



# Western Racquet Club Fitness Center

## Hours of operation:

Monday through Saturday: 5am to 10pm

Sunday: 5am to 6pm

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# Get Fit Newsletter March, 2019

## 5 Sneaky Ways to Burn Calories at Work

You may think the 30 minutes you spend every other day in the gym is enough to keep you trim and healthy, but it's not. If you want overall good health, you need to eat well and find windows of exercising opportunity every day—not just during your scheduled workouts. How can you squeeze in a little exercise when most of your hours are spent sitting at a desk, meeting in the conference room, and preparing for big presentations? Read on to find out when you can squeeze in exercise and how to do it.

**1. On the Way to Work.** To start your day with a smidgen of calorie-burning exercise, you may need to wake up a few minutes earlier than usual. Not to get in a workout before tossing on your power suit, but rather so you'll have time to torch a few calories on the way to work. To shed some calories before clocking in, you have a number of options depending on your situation. You can bike or walk to work, perform seated calf raises on the bus or train, or park your car at the far end of the parking lot so you get to walk farther to reach your office. And of course, once you get to your building, take the stairs.

**2. When Doing Mindless Tasks.** Admit it: everything you do at work doesn't require an amazing amount of brainpower. Take advantage of the easy tasks by multitasking with some exercise. The easiest option is to flex and squeeze your body. From your glutes and your abs to your pecs and thighs, you can get rid of a few calories by simply flexing them as you work. As you grow accustomed to the flexing, you may find it to be a great way to work your way through a long, difficult meeting.

**3. Every Time You Finish a Task.** When you first get to work, make a to-do list. This will help keep you on track and will also set you up for exercise rewards. Each time you cross a task off your list, give yourself an exercise reward. This could be walking a couple laps around the office, standing up and doing a couple quick stretches, or closing your office door and knocking out a dozen push-ups. Know what your reward of the day will be and go for it.

**4. When You Need to Communicate.** Helpful as email may be, there is a way to communicate with your colleagues that actually keeps your body moving. That way? Getting out of your seat and walking to your coworker's office to talk things through. Have to make a few phone calls? Stand up as you talk or better yet, pace back and forth during the conversation.

**5. At the Top of the Hour.** A great way to sneak a little calorie burning into your routine is to get up every hour. And your exercising doesn't need to be super intense. All you need to do is stand up. Do this for five minutes, eight times a day, and you will drop 100 calories a day. That's right—all you have to do to stand up for your health is stand up!

All of these bonus calorie burning tips are great – when done in conjunction with a consistent, challenging exercise program. If you aren't yet one of my valued clients then now is the time to join in – call or email today to get started!

## Avoid the Burn

Want a foolproof way to keep extra calories away? Don't eat them in the first place. With a little self-discipline, you can avoid eating lots of useless calories, which helps your sneaky calorie-burning exercises have even more impact!

## Homemade Almond Butter



A spoonful of homemade almond butter on banana is a fantastic pre-workout snack. It's also delicious added to a protein shake or slathered on sliced apples. By blending your own almond butter at home you're enjoying pure, unadulterated almonds and sea salt without the added sugars and preservatives found in many store bought brands. Enjoy!

### What you need

Serves 20

3 cups roasted, unsalted almonds

¼ teaspoon sea salt

1 Tablespoon coconut oil

### Instructions

1. Blend all of the ingredients in a food processor until creamy. This can take up to 10 minutes, so when in doubt continue to blend, blend, blend. Enjoy!

### Nutrition

One serving equals 109 calories, 10g fat, 3g carbohydrate, 28mg sodium, 1g sugar, 2g fiber, and 4g protein.

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