

FUSION NEWS

May 2010

Wellness Tip

By: Greg Seago

Top 10 Reasons to Drop 10

If you are overweight or obese, there are some powerful reasons to drop 10% of your body weight. Losing this amount of weight can significantly improve your health and well-being. It may not sound like a lot. In fact, most people trying to lose weight set much loftier goals for themselves, but unrealistic goals can often end in disaster.

A 10 percent goal is very doable...that's 20 lbs for someone who weighs 200; 25 lbs for a person whose scale reads 250; and 30 lbs trimmed from a 300-pound person.

So, what are the top ten health benefits you can expect after dropping 10 percent of your weight? In no particular order, they are:

10. Better blood pressure
9. Improved heart health and lower cholesterol levels
8. Decreased risk for diabetes
7. Enhanced sex life
6. A better night's sleep for those with obstructive sleep apnea
5. Less pain associated with arthritis, joint disease, and lower back pain.
4. Better breathing
3. Decreased risk for colon and breast cancer
2. A healthier gallbladder
1. More energy

To read the full article visit [SparkPeople](#).

Out with the old and in with the new!

For the past month, our pool has been undergoing construction. The reason for the construction is a result of a recent ruling by the Illinois Department of Public Health. Pools not in compliance with the Virginia Graeme Baker Act will not be licensed. The act requires all public pools to have anti-entrapment drains and/or anti-suction devices. We are happy to announce the pool will be reopening May 24th. Thank you for your patience!

Student Special

Students, get off the couch and stay in shape this summer at Fusion! From now until June 15th, students may purchase a student 3 month membership with zero enrollment fee!

It's a carnival at Fusion!

If you walk down the hall at Fusion you'll see streamers and brightly colored flags hanging on the hall. You also might hear children laughing and see the variety of games, along with the bounce house, set up in the gym. This carnival atmosphere is for the children of the surrounding elementary schools for their end-of-year parties. Due to the temporary closure of the pool, the staff here at Fusion have organized a plethora of games and activities for the kids to enjoy, including a popcorn machine popping a fresh snack for the children. To view photos of last weeks carnival, visit our website www.fusion4life.com.

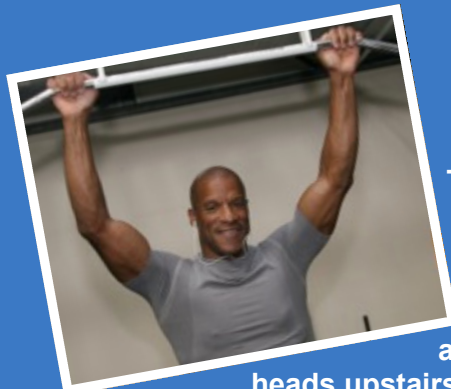
Memorial Day

Just a reminder that in observance of Memorial Day, May 31st, Fusion's hours will be 7am-1 pm.



“ People with many interests live, not only longest, but happiest. ”

-George Matthew Allen



Member of the Month: Tim Ellis

Tim, a State Police lieutenant at District 18 headquarters at Litchfield, says he heard about Fusion after moving here from Champaign. He normally starts his workout regimen with stretches and warm-ups in the cardio room, then heads upstairs to lift weights. Why Fusion? "It's clean and the staff is friendly," Tim says. "It's the best gym I found in the area." Congratulations Tim and keep up the good work!

Happy Birthday Taurus!

The physical, sensual side of life is very important to the Taurus. You love to feel connected to your body and enjoy the perks in life, including good food and good wine. Be careful not to enjoy them too much, or you might have to spend more time in the gym than you'd like. After a hard workout, reward yourself with a massage or a soak in a hot tub. You love the feel of fine fabrics, so stay away from polyester or other scratchy materials. You might have the reputation for being stubborn, but that's a good thing—you won't give up until you reach your fitness goals. It might take you a while to find an exercise routine that you like, but when you do, don't mess with it as long as it works for you.



Crab Cake Burgers Serves: 6

INGREDIENTS:

1 pound crabmeat	1 egg, lightly beaten
1/2 cup breadcrumbs	
1/4 cup light mayonnaise	2 tbsp minced chives
1 tbsp Dijon mustard	
1 tsp onion powder	1 tbsp lemon juice
1/4 tsp freshly ground pepper	
2 tsp unsalted butter	4 dashes hot sauce
1 tsp celery seed	1 tbsp extra-virgin olive oil

PREPARATION:

Mix crab, egg, breadcrumbs, mayonnaise, chives, mustard, lemon juice, celery seed, onion powder, pepper and hot sauce in a large bowl. Form into 6 patties.

Heat oil and butter in a large nonstick skillet over medium heat until the butter stops foaming. Cook the patties until golden brown, about 4 minutes per side.

NUTRITION: (PER SERVING)

163 calories; 8 g fat; 6 g carbs; 16 g protein



Congratulations

To all of those who took part in the
Lighten Up for Montgomery County weight
loss competition!
Montgomery County is now 4,896 lbs lighter!!
Way to go!

