

MONARCH ATHLETIC CLUB



MEMBER OF THE MONTH: KIMBERLY NORTON

Kim is a dedicated member of the Monarch Athletic Club. She brings a positive attitude to the MAC every day and instantly lights up any room she enters. Kim inspires those around her and pushes them to be the best they can be. "After being a collegiate swimmer, I quit cardio in favor of lifting (I was the 1RM winner last year) – but now I'm starting to realize the benefits of both!" Congrats, Kim!



MONTHLY FITNESS PROGRAM

Track your steps from the start of the rainbow to the pot of gold. Join in on this step challenge March 9th - 223rd.



CLASS OF THE MONTH

Tabata express is a 30-minute express class. The class includes alternating periods of short intense anaerobic exercise. They have even shorter, less-intense recovery periods. With a variety of exercises and methods for this training, you'll always be targeting major muscle groups for a whole body workout.



MARCH MADNESS

Join in on the March Madness fun! Grab a bracket at the MAC, fill it out, and turn it back in for your chance to win!



EATING HEALTHY

MARCH NUTRITIONAL TIPS

Week 1 - EAT THE RAINBOW

Veggies, veggies and more. When choosing your vegetables choose a variety. Choose an array of colors to ensure you will have a nutrient dense diet.

Week 2 - DON'T DIET, EDIT

It's a lifestyle! I know you've heard that saying before. But it is true. The next time you think about going on a diet, consider editing what you eat instead. Making small changes over time until you have a happy and healthy nutritional lifestyle.

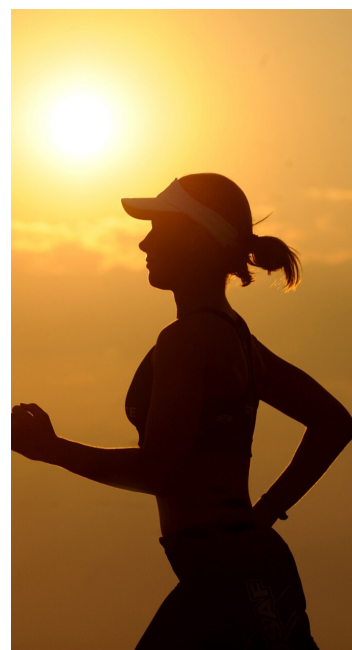
Week 3 - SHOP THE OUTER RING OF THE GROCERY STORE

Have you notice that most of your vegetables, starchy vegetables, fruits, lean meats are located on the outer ring of the grocery store? Build the bulk of your nutritional with these foods. Most processed foods are located in the interior of most stores and should be eaten in moderation.

WORKOUT OF THE MONTH

Complete 45 seconds of work, 15 seconds of rest of each, repeat 3-5x

Alternating Bicep Curls
Mini Rope Circles
Curl to Overhead Press
Dual Rope Waves
Alternating Hammer Curls
Alternating Rope Waves



**"EVERY DAY IS A NEW
OPPORTUNITY TO
IMPROVE YOURSELF.
TAKE IT AND MAKE
THE MOST OF IT."**