

The Sand Run Trainer

improving lives through better fitness

Happy

Memorial Day!



Sand Run

Supports

Fitness and

Recreation Center

3250 W. Market
Suite #2

Call today for
a free tour!
(330)865-5553

Fitness Center Newsletter

May 2009

Fresh Tomato Salsa

Nutrition Information: Calories-4, Fat-1 Gram Sodium-30Milligrams

- 4- Medium Tomatoes cut into 1/2 in chunks
- 1/2- Cup finely chopped red onion
- 2- Minced garlic cloves
- 1- Jalapeño pepper, seeds removed and finely chopped
- 1/2- Teaspoon of salt
- 1/4- Cup finely chopped fresh cilantro



Combine tomatoes and onion in large bowl. In a separate bowl combine garlic, lime juice, pepper and salt. Pour over tomatoes and onion. Mix well. Cover and refrigerate for at least 2-3 hours to allow flavors to blend. Add

Sensible Stretching—

Stretching is essential to maintain healthy muscles and joints...but... there's a right way and a wrong way to do it. We practice **5 sensible stretches** to increase range of motion and go easy on the joints. Stretching the *shoulders, back, quadriceps, side and hamstrings* give a complete warm up from head to toe. See you at the gym!



Join us Friday May 22nd

From 6:30pm– 8:30pm

For:

Jewelry making and Nails!

Please RSVP to Rachel to reserve a spot!
216-956-1213 or 877-865-5553