



October 2010

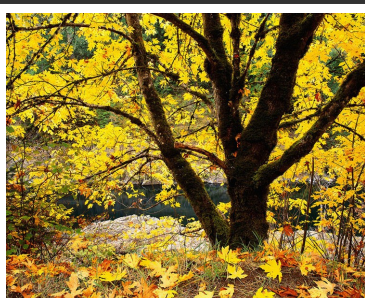
Fall News from Fired Up Fitness

Register Now for our next session of Blazing Boot Camps—Now indoors!

Bring a friend and you will receive \$10 off your registration! Bring 5 friends and receive a FREE boot camp!!

Registration is now open for our next session of boot camps. **Currie Barracks** classes begin Mon Oct 18 and **Deer Run** classes begin Tues Oct 19. All classes are held indoors and all fitness levels are welcome. We also offer a daytime class in

Shawnessy; the next session begins Tues Nov 2. Check out our [website](#) for more details and to register. **Find your inner fire! Join a class now.**



Working Out With A Bug

Feeling a little under the weather and wondering whether or not to work out? The rule of thumb is: if your symptoms are above the neck go for it. The workout will help you feel a little better and boost your immune system so you can fight off those bugs. But if you have chest congestion, stomach issues or fever it's best to rest and let your body fight it.



Become a Fan on Facebook

Congratulations to our 100th Fan Michelle Snow! She received 20% off a boot camp for the honours. More and more people are discovering the great fitness information and motivation from the Fired Up Fitness Facebook Fan Page. Tell your friends, once we reach 200 Fans we will be drawing for 50% off a Blazing Boot Camp (all Fans will be eligible).



A Fantastic Turnout at the 2nd Annual Charity Boot Camp!



Thank you to everyone who participated in our second annual Fired Up Fitness Charity boot camp and to all those who generously donated! We had a beautiful morning and thanks to you we raised \$1200 for the Alberta Children's Hospital Foundation and we had a great time doing it!



Power Pasta

Warm up to an energizing bowl of pasta and lentils made with five fat-burning ingredients and plenty of protein. Ready in 45mins; makes 6 servings

- 1 1/2 tbsp extra virgin olive oil, divided
- 1c butternut squash, peeled and cubed
- 1c grape tomatoes, whole
- 1/4c red onion, thinly sliced
- 1 clove garlic, minced
- 2c French green lentils, cooked according to package
- 2c whole wheat spaghetti, cooked according to package
- 1/8 tsp red pepper flakes
- 1/2c low-sodium chicken broth
- Sea salt and pepper to taste



Preheat oven to 400F. In a bowl toss together 1tbsp oil, butternut squash and tomatoes. Spread ingredients onto a greased cookie sheet. Roast in over for 20-30 mins, until squash is tender.

In a nonstick skillet, heat remaining oil over medium-low heat. Add onions and cook until translucent about five minutes. Add garlic and cook another two minutes.

Add lentils, pasta, pepper flakes, tomatoes and butternut squash. Add broth to mixture and heat everything through. Add more broth, if desired. Season with salt and pepper and serve.

Nutrients per serving:

Calories: 350, Total Fats: 5g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 15mg, Total Carbohydrates: 62g, Dietary Fiber: 14g, Sugars: 4g, Protein: 18g, Iron: 5mg

Source: www.oxygenmag.com

Questions or comments? Email us at info@firedupfitness.ca or call 403-463-3887



Visit our website or contact us to find out more about what services we offer and how we can help you to reach your health and fitness goals.

