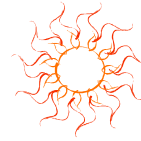


**moxy**  
FITNESS



AUGUST  
NEWSLETTER  
2009



Walking gets the feet  
moving, the blood moving,  
the mind moving.  
And movement is **life**.

## Moxy Triple Crown

Don't forget to mark your calendars for the upcoming Endurance Boot Camp. (**Aug. 18th- Oct. 25th**). This camp is for runners and walkers and focuses on increasing cardio fitness as well as maintaining strength and lean muscle mass. This year we have incorporated three different running events as our main focus. Challenge yourself to ALL three ("**The Triple Crown**"), pick one or two, or if racing is not your thing..... Just come out for the fitness and camaraderie that comes with training with Moxy girls for ten weeks! We are offering a 10K or Half Marathon program and all levels are welcome. Spaces are filling quickly so be sure to get your deposits in!



(Mail to Erika Mathews @ 1605 Skyline Dr. SLT, Ca 96150)



## WHY RACE???

EVERYONE HAS THEIR OWN REASONS FOR RACING: THE SPEED, CAMARADERIE, COMPETITIVENESS (WITH YOURSELF AND OTHERS), SOCIAL ASPECTS, FITNESS, CHALLENGE, MOTIVATION FOR TRAINING, ETC. THE RACING EXPERIENCE WILL INEVITABLY PROVIDE MEMORIES OF ACCOMPLISHMENT, WHETHER YOU WON A RACE OR JUST SUFFERED HARDER THAN YOU EVER THOUGHT YOU COULD JUST TO SEE THAT DARNED FINISH LINE. YOU'LL HAVE STORIES OF GOOD LUCK, BAD WEATHER, PAIN, ACCOMPLISHMENTS, MISHAPS..... YOU NAME IT!!! THE CHALLENGES YOU HAVE ON THE RACE COURSE WILL CERTAINLY PUT PERSPECTIVE ON THE LESSER CHALLENGES OF YOUR EVERYDAY LIFE! WHILE YOU DON'T HAVE TO RACE TO BE A RUNNER, COMPETING CAN BE BENEFICIAL FOR ATHLETES AT EVERY LEVEL. FIRST-TIMERS ARE LESS LIKELY TO SKIP OR SHORTEN A WORKOUT IF THEY KNOW THEY'LL BE PUBLICLY TESTING THEIR FITNESS, INTERMEDIATE RUNNERS CAN KEEP THINGS FRESH BY TRYING A NEW DISTANCE AND EXPERIENCED RUNNERS CAN GET FEEDBACK ON THEIR PROGRESSION. RACING IS ALSO A GREAT TRAINING TOOL FOR LONGER EVENTS YOU MAY BE FOCUSED ON. RACE PACE IS SURE TO SPIKE YOUR FITNESS LEVELS, INCREASE YOUR THRESHOLD AND HELP TO KEEP YOU IN PEAK CONDITION!



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

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





# Moxy Girl

Meet Moxy Girl **Tracie Moultrup!!!** Not only does this girl **HUSTLE**, but she's a **TEAM PLAYER** and has a **GREAT** attitude! A perfect example of a Moxy Girl??? We thought so! Please welcome Tracie this fall as the newest member on the Moxy team of trainers!

**How long have you been a Moxy Girl?** Since May 2008  
**Spring Boot Camp Favorite Moxy workout?** Strength Training- I love being a strong woman both mentally and physically. I especially enjoy core work.  
**What ONE word would best describe you?** ENTHUSIASTIC for sure!  
**Nickname?** Booshkie- only called this by my husband (don't ask, because I don't really know!) People always think he's calling me "Whiskey!"  
**Little known fact?** I've also been called the "Pet Protector." I can't stand to see a dog near the road. I have a habit of chasing them down, taking them home and lecturing their owner for letting them out! Stray dogs... BEWARE!  
**Biggest accomplishment?** Staying happily married for over 19 years! Yes, I was 12 when I got married!  
**I'm the happiest when...** I've had a few glasses of good wine! (Oops...

was I supposed to say when I'm up at 5:30 a.m. to get ready for a Moxy workout???)  
**The craziest thing you've ever done?** Became a first grade teacher! Six year olds can be VERY SCARY!  
**Pizza or ice cream?** Absolutely pizza- it's my favorite  
**Sport of choice?** Sailing FAST!  
**When I grow up I want to...** Spread peace by "being the change I wish to see in the world."  
**Biggest weakness?** I tend to worry a bit too much, but I am working on it always  
**I love being a Moxy girl because...** I love being surrounded by incredible women who value fitness as much as I do, and there's nothing like breathing in that crisp Tahoe air at 6:00 in the morning. 😊



After many requests for the "yummy muffin recipe," here it is again.... ENJOY!



- 1 1/4 c. SmartBran™ cereal
- 1 3/4 c. unsweetened apple juice
- 1 c. whole wheat flour
- 1 c. unbleached white flour
- 1 tbs. baking powder
- 1/2 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/8 tsp. ground allspice or cardamom

- 1/4 tsp. sea salt
- 5 tbs. Nature's Path® Flax Plus™ Flaxseed Meal (or grind 3 tbs. of whole flaxseed)
- 1/3 c. vegetable oil (plus more for greasing pan)
- 1/3 c. maple syrup
- 1 tsp. vanilla extract
- 1 c. dried cranberries, blueberries, or raisins

## Directions:

1. Set rack in center and preheat oven to 400°F.
2. In a small bowl, stir SmartBran™ into 1 c. juice and set aside for 10 minutes to soften.
3. Meanwhile, in a large bowl, combine whole wheat and white flours, baking powder, baking soda, cinnamon, allspice, and salt.
4. Grease 12 standard muffin tins with oil.
5. In a medium bowl, beat flax meal with remaining 3/4 c. apple juice until thick and viscous, about 1 minute. Blend in oil, maple syrup, and vanilla. Add SmartBran™ with unabsorbed juice and beat for 30 seconds. Pour liquid and cranberries into dry ingredients. Stir until just blended; do not over mix.
6. Divide batter among muffins tins. Bake for 7 minutes. Rotate muffins tins front to back. Continue baking until muffins spring back to a gentle touch and a cake tester inserted into the centers comes out clean, 8 to 10 minutes longer. Cool on a rack for 10 minutes. Run a knife along edges and un-mold. Cool to room temperature and eat within a few hours, or freeze in a well sealed container for up to 4 months.



## Meyers Farmers Market

This event will be held every Sunday afternoon in August (Starting August 9th) from 2:00-7:00 p.m. Located at 3200 Hwy 50 South Lake Tahoe (Meyers) next to the Divided sky and Downtown Café. Come out, buy some fruit and veggies, meet your neighbors and help this market grow!!!

