

# SEMPER FIT GRIT

JUNE  
2010

"Every end is a new beginning".

(760) 932-1522

## Looking to get into Summer-Shape?

Here's how:

1. Attending Semper Fit classes 3-5x /week
2. Eating a proper body-enhancing diet
3. Eating small meals every 3 hours
4. Make an appointment with a Semper Fit trainer
5. Prepare healthy meals ahead & store in containers, eliminating temptation & junk food

Sample Meal Plan used by a Semper Fit Staff when Preparing for a "Summer Six Pack":



\*\* (consult with a Semper Fit trainer or Nutritionist prior to beginning a new program. Only a certified Dietician may prescribe a personal diet plan.)

### **Meal 1:**

6 Egg Whites,  
1 tbsp flax oil, ½ grapefruit, 1 cup peppers, 1/2 cup onions,  
½ cup mushrooms, ½ cup oatmeal  
(prot 35, carbs 40, fat 14, calories 456)

### **Meal 2:**

30 g whey protein, ½ cup plain yogurt, ½ cup berries, 2  
tbsp raw almond butter, celery sticks  
(prot 37, carbs 18, fat 17, calories 415)

### **Meal 3:**

6 oz lean steak, ½ cup grilled onions, 1 cup grilled peppers,  
½ sweet potato, 1 cup spinach  
(prot 36, carbs 37, fat 6, calories 354)

### **Meal 4:**

30 g whey protein, 1 cup berries, 12 almonds  
(prot 30, carbs 20, fat 15, calories 330)

### **Meal 5:**

6 oz skinless chicken breast, ½ cup brown rice, ½ cup  
yellow pepper, 1 cup zucchini, ½ cup red pepper, ¼ cup  
diced onions, 2 tsp olive or flax oil  
(prot 42, carbs 43, fat 14, calories 516)

JUNE

Introducing:  
**THE  
ULTIMATE  
WARRIOR  
COMPETTION**

SEPT.

## \*New Classes\*

### Boot Camp!

Get Up and Get Moving! These classes throughout the summer will get you into your summer camouflage or simply into summer shape!

**Tuesdays, 9:00-9:45 a.m., Coleville**

**Thursday, 9:00-9:45 a.m., Coleville**

### "Stroller Striders"

Cardio, Power Walking & Strength Training using strollers and kids! Bring Your Own Stroller.

**Fridays, 9-9:45 a.m., Lincoln**

### 52 Pick Up

Prove how fit you are by competing with a simple deck of 52 cards and Derek Garnett as your instructor.

**Tuesdays, 1130-1200, Base**

### Summer SIX PACK

15 minutes of intense core work  
**Thursdays, 11:30 a.m., Base**



Boats, Kayaks, Tents, Trailers, Sleeping bags, fishing poles, tackle boxes, mountain bikes....

Semper Fit has all your equipment for a great summer. 760.932.1522