

Nimkee Fitness Center

QUICK FIT TIP

FEBRUARY 2016

“Contrary to popular belief, fitness is about being happy and healthy- not being shredded and measuring the gravitational pull between you and the earth.” This quote is absolutely true. Exercise should be completed with the mindset to be HAPPY and HEALTHY! You are far more apt to stick with this lifestyle change if you aspire to just be healthier and happier. For more tips contact Jayme 775-4696 or Jaden 775-4694 for a consultation!

February's Programs: Tread'n Miles

Incentive Program starts Mon., February 16

Healthy Heart Breakfast Thursday, February 11

For more info email Jaden: jharman@sagchip.org
AND Robyn: rgrinzinger@sagchip.org

Healthy Recipe: Chicken with Roasted Sweet Potato Salad

[CLICK HERE](#) for this
heart healthy dinner
recipe

