



PERSONAL TRAINING

OUTDOOR GROUP CLASSES

OVERDRIVE SPORTS PERFORMANCE

Volume II

Fitness Newsletter

May-July, 2010

## BODY MECHANIX FITNESS

- In home personal training
- Corporate fitness
- Outdoor group workouts
- Youth sports performance
- Senior/Aqua fitness
- Nutrition consultations

## Schedule of Classes

Maya  
Silverset Park, Poway  
8:15 am Tues/Thurs

Kelle  
Cypress Canyon Park, Scripps  
Ranch  
9:15 am Mon/Thurs  
5:30pm Tues

Maya/Janice  
Tierrasanta  
9:30 am Mon

Attention! Silverset, Tierrasanta & Scripps Ranch classes will begin **Summer Break the week of May 24th.**

Classes will resume the week of Sept 13th.

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

Class costs are \$10/class  
First Class **FREE**



## Shira Works Out While Pregnant

Please welcome the newest Body Mechanix Client, Baby Lilly. Mom, Shira, worked out with Maya in the comfort of her own home regularly throughout her pregnancy with a goal of having an easier pregnancy and delivery than she did with her first child. Shira's goal was accomplished and mom, dad, big sister and baby are all doing great!



## Check Out Those Arms!

Sharon, last year's Body Mechanix Olympian Champion, has been working out at the Scripps Ranch and Silverset workout sessions. Consistency and hard work are paying off. Look at those fabulous arms. Together with a new healthy meal plan, which she sticks to, Sharon is looking good. We had to have her show off those fabulous arms at a Silverset workout this past month.

**Go Sharon!!**

## Field Trip

### Sauces, Salads, and Dressings Cooking Class

Come learn how to make great, healthy sauces, salads and dressings to have a healthful summer.

Thursday (after workout class)  
May 6

At the home of  
Suzy Weiser  
15020 Saddlebrook  
Poway, Ca 92064  
858-513-4923

Please RSVP to Maya to ensure enough delicious samples for everyone!

## Back for another summer of strength & conditioning... **Body Mechanix *OVERDRIVE!***

Speed, Strength & Agility Training  
For Young Athletes

When: Every Tue/Thur @ 8:30 a.m. beginning June 29 – August 5<sup>th</sup>  
(12 workouts)

Where: Cypress Canyon Park – Scripps Ranch (Cypress Canyon Park Drive)

Who: Boys & girls ages 10-15

Cost: \$10 per class

Questions? Contact Maya Madsen at 858-945-0900 or email to [maya@bodymechanixsandiego.com](mailto:maya@bodymechanixsandiego.com)

OVERDRIVE! Training will:

- Improve linear and lateral mechanics using hurdles, ladders & cones
- Improve core strength and maximize explosive ability with drills and exercises utilizing power bands, parachutes and power balls
- Develop quick feet, agility and reaction, with special training using ladders and agility sticks
- Increase lower & upper body strength using medicine balls, body weight exercises and more.

What to bring: athletic shoes, shirt & shorts, small towel & water

## Body Mechanix Olympics Thursday, May27 Last class before summer! Siverset Park, 8:15 am Great Prizes for the winners

Food For Thought  
By Tracy Childs

### Beans

Beans are a very good source of cholesterol-lowering fiber. In addition to lowering cholesterol, beans' high fiber content prevents blood sugar levels from rising too rapidly after a meal, making them an especially good choice for individuals with diabetes, insulin resistance or hypoglycemia. Beans provide virtually **fat-free protein**. They are a wonderful before or after workout food, providing plenty of complex carbohydrates for fuel. You may already be familiar with beans' fiber and protein, but this is far from all they have to offer.

When researchers analyzed different types of beans, they found that, the darker the bean's seed coat, the higher its level of antioxidant activity. Gram for gram, black beans were found to have the most antioxidant activity, followed in descending order by red, brown, yellow, and white beans, so choose black beans often to help prevent cancer, and for anti-aging protection.

Beans are also a good source of vitamins and minerals such as folate, manganese, magnesium, vitamin B1, phosphorus, calcium and iron.

## **Garbanzo Burgers**

### **Tracy Childs**

These tasty golden patties are made with garbanzo beans, also known as chickpeas. Garbanzo beans have a delicious nutlike taste and texture, and are a great source of protein. You may choose to use canned or dried beans for this recipe. The benefit of using canned beans is that you can assemble them in no time at all if you use a food processor to chop the ingredients. Serve them on whole-grain buns with all the fixings. These patties are also a great addition to green salad. Try them with tahini dressing for an authentic taste.

2 tablespoons sesame seeds  
1 small onion, finely chopped (about 1/2 cup)  
1 small carrot, finely chopped (about 1/2 cup)  
1 celery stalk, finely chopped (about 1/2 cup)  
1 garlic clove, minced or pressed  
1 15-ounce can garbanzo beans, drained, or 1 1/2 cups cooked garbanzo beans  
1/2 cup cooked bulgur or short-grain brown rice  
2 teaspoons soy sauce  
1 1/2 teaspoons curry powder  
1 teaspoon ground cumin  
1/2 teaspoon ground coriander  
1/8 teaspoon cayenne pepper, or to taste  
1/2 teaspoon salt  
2 tablespoons potato starch  
vegetable oil spray

Toast sesame seeds in a dry skillet until they begin to pop and become fragrant. Grind in a food processor or blender then transfer to a mixing bowl.

Add onion, carrot, celery, and garlic.

Chop beans in a food processor, using an on/off pulsing action, or by hand using a potato masher. Leave some chunks. Add to vegetable mixture, along with bulgur or brown rice, soy sauce, curry powder, cumin, coriander, cayenne, and salt. Mix thoroughly.

Stir in enough potato starch to form stiff dough. Knead 30 seconds, and then form into patties.

Lightly spray a non-stick skillet with vegetable oil spray. Cook patties over medium heat until first side is lightly browned, then flip and cook second side until lightly browned, about 2 minutes on each side.

Recipe adapted from "The Cancer Survivor's Guide" from The Cancer Project:  
<http://www.cancerproject.org/>

Tracy Childs is a Nutritional Consultant. She teaches healthy, plant-based cooking with The Cancer Project, <http://www.cancerproject.org/> a non-profit organization, and through her own local company, Veg-Appeal, <http://veg-appeal.com/>. Please e-mail her at [tracychilds@cox.net](mailto:tracychilds@cox.net) if you would like to be included on her informational e-mail list.