



# NEWS

AUGUST 2008

## BACK TO SCHOOL SPECIAL

Talk to your friends and family this month and encourage them to join you at Bob's Gym. For every new member that is referred by you, you will receive a Bob's Gym t-shirt or hat from our pro shop! Please see your gym's membership adviser for more details.



## IN THIS ISSUE

**August Calendar of Events**

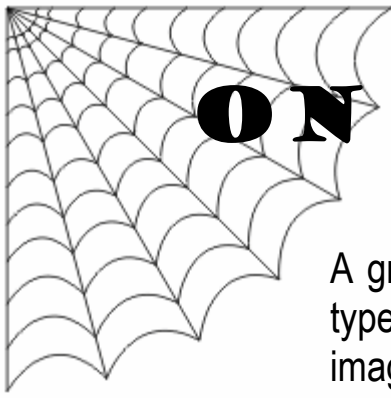
**Nutritious and Delicious Recipe**

**Group Exercise Updates**

**Member Inspirational**

**AND MUCH MORE!!!**

**CHECK OUT PAGE  
FOUR TO GET  
THE LATEST  
INFORMATION ON  
BOB'S GYM NORTH!**



# ON THE WEB

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

A great website for runners of all types. It allows you to use satellite images and maps to plot points and see how far your usual run is. You can also look up routes, find running events, and keep a training log.

## DID YOU KNOW?

You burn more calories sleeping than you do watching television

# AUGUST CALENDAR OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 WNBFF-NANBF Mid America Pro Am Body Building Competition 5pm Victory Theatre
3	4 Adult CPR Training @ American Red Cross 5:30-9:30pm (\$33)	5	6 Teen Weight Class @ West Side 6:00-7:00pm	7 Grass Roots Cross Country 4k @ USI Cross Country Course 7:30 PM	8	9 Teen Weight Class @ North Side Noon-1:00pm
10	11 Infant and Child CPR Training @ American Red Cross 5-10 pm (\$33)	12	13 Teen Weight Class @ West Side 6:00-7:00pm	14	15	16 Teen Weight Class @ North Side Noon-1:00pm
17	18 Pilates Intro Class @ Newburgh 6:30pm-8:30pm	19 Pilates Intro Class @ North Side 10:45-Noon  Teen Weight Class @ Newburgh 6-7pm	20	21	22 LoCash Cowboys play Casino Aztar @ 8 pm to benefit the Boys and Girls Club	23
24	25	26 Teen Weight Class @ Newburgh 6:00-7:00pm	27 "Back to School with Food Allergies Presen- tation" Welborn Clinic @ 6:15pm	28	29	30 Pilates Intro Class @ West Side 10am-11:30am
31						

# MEMBER INSPIRATIONAL

Patty Gill is 56 years old and will not miss a work out for just about anything in the world. She trains faithfully with Debbie Phelps, every Monday, Wednesday and Friday. She is in the best shape of her life, and has never felt better.

This was not always the case. In 1990 Patty was diagnosed with Lupus, a disease where the immune system attacks the body's cells and tissues. She wanted to feel better, so she started exercising to build her strength and endurance. Through treatment and a healthy lifestyle, Patty began to feel better.

Then in 2000 came a diagnosis of Rheumatoid Arthritis, which causes pain, swelling, stiffness and loss of function in the joints. In the fall of 2000, Patty got to a point where her leg dragged when she walked, she could not dress herself or start a car. Patty had to step

down from her job due to this disability. Numerous medications were taken until she found the right one for her.

She was then able to begin working out again, slowly. With a healthy lifestyle and regular exercise, Patty lives a fulfilling and active life. She owes much of this to her personal trainer Debbie, who works with Patty on strength and balance. She gives her a variety of exercise moves to not only benefit Patty's needs, but to prevent boredom of a routine. Debbie also motivates Patty.

*"Debbie makes me do things I would have never dreamed of doing. She pushes me because she knows I can do it and she believes in me. I have never felt better!"*

Patty wanted everyone to know how eating healthy and a regular work out routine can indeed change your life!

## BEHIND BOB'S...



**DUSTY AYER**  
FRONT DESK  
NORTH AND NEWBURGH

What is in your CD player?

- Tom Petty

The best part about working at Bob's is?

- The fun atmosphere

Spiderman or Batman?

- Batman. Spiderman is a wimp.

The best shake is?

- Purple People Eater

Who is your favorite athlete?

- Muhammad Ali



# NUTRITIOUS AND DELICIOUS CAJUN SIRLOIN KEBOBS

## Ingredients:

1 pound lean top sirloin steak, cut into 1-inch cubes

2 teaspoons low-sodium Cajun seasoning

1 onion, cut into 1-inch cubes

1 red bell pepper, cut into 1-inch pieces

1 yellow bell pepper, cut into 1-inch pieces

8 large mushrooms, halved

4 tablespoons low-fat, bottled vinaigrette

12 metal or bamboo (soaked in water) skewers

## Cooking Instructions

1. In small bowl, mix sirloin with Cajun seasoning. Cover and refrigerate for 30 minutes or overnight.

2. In large bowl, combine onions, peppers, mushrooms with vinaigrette. Marinate for 20 minutes at room temperature.

3. Preheat the grill to medium-high.

4. Thread the chili-rubbed sirloin cubes onto 4 of the skewers. Thread vegetables onto remaining skewers.

5. Grill skewers on each side until beef is cooked to desired doneness. Vegetable skewers may take longer.

## Nutrition Facts

**Serving Size** 1 beef kebab and 2 vegetable kebabs

**Calories** 196

**Protein** 25 g

**Total Carbohydrate** 13 g

**Dietary Fiber** 2 g

**Sugar** 6 g

**Total Fat** 5 g

**Saturated Fat** 3 g

**Monounsaturated Fat** 0 g

**Cholesterol** 60 mg

**Percent Calories from Fat** 24 %

**Percent Calories from Protein** 50 %

**Percent Calories from Carbohydrate** 26 %



# EMPLOYEE OF THE MONTH

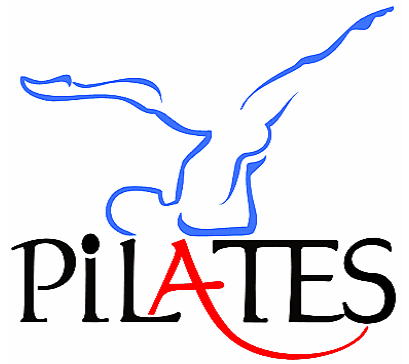


## Sharon Brenton

Sharon was chosen as West's employee of the month for July for many reasons. She is usually the "go to" person for all three gym locations. She always works with a smile on her face no matter how hectic her day may be. Sharon is

always ready to handle any question or situation that may arise. Whether it is on the phone, or talking to someone in her office Sharon is constantly providing our members with top notch service.

**THANK YOU SHARON!**



**INTRO CLASS**

**Saturday AUG 30th**

**10:00 - 11:30 AM**

**SIGNUP REQUIRED**

**\$20 FEE**



**NEW**  
GROUP  
**POWER™**  
**AUGUST 6 AT 6:30 PM**

The hour of power is changing things up with all new music and a new routine! Experience this muscle pumping, total body toning class and you will walk away with the workout of your life. New tracks include songs from ACDC, Bob Marley, The Bee Gees, and more. The new routine gets kick started August 6 at 6:30 pm!



**TEEN WEIGHT LIFTING CERTIFICATION CLASS**  
**WEDNESDAY AUG 6th & 16th FROM 6-7 PM**  
**CLASSES ARE FOR AGES 11-13 AND ARE FREE!**

**→ DON'T FORGET!**

**DID YOU FORGET TO TAKE ADVANTAGE OF YOUR 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!!!**