1/2 lb., skinned)

### Directions: Yields 6 servings

Preheat oven to 400 F. Prepare the pasta according to package directions.

Meanwhile, cut the leeks into 2" lengths and quarter them lengthwise. Rinse the leeks completely. Place the leeks and bell pepper in a 13" x 9" baking dish. Add the broth, lemon juice, 2 tsp. oil, thyme and black pepper. Cover with foil and back for 15 minutes.

Add the squash, olives, and salmon to the baking dish and drizzle with the remaining 1 tsp. oil. Cover and bake for 30 minutes, or until the salmon is opaque and the vegetables are tender.

Place the penne in a large serving bowl. Break the salmon into bite-sized pieces and add to the penne with the vegetables.

Please give a special Congratulations to the Love Your Heart winner:



Amy Greeno



To the rest of the participants, be sure to keep up with your cardio workouts, your heart will thank you!



## The Details about Vitamin D

Vitamin-D is a fat-soluble vitamin that helps the body absorb calcium. Fat-soluble vitamins are stored in the body's fatty tissue. Vitamin D also helps the body maintain the right amount of calcium and phosphorus in the blood.

Taking in too much vitamin D can make the intestines absorb too much calcium. This may cause high levels of calcium in the blood, which can lead to calcium deposits in soft tissues like the heart and lungs. This can reduce their ability to function. Kidney stones, vomiting, and muscle weakness may also occur if the body has too much vitamin D.

Vitamin D deficiency can lead to osteoporosis in adults or rickets in children, which is a weakening and softening of the bones brought on by extreme calcium loss.

The best way to get the daily requirement of essential vitamins is to eat a balanced diet that contains a variety of foods from the food guide pyramid.

Vitamin D is also known as the sunshine vitamin because the body produces the vitamin after being exposed to sunlight. Ten to 15 minutes of sun 3 times a week is enough to produce the body's requirement of vitamin D.

Specific recommendations for each vitamin depend on age, gender, and other factors (such as pregnancy). In general, people over age 50 need slightly higher amounts of vitamin D than younger people.

## Sources of Vitamin D

Vitamin D can be found in a variety of foods such as the following:

Dairy Products: cheese, butter, cream, fortified milk (all milk in the U.S. is fortified with vit. D), eggs

Protein: liver, beef, fish (check out the salmon recipe on this month's newsletter!), oysters

Grains: fortified cereals

Exposure to the sun can also produce vitamin D because the UV rays from sunlight triggers vitamin D synthesis in the human body. Humans only need about 10-15 minutes of initial sun exposure to get the body's requirement of vitamin D. Overexposure to the sun's UV rays can lead to risk of developing skin cancer, so it is recommended to use sunscreen with a sun protection factor (SPF) of 15 or greater.

For more information, check out:

<http://dietary-supplements.info.nih.gov>

### Some great websites about health and fitness to check out:

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

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

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

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



Please note: Some websites require personal information to sign up for free newsletters, please be mindful of what info. you give out.



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