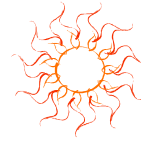


moxy
FITNESS



JULY
NEWSLETTER
2009

Summer is finally here....**YAHOO!!!!** As you're planning your busy summer calendars make sure to add Moxy's upcoming programs to the list! With BBQs, ice cream, lazy beach days and everything else that screams out "SUMMER TIME," don't let all your hard work slip away. Get up with the sun and start those summer days off right! Check it out....



(\$99) July 4- Week Fitness Session PLUS+ (July 13- Aug 8th)

With much success in our June fitness session, our July session will once again be held **five days/week (M,T,W,F & Sat)**. We've also added in a little summer fun by making Saturday a longer than usual cardio day (usually 1-3 hours).

Our Saturday adventures will include a **Bliss Run and Tallac Hike**.

(* If time is an issue, most Saturdays can be modified for a shorter out & back).

This session is just around the corner and we have **only 40 spots** available so be sure to let us know if you would like to reserve a spot! 😊



Mon	Tues	Wed	Thurs	Fri	Sat
6:00 A.M	6:00 A.M.	6:00 A.M		6:00 A.M	6:00 A.M
Power Hour (Exercised Band)	Cardio	Cardio Combo		Power Hour (Exercised Band)	Cardio Plus+ (Run/Hike)

Introducing..... **ALL NEW**..... For the First time in Moxy history...

Moxy "Triple Crown" Endurance Camp!

They say everything happens in threes...

This Fall, see what YOU can do with the lucky number **3**

Three Events. One Challenge.

(August 18th—October 25th)

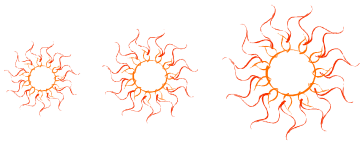
- 10 weeks @ \$325
- 5 workouts a week (Tues.—Sat.)
- Train for the **Tough As Granite**, **Kokanee** and Fall colors 10k or half marathons
- A tempo run, speed work, long run and two total body workouts
 - Moxy Boot Camp swag



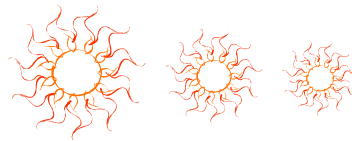
FIND OUT WHAT'S INSIDE....**OUTSIDE**. GET OUT. GET MOXY.

www.moxyfitness.com





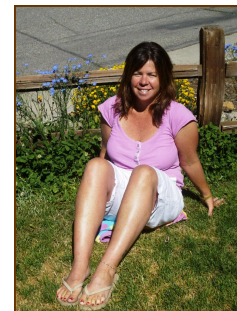
Moxy Girl



Meet Moxy Girl **Susan Braun!** In the year that Susan has been on the Moxy team, she has proven that hard work and dedication definitely pay off... this girl has gotten strong and fast quick! Watch out!!!

How long have you been a Moxy Girl? One year
Favorite workout? Running to Fallen Leaf Lake
Occupation? Home daycare **Dream Occupation?** I'm doing it!
Favorite way to spend the day? On the boat or camping with my family.
Biggest weakness? Saying No
I'm most proud of? Raising two great kids (oh wait... my 15 year old is bugging the crap out of me right now!) and being married 20 years.
Little known fact? I have five sisters that I talk to every day.
Worst Habit? Wine and eating after 7.
Goals for the summer? Keep

showing up to Moxy and run ALL the way up to the radio tower! (you can do it Susan!!)
When I grow up I want to.... I don't want to grow up!!! (that's why I love working with kids- I get to be one!)
I love being a Moxy girl because... it's one hour of the day that's just for ME and everyone is positive and supportive! 🌸

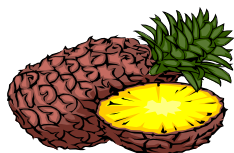


During hot summer days, there's nothing quite as refreshing as fruit. Packed with nutrients, fiber and water, fruit is nature's antidote to rising outdoor temperatures. Check out these fun recipes:

Mahi-Mahi with Fresh Pineapple Salsa

Mahi-Mahi:

2 fresh mahi-mahi fillets
1 tbs. Extra virgin olive oil
Ground coriander to taste



Fresh Pineapple Salsa:

1 cup finely chopped fresh pineapple
3 tbs. minced fresh cilantro
1-2 Tbs. minced green onions or shallots
1 tsp jalapeno chile, minced (optional)
Cayenne pepper to taste (optional)

1. To make Mahi-Mahi: Preheat oven to 400* F or grill to medium-hot. Coat mahi-mahi fillets and bottom of baking dish with olive oil. Sprinkle ground coriander over mahi-mahi. Cover dish; bake 20 to 25 minutes, or grill fillets 8 to 10 minutes per side.

2. To make fresh pineapple salsa: Mix together salsa ingredients. When fish is done, place it on serving plate, and top with fresh pineapple salsa. Serve with brown rice or quinoa.

Citrus Beet Salad..... YUM! Only 6 ingredients



4 large beets, 5 tangerines separated into sections, 1 small onion (finely chopped), 1 bunch of chopped mint, 1.5 cups crumbled goat cheese and 2 Tbs. olive oil

Add the beets to a large pot of boiling water; simmer until tender, about 40 minutes. Let cool. Peel and cut into 1/2 inch cubes. Add the tangerine segments, onion, mint and 2 tablespoons olive oil; toss. Top with goat cheese.

Mango Caprese Salad



3 large, ripe mangoes, peeled, pitted & sliced
8oz. Fresh mozzarella cheese, sliced
3 Tbsp. fresh lemon juice
3 Tbsp. extra virgin olive oil
Sea salt and freshly ground pepper to taste
Snipped fresh basil
Crusty, toasted baguette slices

Place sliced mango on platter, alternating with slices of mozzarella. Drizzle with lemon juice and oil, then season with salt and pepper. Sprinkle with basil and serve with baguette slices.

Eat mangoes for your heart and immunity! The tropical peach is packed with vitamins C, A and B6, plus fiber and additional antioxidants.