

September/October 2014

# NIMKEE FITNESS E-NEWSLETTER

Hours of Operation: Monday-Friday 6am-7pm CLOSED Saturday & Sunday's

Phone Number: 989-775-4690

Web: [www.sagchip.org/fitness/index.htm](http://www.sagchip.org/fitness/index.htm)

## Feature Article: To Eat—or Not to Eat: The Pre-Exercise Question By Nancy Clark

*What should I eat before I exercise? Does what you eat within 30 minutes of exercise offer performance benefits? Will pre-exercise food cause heartburn or nausea? What if I exercise in the early morning, before my stomach is awake? What if pre-exercise food contributes to diarrhea and undesired pit stops?*

[CLICK HERE](#) to get answers to these and other questions.

## Try this!: Suspension Training! Every Tuesday at 12:10 & Wednesday at 5:10PM

This workout was born in the navy seals. It is a new way to train that builds true functional strength and improves flexibility, balance, and core stability all at once. It is an effective and versatile exercise for ALL abilities and levels.

## Events & Incentives

# FALL INTO FITNESS

## Sept. 15th- Oct. 19th

[CLICK HERE](#) for more info or Contact Jaden Harman  
@ 775-4694.

# RUN on the REZ



[CLICK HERE](#) for the 5K Registration  
Form!

Days Closed: Friday, September 26

Group Exercise Schedule:

[CLICK HERE](#)

## Healthy Recipe:

Classic Omlet with Spinach-Basil Pesto.

[CLICK HERE](#) for the recipe!!

