

ZONIA'S KITCHEN



Chicken breast stuffed with Asparagus

4 chicken breasts (halved, boned, pounded)
24 asparagus spears (lightly blanched)
1/4 cup melted butter
1/4 cup Dijon mustard
2 garlic cloves, finely chopped
1/4 cup white wine
2 tsp cinnamon
1½ cups bread crumbs
1 tbsp grated Parmesan cheese
2 tbsp finely chopped parsley

Prepare chicken and asparagus. Combine butter, mustard, garlic and wine. Dip chicken breasts in mixture to coat. Place 3 asparagus spears in each breast and roll - securing each with toothpick. Mix bread crumbs, Parmesan and parsley together and roll the breasts in this mixture. Bake 30 minutes at 350F. Serves 4-6.

Hollandaise Sauce

1 cup butter
4 egg yolks
1/4 tsp each of salt, sugar, tabasco and dry mustard
2 tbsp fresh lemon juice

Heat butter to full boil, being careful not to brown. Combine all other ingredients in blender; on high setting slowly pour butter into yolk mixture in a thin stream until all is added. (Keeps well in fridge for several days). When reheating, heat over hot (not boiling) water in top of double boiler. Makes 1 1/4 cups of sauce. Pour on chicken - mmmm!

**Boze's will be open Monday,
February 15.**

Working out is only PART of the Equation

For those of you who are working out hard but not achieving the results you are seeking, maybe its not what you are doing in the gym but what you aren't doing out of it that is the problem. Check below to see if your lifestyle is helping or hurting the work you are doing in the gym.

Recovery - Workouts are the stimulus for muscle growth - but its what you do between workouts that has as much (if not more) influence on how your training is going. After your workout, preferably within **45-90 minutes**, your muscles are trying to re-energize. This process is enhanced if you can give your muscles a re-fuel snack that includes 2/3 complex carbs and 1/3 protein. Chocolate milk is a great example of a simple yet effective post-workout snack.

Rest - The harder you work out, the more rest your muscles need. When you combine regular workouts with a hectic lifestyle you put even extra stress on your body - and if you don't rest properly you expose yourself to becoming worn down - and more susceptible to colds, flus and other illnesses. Research is somewhat inconclusive on how much is too much (exercise)- but if you listen to your body and "gear down" when you feel tired you'll likely get more out of your training. .

Nutrition - "You are what you eat". There is no magic food - but we certainly are surrounded by food that shouldn't be eaten (much) if you're serious about your health. For starters, try to reduce the amount of simple sugars and refined foods you ingest, and avoid the empty calories found in many drinks. The odd "treat" will likely help keep you sane, but "eat clean" and your workouts will flourish.

BODIES

by Boze

Dauphin's active living centre

MEMBER NEWSLETTER FEBRUARY 2010

Inside This Issue:

Lose Fat Slowly for BEST results
Working out is only PART of the
Equation

MEMBER OF THE MONTH PROFILE: Bill Brychka

Bill has been a Boze's member for a couple of years – but only since he retired from the NHL (Noon Hour Hockey League) at the beginning of last year. The thing that's so amazing about this is that Bill retired from regular hockey after he turned 80! He decided that he needed to keep active so he joined Boze's.

Bill is the best example of what happens to someone when they look after themselves. Bill is always on the go - he rides his bike when he can during mild weather, is always in his yard doing yardwork - winter and summer - and drives only when necessary.

Bill stays active by working out regularly - in particular with weights - but also focuses on his core strength - so that he can keep his arms and legs strong for baseball...yes, he still plays competitive slo-pitch. Of course he's also in great cardio shape - but who wouldn't be if they did what Bill does.

Bill is a marvel, as he also makes great homemade wine and has other hobbies too numerous to mention in this article. He's an "Ever-ready Bunny" type of personality...and stays young by constantly being on the move.

Bill Brychka, a marvelous example of what exercise can do for you...is our Member of the Month for February, 2010.

SWEETHEART SALE

**BUY a 3-MONTH gift
certificate for your
sweetheart (Special rate:
\$149) and get an extra
MONTH added for FREE!**

Special applies to purchase of gift certificates only!

You can't lose fat fast!

"Lose 30 pounds In 30 Days!" "Lose 9 Pounds Every 11 Days!" Lose 10 Pounds This Weekend! You see ad claims like these all the time. They play on our emotions and our desire for instant gratification.

Patience is the one thing you never seem to have when you want to lose some body fat. You want the fat gone and you want it gone now! It seems so doable - everywhere you look, you hear promises of quick weight loss. Reality TV encourages people to attempt body make-overs; we glorify shows like "the biggest loser" and spend billions on fat loss products.

Nearly everyone wants to get rid of fat - and as quickly as possible. Having this desire is not wrong (it's human nature), but serious problems can occur if you lose weight too quickly. Science shows us that the faster you lose weight the more muscle you will lose right along with the fat - and that combination can really mess up your metabolism.

Another problem with quick weight loss is that it just doesn't last. The faster you lose, the more likely you are to gain it back. This "yo-yo diet effect" (lose weight, gain weight, etc...) is in fact more problematic as the weight you gain back is usually mostly fat while some of the weight you lost is a combination of muscle

and fat.

Weight loss will be the healthiest, safest and most likely to be permanent if you set a goal of one-two pounds per week. This is the recommendation of almost every legitimate and respected dietician, nutritionist, exercise physiologist and personal trainer on the planet.

Are there any exceptions? Yes, it may be ok to lose more than two pounds per week if you have a lot of weight to lose, because the rate of weight loss tends to be relative to your total starting body weight. Generally the rule is that it's safe to lose up to 1% of your total body weight per week, so if you weigh 300 lbs to start, then 3 lbs a week is a reasonable goal.

Lack of patience and short term thinking is one of the biggest mistakes people make when it comes to losing body fat. Losing fat and keeping it off for good requires that you take the pounds off slowly. This is one of the toughest lessons that overweight men and women have to learn.

It's rare to lose more than 1.5 - 2.0 lbs of weight per week without losing some muscle along with it. If you exceed 2 to 3 pounds per week, the probability of losing muscle is extremely high. You want to limit muscle loss because muscle mass

burns calories - so make sure your weight loss is mostly fat to succeed.

Developing successful habits takes time.

How long? The most common answers to this question are about 21 days or three to four week. This is probably true for making any small adjustment in your behaviour.

Likewise, it is thought that an equal amount of time is needed to develop a "bad habit". Therefore, if you fall off the wagon and have not had a chance to exercise or eat well for a couple of days, don't despair. You've got a chance to jump back on before you lose the benefits you've gained - as long as you don't allow the time away from exercise develop into your new "habit".

Water...Water...Water...

Most of us don't get enough. We should consume at least 1 ml. for every calorie we consume/burn up in a day. An average female needs about 2.5 litres per day, an average man about 3 to 3.5 litres.

Figure out your approximate caloric intake to find out how much water you need. More

is always better. You should also drink at least one glass as soon as you get up in the morning. This will serve to fill your stomach and give you some time to think about breakfast without being famished.

Likewise, many of us don't know the difference between being thirsty or hungry. Do an experiment with yourself and see if its true with you. The next time you are hungry grab a glass or two of water and slug it down. Wait for five minutes. Are you still hungry? If so, you might need some fuel, but if not, you were just thirsty.

Water is the perfect liquid. You probably can't get too much. Regarding other liquids, remember that most soft drinks and coffee and tea are caffeinated. For each cup of coffee or glass of caffeinated beverage you consume you should compensate by drinking an equal amount of water.

The average North American consumes more than 50 gallons of soda per year. That's nearly double our intake of beer, more than double our consumption of milk and coffee, and amazingly, six times the amount of fruit juice and tea we drink. Each can of soda contains about 10 teaspoons of sugar, 150 calories, and no vitamins, minerals, or fibre. Water wins...hands down!