

TBS News and Updates

January 2008

TBS Happenings

Foam Roll Series: Join Debi Garlick as she demonstrates the use of the foam roller, a tool that is great for flexibility, massage, and balance! This 4-week series begins Friday, January 4th at 5:00 p.m. and will run every Friday until January 25th. You may purchase a foam roll for \$25.00 from TBS or bring in your own to use!

Pro-Fit Golf: Get ready for golf season with golf expert, Mike Zaranek of Crumpin Fox as he gives you advice on your swing and condition your muscles with Liz Dolby, Debi Garlick, and Kara Jacobsen. Classes will be held twice a week on Mondays at 6:15 p.m. and Thursdays at 5:15 p.m. The first of 3 series begins Monday, January 7th at 6:15 p.m. Space is limited, so sign up soon to reserve your spot!

Hula Hoop is back! Shenandoah is returning to teach another series of hula hoop! Hula Hooping is easy, fun, and really works those abs! This 4 – week series begins on Tuesday, January 8th at 6:30 p.m. and will run until Tuesday, January 29th. Sign-ups for this series is mandatory.

Membership Special: From December 15th through January 31st, full membership for students will be reduced to \$50.00, just in time for winter break! Students, come in and sign up today!

Mini Bacon and Potato Frittatas

From: Cooking Light

Ingredients:

2 cups finely chopped peeled baking potato (about 2^{oz})
5 bacon slices (uncooked)
½ cup finely chopped sweet onion
1 tsp salt, divided
¼ tsp dried thyme
½ cup chopped fresh chives, divided
2 Tbs grated fresh Parmesan cheese
¼ tsp freshly ground black pepper
7 large egg whites, lightly beaten
3 large eggs, lightly beaten
Cooking spray
6 Tbs fat-free sour cream

Directions:

Preheat oven to 375 degrees

Place potato in a medium saucepan; cover with water. Bring to boil; .cook 4 minutes or until almost tender, drain.

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 2 tsp. drippings in pan. Crumble bacon; set aside. Add potato, onion, ¼ tsp salt, and thyme to drippings in pan; cook 8 minutes or until potato is lightly brown over medium-high heat. Remove from heat; cool.

Combine the potato mixture, bacon, remaining ¾ tsp salt, 2 Tbs chives, cheese, pepper, egg whites, and eggs, stirring well with a whisk. Coat 36 mini muffin cups with cooking spray. Spoon about 1 Tbs. egg mixture into each muffin cup. Back at 375 for 16 minutes or until lightly brown. Cool 5 minutes on a wire rack. Remove frittatas from muffin cups. Top each with ½ tsp sour cream and ½ tsp chives.



Some Interesting Facts about the Foam Roller

Foam rollers have become one of the most widely used therapeutic and conditioning products available for fitness training and rehabilitation. Whether standing, kneeling, sitting, or lying down, the foam roller is easily adapted to balance exercises, stability exercises, and strength training. The cylindrical shape challenges the body to react and stabilize.

In addition, the foam roller can be used as a tool for deep-tissue massage leading to decreased muscle soreness and fatigue and increased flexibility. Often times, reduced flexibility is an indication of poor recovery from a previous workout or competitive event. Simple stretches are not always effective in completely alleviating the pain and stiffness. By releasing the connective tissue (known as fascia) from the muscle, circulation is improved. The muscle receives more oxygen and nutrition. The healing process becomes quicker.

By making the foam roller part of a routine exercise program, individuals will develop a greater body awareness, muscle strength and endurance will increase, which will eventually lead to an improvement in both daily and competitive performances.

By: Debi Garlick



Tips for Cold Weather Work Outs

Running and walking are great ways to stay fit year-round, even during the winter months. However it is recommended to make some changes to your exercise routine to ensure your well-being and safety during the cold season.



Wear several light layers, and wear a jacket or windbreaker to keep you warm during the early part of your run or walk, then remove layers as needed after your warm up.

Always wear a hat and gloves as a lot of heat is lost through the top of your head and hands. It is also important to protect your skin, especially your lips and face by applying moisturizer, sun protection, and a gentle cleanser.

Beware of ice and windchill. Black ice forms early in the morning and at dusk, so consider running or walking in the late morning or early afternoon. Start your workout into the wind and finish with it behind you. If you run into the wind while you are sweaty, you can get dangerously chilled.

Be sure to warm up properly before starting your walk or run and stretch afterwards.

Stay hydrated and nourished. Although it's cold, you still lose fluid through exhaled vapor and sweating, so drink 2-3 oz. of water before, during, and after your workout. During long runs in the winter, plan on eating light snacks at regular intervals. Good nutrition is needed for

If the weather conditions are unsafe to go out in, consider working out indoors by using a treadmill, mall walking, or at-home aerobics.

By: Lindsey Anderson



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