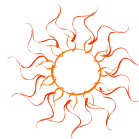


moxy

FITNESS



OCTOBER
NEWSLETTER
2012

Fall Strength Session

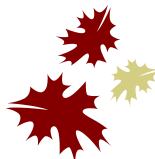
Oct. 15th — Nov 22nd
(six weeks)

MWF @ 6:00 a.m. (\$165)
*Thurs- Running Club



2x/week (\$110)

3x/week (\$150)



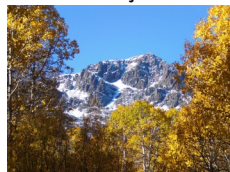
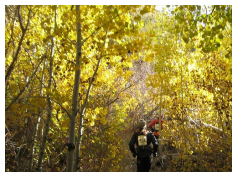
Holiday Blitz

Dec. 3rd — Dec. 21st
(Three weeks)

MWF @ 6:00 a.m. (\$60)

2x/week (\$55)

♥ FALL... Such a special time of year!!! There's something exciting about the coolness in the air, the warm colors and soft light, the slower paced days, and the anticipation of the holiday season to come. (Oh, and pumpkin spiced lattes!!!) As you've probably heard before, it's our **FAVORITE**. We love greeting the day with crisp mornings, watching the transition from darkness to daylight and putting on an extra layer for that cool Moxy workout!!! Now that summer has wrapped up, the kids are back to school and families are back into their schedules, it's a perfect time to commit to a fitness routine. With the **Moxy Fall Strength Session** and **Holiday Blitz** right around the corner, there's NO EXCUSES for holiday weight gain or falling into a fitness slump! With a group of like minded women to hold you accountable and a fitness program that will keep you on your toes, you can greet the new year feeling fit and healthy. Fitness should be for **LIFE**, not just for a season...



"Autumn, the year's last, loveliest smile."

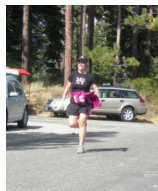
Lake Tahoe Kokanee Trail Run

October 7th, 2012

Half marathon, 10K and 5K

Come join us for this awesome Fall event! Whether you're walking or running, doing the half or the 5K, it's a great morning to get out with friends, enjoy the Beautiful fall weather and get some exercise! Check out the **Kokanee Salmon Festival** as well and join us for a beer and a brat at the **Camp Rich Octoberfest!**

For more info visit: www.tahoemtnmilers.org



Harvest Pumpkin Chili



2 pounds ground turkey
1 medium onion, chopped
1 cup canned pumpkin
1 (28-ounce) can diced stewed tomatoes
1 (16-ounce) can kidney beans, drained

1 (12-ounce) bottle chili sauce
1 to 2 tablespoons chili powder
2 teaspoons pumpkin pie spice
1 teaspoon brown sugar
1 1/2 teaspoons salt
1 teaspoon pepper

In a large dutch oven or soup kettle, brown the turkey (or ground beef) with the onion. Drain any excess grease. Add the remaining ingredients and stir well to mix. Bring to a boil, then reduce the heat and simmer for one hour. Serve into bowls and top with cheese if desired. Makes 8.



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

www.moxyfitness.com





Meet Moxy Girl **Gina Stowell**!!! As a trainer, Gina is the kind of person you just LOVE having on the team. She always has perfect form, gives 100%, is consistent and committed and always has a great attitude! What more could we ask for!?! And if you happen to be next to her during a sprint workout.... Watch out!!! She'll make ya work!

How long have you been a Moxy Girl? Since Spring 2008 **What keeps you coming back for more?** The workouts! Depending on what time of year it is, I'm either trying to maintain my fitness level or pushing myself to get stronger **What do you do for a living?** I teach fine art to children and I also do fantasy painting (face makeup). I'm in the process of learning wedding makeup as well **What winds you up?** Watching sports! It could be my kid's soccer game or a high school football game or a pro game **How do you unwind?** When I'm prepping dinner, I sometimes pour a glass of red wine **Sprints or squat Thrusts?** Sprints are my favorite! **One thing most people don't know about you?** That I traveled Europe as a young adult and

ended up living and working on a Kibbutz in Israel (WOW!!!) **Your secret superpower?** Is to remain calm when a person or child has lost his cool **Your biggest weakness?** I don't always know how to say "no" **One word to describe yourself?** Resilient **I love being a Moxy Girl because???** It has shown me I can push myself in a way I never thought I could. 😊



Add more pumpkin to your diet! If you open a can of pumpkin puree only around Thanksgiving to make pumpkin pie, you are missing out on a wealth of nutrients. Pumpkin puree is low in calories and fat and offers a number of vitamins, minerals and antioxidants that support a healthy diet. Use a number of creative strategies to incorporate pumpkin puree into your diet. **Weight Management:** One cup of pumpkin puree contains just 83 calories and 1 gram of fat. You can use pumpkin puree measure for measure for half of the oil or shortening in cookies or cakes to lower the fat content. You also can add pumpkin puree along with cinnamon and a teaspoon of brown sugar to oatmeal for a sweet, low-calorie breakfast. **Vitamins:** Pumpkin puree contains more than 38,000 international units of vitamin A per cup, which is more than 700 percent of the daily value based on a 2,000-calorie diet. Vitamin A helps support cell reproduction, vision health, immune function, bone health, healing and fetal development. Pumpkin puree provides 39 mcg of vitamin K per cup to help with blood coagulation and potentially protect against osteoporosis. Pumpkin puree also offers smaller amounts of most of the B vitamins. In particular, it is a source of folate, which helps protect against certain birth defects. **Minerals:** One cup of pumpkin puree provides more than 500 mg of potassium, more than you get in one banana. Potassium helps keep your mineral and fluid balance in check to promote proper heart rhythm and muscle function. It also provides 64 mg of calcium, 3.4 mg of iron and small amounts of copper, manganese, zinc, phosphorus and magnesium. These minerals all support bone health, muscle contraction, immunity and nervous system function. **Antioxidants:** Pumpkin's orange color is a clue to its high antioxidant content. The puree offers lutein and zeaxanthin, both of which support vision health. Pumpkin also is a source of beta carotene. Diets rich in vegetables containing beta carotene correlate with a lower risk of cardiovascular disease. Pumpkin puree also provides vitamin C, an antioxidant that supports tissue repair and immunity, as well as vitamin E, which fights disease-causing free radicals in the body. **Fiber:** Pumpkin puree contains 7 g of fiber per cup. Adequate fiber intake ensures a healthy digestive tract and can help prevent constipation. Fiber also can help reduce your risk of heart disease by helping to lower cholesterol levels. The Institute of Medicine recommends that women take in a minimum of 25 grams of fiber daily.