

BODY ALLURE FITNESS

Healthy Living | Family Fun | Workouts

New Classes

Dance HIIT

Get moving with dance inspired high intensity interval training, (Hiit). From plyometrics, cardio kickboxing, to squats and lunges; tone up to today's hottest music. Increase your strength, endurance, and agility. All fitness levels are welcomed. Bring a water bottle and fitness shoes.

Monday 6pm
 Mitchell Elementary School
 3550 Pittsview Dr, Ann Arbor, MI 48108

Wednesday 7:30pm
 University of Michigan Trotter Multicultural Center
 1443 Washtenaw Avenue, Ann Arbor, MI 48104

Corporate Health & Wellness Program

Noon Rush

Are you interested in bringing fitness classes to the workplace? Contact me for more details.

Stay Updated

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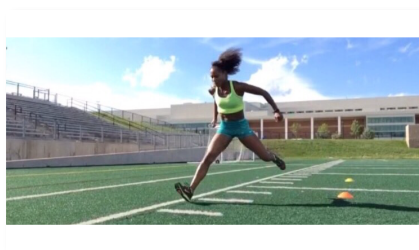
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Get Moving

October is finally here, what better time is it than now to enjoy the outdoors. I always feel as if autumn is your second chance to get back to those fitness goals that were set earlier in the year.

Eager to get going, where do you start? In the perfect world, one would do cardio everyday of the week. However, we know that it can be very challenge to work into ones schedule. A more practical program consist of performing cardio at least 3 days out of the week, and up to 5 days. Cardio days can be carried out back to back, or consist of a recover day or two.



Also shoot to workout for 20-30 minutes minimum. If you are crammed for time you can break down your workouts into mini sessions throughout the day. Take for instance, you can go for a 10 minute jog in the morning and run the stairs

at work for 5 minutes during your lunch break. Then finish your day off with another 10 minute walk or jog.

Remember, small changes lead to big results. Simply parking your car further in the lot or using the stairs can help you stay on task. If



Spaghetti Squash Shrimp Scampi

Ingredients:

- 1/2 Spaghetti Squash
 - 1tbsp Olive Oil
 - Salt & Pepper
 - 6 Jumbo Shrimp
 - Handful of cherry tomatoes, cut in half
 - 1 clove garlic, minced
 - Handful of fresh basil leaves
 - ¼ cup white wine
 - Juice from 1 lemon
1. Pre-heat oven 375.
 2. Using a butcher knife cut squash in half (long way). Scoop out the inside/seeds with a spoon.
 3. Season the inside with olive oil and salt and pepper.
 4. Place squash facing down in oven for 30-45 minutes.
 5. Heat 1 tbsp olive oil and garlic on a skillet until garlic is soft and starts to brown.
 6. Add wine and lemon and let simmer for a minute.
 7. Add shrimp and basil and simmer about 3 minutes, until shrimp starts to turn pink.
 8. Add the tomatoes and simmer until they're warm and soft.
 9. Add to your spaghetti squash and garnish with a lemon wedge.

www.BodyAllureFit.com

you have little ones, get them involved as well. Take walks around the neighborhood or parks, or have them tag along on their bikes as you go for your run. And most importantly make it fun. Have family competitions or races. Setting good examples for children will help them make healthy choices in adulthood. It's never too early to start.

Weekend Warrior Challenge

Push your limits with these six non-weight bearing exercises. Time how long it takes to complete one round of the circuit. Keep track of your progress and challenge your friends!

1. Star Jumps- 10 reps
2. Back Lunge with Knee Raise - 20 reps (20 on each side)
3. SpiderMan Plank- 30 reps (15 on each side)
4. Pulsing Squats-40 reps
5. High Knees- 50 reps
6. Toe Touches - 60 reps

Check out the Body Allure Fitness website for video demonstrations and modifications.

www.BodyAllureFit.com/Weekend-Warrior

Upcoming Events



The Color Run Night

Welcome to the night life... It's Glow Time! The Happiest 5k is staying up late! With amazing new participant gear and the brightest race attractions you've ever seen, thousands of runners will light up the night sky!

October 30th, Detroit- Belle Isle

Join my team, Body Allure Fitness, to receive a discount.

Register online: www.TheColorRun.com

Have topic suggestions or questions? Do not hesitate to contact me. You may be featured in future newsletters and/or blog post!