



FEBRUARY 2009

NEWSLETTER

## **AMERICA'S WORST SUPERMARKET FOODS**

From the produce section to the frozen-food aisle, the modern day market is loaded with 50,000 food choices, all vying for your hard-earned money. Take a look at the items listed below that made the “worst” list; eliminate these bad choices and focus on fresh vegetables & fruits (preferably grown locally), whole grain breads, and organic, lean cuts of meat. All choices are in 1 serving size.

1. Packaged food in America: Marie Calendar's Creamy Parmesan Chicken Pot Pie(1,060 calories, 64 grams of fat, 1440 mg sodium)
2. Frozen Entrée: Hungry Man Classic Fried Chicken (1020 calories, 57 grams of fat, 1570 mg sodium)
3. Frozen Pizza: Digiorno for One Garlic Bread Crust Supreme Pizza (850 calories, 44 grams of fat, 1450 of sodium)
4. Frozen Breakfast: Jimmy Dean Pancake and Sausage Links Breakfast Bowls (710 calories, 31 grams of fat, 890 grams of sodium)
5. Stir-Fry: Bertolli Grilled Chicken Alfredo & Fettuccine Complete Skillet Meal (710 calories, 42 grams of fat, 1370 mg sodium)
6. Packaged Lunch: Oscar Mayer Maxed out Turkey & Cheddar Cracker Combo Lunchables ( 680 calories, 22 grams of fat, 1440 mg sodium, 61 grams of sugar)
7. Individual Snack: Hostess Chocolate Pudding Pie (520 calories, 45 grams of sugar, 24 grams of fat)
8. Frozen Treat: Toll House Ice Cream Chocolate Chip-Cookie Sandwich (520 calories, 23 grams of fat, 44 grams of sugar)
9. Baked Food: Otis Spunkmeyer Banana Nut Muffins (460 calories, 22 grams of fat, 32 grams of sugar & only 2 grams of fiber)
10. Packaged Pasta: Pasta Roni Fettuccine Alfredo (450 calories, 25 grams of fat, 1140 mg sodium)

## TRIATHLON TRAINING CLASSES-SESSION II

**Who:** All levels are welcome, beginners to advanced

\*Great way to change up your workout routine and get into shape

**What:** 2 workouts a day (M-Th) including pool, spinning, running, sports training

**When:** Starting Feb 16<sup>th</sup>

**Why:** Great workouts for a new way to get in shape, lose weight, and improve tone

Training specifically geared for the Hy-Vee triathlon on June 28<sup>th</sup>

**Cost:** \$199 for members for 6 weeks, \$299 for members for 6 weeks

\*Mornings or Nights only: \$100 members, \$150 non members

**How:** contact Matt Getting at [mgetting@7flags.com](mailto:mgetting@7flags.com) or 490-4670

## SWAT

Join SWAT!! Start up anytime... contact Jenae Halstead to get an assessment and a one on one introduction to the program.

[jhalstead@7flags.com](mailto:jhalstead@7flags.com)

Cardiovascular exercise, Resistance Training and Nutrition all in one!  
Personal Training in a group setting! Results are guaranteed!!

## TENNIS

Well, it has been a busy couple of weeks up here in tennis gallery with USTA Junior tournaments back to back weekends but we are back on schedule with all the weekend clinics and leagues. Cardio Tennis has been a popular class for members and non-members. Come join us and have fun burning off calories to heart-pumping music. Remember we still have the option to rent the ball machine for an hour!

Session 4 is currently ongoing with Session 5 quickly approaching February 16<sup>th</sup>. Sign up today at the Tennis Gallery at 278-8888 ext 747 or [tschlader@7flags.com](mailto:tschlader@7flags.com). Private lessons and hitting sessions are always available if you need some help fine-tuning parts of your game. You can visit our website at [www.7flags.com](http://www.7flags.com) if you would like to find out what other activities we offer in our

tennis program. Look for more information about our Spring & Summer programs soon.

We are having our Spring Adult Social February 28<sup>th</sup> from 6-9 pm on the tennis courts. Join us for some fun doubles, contests, socializing, snacks, beverages, and much more! **Sign up today!!**

## **7 FLAGS XPRESS @ GREENWAY CROSSING**

7Flags Xpress is now offering free XRKade orientations to members and non-members on Tuesday nights from 6pm to 8pm. Come in and the first fifteen minutes is the orientation and the last hour and forty-five minutes are free play so that you can experience the enjoyment that is the XRKade!!! Keep your eyes open for XRKade challenges and win some great prizes including personal training. The most fierce fitness fanatics to the newest beginner walking through the door can benefit from having the expert knowledge and motivation of a Personal Trainer. Again personal training times are filling up quickly so if you have not had your kickstart yet with Jamie, please don't hesitate to contact him by email at [jdaum@7flags.com](mailto:jdaum@7flags.com) to schedule yours today and learn how to reach the full benefits of having a gym membership at 7Flags Xpress.

## **PERSONAL TRAINING**

For questions regarding Personal Training, Please contact Jon Strominger. [jstrominger@7flags.com](mailto:jstrominger@7flags.com). We offer half hour and hour training sessions with focuses on whatever your goals may be.

## **BASKETBALL COURTS**

Scheduled Gym time:

Monday 5-7pm Pick up Basketball

Tuesday 7-9pm Pick up Soccer

Thursday 5-7pm Pick up Basketball

**\*\*FOR THE MONTH OF FEBRUARY FROM 5-7PM ONLY, ENJOY BASKETBALL FOR FREE.**

**IF YOU ARE INTERESTED IN A MEMBERSHIP STOP BY TO TALK TO A SALES COUNSELOR!**