



BALANCED BODY BALANCED LIFE

body in balance

best experience yet

Vicki Nelson is a busy flight attendant for Alaska Airlines and with work and family she has found success. She has been training with Joan Cobbs for a few months and has come so far. "I am grateful to Joan for her support, encouragement, and healthy lifestyle tips. She has even given me travels workouts while I'm



away from the gym. I have lost 33+ pounds, 20 inches and 6% body fat! I have enjoyed the personal attention I have received at Body Balance. I

have tried many different gyms and training programs but this has been my best experience yet. I give Joan and Body Balance an A++!

join biggest loser competition

1st-2nd-3rd

Place Winners!



Increase your employee productivity and get fit!



For **\$60** each:

- 1 month membership
- 1 goal setting session
- 6 group training sessions

Competition starts

1/14/2011

and ends

2/14/2011



new clients only

10300 SW Greenburg Rd, Suite A, Lincoln 1—Portland, OR 97223
jeff@bodybalancetraining.com www.bodybalancetraining.com
503-892-8870

featured trainer



Jason Delp has been a certified trainer for the last 4 years. He is qualified as a Performance Enhancement Specialist and is certified with NASM as a personal trainer.

He has always had a passion for creating a good workout. Starting from the age of 8-10 years old he would take ammo cans and fill them with railroad spikes to create a way to lift weights when he had

none. Jason was often found with his father, who was in the Army, tagging along for his workouts. They would run together and was also able to go with his dad to morning drills and formations. Those early years formed how Jason

looks at training and now he makes the most of whatever is put in front of him. His wife Jennie is also in the fitness industry and teaches Zumba classes in Newberg. Jason has 2 sons, Jackson (7) and Payton (10) who love hanging out with their dad too. When not in the gym Jason's favorite thing is - anything that has to do with baseball—watching baseball, coaching baseball, fantasy baseball, baseball cards, talking baseball, baseball movies...you get the picture! He and his family have also taken on the task of seeing that Newberg's Jaquyth Park gets cleaned up. Jason is the proud owner of Red Hills Personal Fitness in Newberg so if you're serious about getting fit Jason will help you reach your goals. Body Balance is proud to have him as a trainer!



exercise of the month

ab twist



step 1



step 2

1. Start in an extended position on floor, arms overhead holding an 8-10-15 lb weight, legs straight.
2. Raise straight arms and legs up to a 'V' position.
3. Twist to hit weight on both sides of body on the floor. First the right and then the left side.
4. Return slowly to arms overhead, legs straight, then lower slowly til you are flat on floor.
5. Repeat 10-15 times!! It will work all aspects of your abdominals, lower, upper and side oblique's.

nutrition

The difference can be as simple as making a few easy changes to your normal eating and exercise routines. These 7 tips can save you extra calories and help you burn more per week.

1. If you **have** to have pizza don't eat the end crust, it adds about 100 calories.
2. Eat your sandwich open-faced with one slice of bread instead of two.
3. Leave the cheese off your sandwich and pile on the

veggies.

4. Eat fresh fruit instead of dried. Raisins are 200 calories and grapes are 80.
5. Swap mayo for mustard. Mayo has 200 calories and mustard has 30.
6. Drink green tea, it not only boosts your metabolism it helps keep colds and flu at bay.
7. Gaining just 5 lbs of muscle, you'll burn up to 150 more calories per day.

Spiced Pumpkin Granola

- 3/4 cup canned pumpkin puree
- 1/2 cup brown sugar
- 2 Tbsp canola or olive oil
- 1 Tbsp vanilla
- 2 tsp ground cardamom
- 2 tsp pumpkin pie spice
- 1 tsp salt
- 3 cups old-fashioned rolled oats

1 cup raisins, chopped pecans, pistachios and dried cranberries

Oven @ 325. In large bowl, whisk together the pumpkin, sugar, vanilla, pumpkin pie spice, oil, & salt. Add oats & nuts, toss to coat. Spread evenly on prepared baking sheet and bake 30 minutes, stirring 1/2 way through until oats are just crisp. Add in raisins and cranberries and continue baking 15 more minutes. Allow to cool completely. Break into chunks and store in airtight container. ENJOY!