



July 2016 - Stay Focused!

Premier Tennis & Fitness...Real People. Real Results!

JULY SPECIALS:

608-208-1760 • www.ptfjanesville.com • We are on Facebook & Twitter!

Fitness:

Christmas in July is BACK! You will save 5-10% on any Personal Training package purchased during the month of July! Stock up and save!

Tennis:

Private Tennis Lesson Packages - Buy 5 Lessons and Get 1 FREE! Buy 10 Lessons and Get 2 FREE!

Membership:

Save 50% on Summer Student Memberships beginning in July! Contact Chris or Amy for details.

Your PTF Management Team

General Manager
Chris Bourgeois

Tennis Director
Barry Hankel

Fitness Director
Cody Helgeson

We CAN survive Summer Pot Lucks & Barbeques!

It is that time of year when we are gathering with friends & family and sharing the beautiful weather and fun of summertime. When we get together for pot lucks & barbeques, it is very easy to get caught up in the festivities and, before we know it, we have consumed much unhealthy food and many extra calories. Here are some simple strategies that can get us through those gatherings without derailing our plan for healthier living.

Bring a dish that fits into your plan. You will be guaranteed to have at least one yummy & healthy dish that you can enjoy. (See page 2 for a sweet treat that won't bust your caloric budget!)

Eat those veggies! This won't leave as much room for the potato & pasta salads which load up some heavy carbs! Watch that dip, though! 😊

Put the food on a plate. Mindlessly standing around the bountiful spread most often leads to an unawareness of how many calories you really are consuming.

Make choices that control your portions. Looking at both of the main dishes? Choose just one, or find a buddy and split half of each.

MOVE! Play a game of volleyball, basketball, swim, kickball, *anything* – keep yourself moving and you won't have the opportunity to overindulge.

Hopefully, these tips will make for a successful summer barbeque season.

Keep your focus on your goals and move towards them – a little more each day.

Take Care, Chris

Tennis Special Event

Adult Tennis Social

Friday, July 22nd

6:00-8:00pm

All levels of play welcome

\$20 Member Discount/\$25 Non-Member

Light Snacks, Water & Soda will be provided

Fitness Special Event

Special Nutrition Presentation:

Thursday, July 14th 6:30-7:30pm

Holistic Nutritionist Deb Cyrel, CNC BHN

Seminar Topic: Sugar & Weight Loss

Location: PTF Large Group Studio

This complimentary presentation is FREE to members and guests

Never lose sight of what
you want the

MOST

For the sake of what
you want in that

MOMENT

This month, we are sharing a recipe that may get you through those summer pot lucks and barbeques while maintaining your commitment to health.

Frozen Yogurt Fruity Bites

1 c yogurt
1/4 c fresh strawberries, sliced
1/4 c fresh blueberries
1/4 c fresh raspberries
1/2 c fresh mango, diced

Per Serving:

17 Calories
1.6g Protein
2.75g Carbs

Directions

On a baking sheet, lay out 12 silicon muffin cups. Dollop some yogurt into each cup, until all the yogurt is gone.

Place a few pieces fruit into each cup, pressing them down into the yogurt with the tip of your finger. Place the cups into the freezer, and freeze overnight, or until the yogurt is set.

Once frozen, remove from the cases and serve, or place in an air-tight plastic bag and store in the freezer for up to 2 weeks.

Yield 12 servings
Cook Time 4 hours

Are you working out hard enough or long enough?

From our Fitness Director, Cody...

The answer for this question can vary greatly depending on what your goals are. So for the purpose of this article we will talk about general fitness and weight loss.

This is a common question people have when starting an exercise program or working towards a new goal. Here are some clear cut tips to help with solve these mysteries:

- 1) How much do I need to exercise? Again for the purpose of this article we are talking about general fitness and weight loss. In order to maintain your current weight or see modest amounts of weight loss we need to exercise 150-250 minutes per week and to see a more significant amount of weight loss shoot for 250-300 minutes per week. Add up what you're currently doing and see how you stack up.
- 2) The next question is how intense should these minutes be? The goal should be to get your heart rate to 65-85% of your Estimated Maximum Heartrate (MHR). So how do you know what that is? Take 220 and subtract your age to get your MHR. Then multiple this number by .65 and then .85 to get your 65-85% range.



TRANSFORM U is working! After our launch on June 6th, the participants in TU are experiencing success! Every week, we are adding to & adjusting our plans for success & it shows. **Would you like to join? YOU CAN!** Contact Chris & she will meet with you 1-on-1 and get you ready to jump into the class!

Serves – Deception is the Key

From our Tennis Director, Barry...

Contrary to what many tennis players believe, the key to becoming a strong server in tennis is not based on power alone. Although having a fast serve is certainly a bonus it will only take you so far. As you play against tougher opponents changing spins and placement are just as important power. A pitcher in baseball that throws 95 MPH in the same place with no change in speed will eventually get lit up as the batters adjust to the speed. Just like for a pitcher in baseball, deception is key to becoming a top notch server. Mixing in flat serves, slice serves, and topspin serves is the first step to becoming a successful server. After mastering the three different spins, you should move your focus towards placement. Once you have a good feel for the placement and the different spins on the serve you will become a very unpredictable, dangerous server that will be hard to beat.