



**STILLAGUAMISH  
ATHLETIC CLUB**

4417 172nd Street NE  
Arlington WA 98223

www.sacfitlife.com  
360.435.9404



## Banana Zucchini Protein Muffins

### What you'll need:

- ¼ cup coconut oil
- 4 extra ripe bananas
- 4 cups grated zucchini
- 1-1/3 cup liquid egg whites
- 1 cup coconut milk
- ¼ cup pure maple syrup
- 3-1/2 cups rolled oats
- 3 servings vanilla protein powder
- 1 Tbs cinnamon
- 1 tsp baking powder
- 1 tsp baking soda

### What you'll do:

1. Preheat oven to 375 degrees.
2. Mash together bananas and coconut oil together. Add zucchini. Set aside oats. Add banana



## Instructor Spotlight

**Larisa Thomas**

Born and raised in Southern California, Larisa Thomas' athleticism and sense of adventure started at an early age. Encouraged by young, enthusiastic, fitness-minded parents, much of her youth was spent in athletic pursuits. She came to Yoga to find balance from the demands of running. Loving the way the disciplines complemented each other, she attended Yoga teachers training school in McCleod Ganj, India in 2012. Larisa believes that a mindful approach to training and Yoga will optimize how you use your body. Running is her first love and sharing that joy with others has been a long-time pursuit. Larisa also enjoys teaching core, muscle conditioning and boot camp classes and, has recently obtained her personal training certification. When not teaching, you will likely find her out on the trail running, cycling or swimming. She loves to travel and attempt new activities that push her outside of her comfort zone. Larisa spends several weeks with her family and friends in California each Summer and participates in a local race or event. Her most recent 1/2 marathon was held in Healdsburg, California on the Kendall-Jackson estate. Larisa's ultimate professional goal is to help people find a way to incorporate fitness into their daily lives, and her ultimate personal goal is to complete an Ironman.



3. Add the banana mixture to the bowl and mix well. Add in the remaining dry ingredients and mix well.
4. Grease 24 muffin cups or prepare with liners (I even like to spray the inside of my liners so it pulls off nice and clean). Fill to the top with the muffin batter.
5. Bake 25-27 minutes. Let cool 5 minutes in pan and then transfer to a cooling rack. *Makes 24 Calories 120 Fat 4g Carbs 16g Protein 6 g*

"Every accomplishment starts with the decision to try"

ON THE CALENDARSecond Week Specials

**Monday September 8th:**  
BACK to SAC event

**Tuesday September 9th:**  
25% off clothing

**Wednesday September 10th:**  
Free guest day

**Thursday September 11th:**  
Free childcare

**Friday September 12th:**  
Bring one free guest to  
community swim

**Back to SAC**

Invite your friends, your family and your neighbors. Our annual **BACK to SAC** is happening on **Monday September 8th** right after we send the kids back to school. This event is our opportunity to honor our members by offering free guest passes, free childcare, **demo classes**, refreshments, enrollment special, drawings and giveaways. Stop by the front desk for a special invitation to give your friends. If your friend joins our club during this one day event, bringing in their invite card— **YOU** are credited with a free month (a \$53 value)!! We hope to see you and enjoy a day of celebrating you, our members, on **Monday September 8th, 2014** at the best club in Arlington!

# SEPTEMBER

# NEWSLETTER



## WHAT'S STOPPING YOU??

Ida Keeling, a 99-year-old who says she's "running away from old age and arthritis," set a new age-group world record of 59.80 seconds for 100 meters at the Gay Games in Akron, Ohio on Tuesday, August 12th. It is indeed a "new" record. Before Tuesday, there was no record of a woman in the 95-99 age group having completed a 100-meter dash in an internationally certified race, the Akron Beacon Journal reports. Keeling, all 4'6" and 83 pounds of her, is a great-great-grandmother from New York City who began competitive running at age 67, in part to cope with the deaths of two sons killed three years apart in drug-related homicides. Keeling lives in her own studio apartment and

### BACK to SAC

#### DEMO CLASS SCHEDULE

9:30am-11:00am

One class four formats: **Total Body Zumba Muscle Conditioning & Yoga**

5:00pm-5:30pm

A mix of both **Butt n' Gut & Ultimate Core**

5:30-6:30pm

One class three formats: **Step, Muscle Conditioning & Yoga**

#### Limited Edition Classes:

#### NEW MEMBERS ONLY

We would like to invite all our new members from September & Back to SAC to join in any or all of our limited edition classes for new members only!

Get the schedule on the day of  
Back to SAC!

apartment and uses a gym in her building twice a week. She also does yoga. Her daughter, Shelley, coaches track at Fieldston School in the Bronx, according to the *Akron Beacon Journal*. Keeling turns 100 next May 15. When asked if she'd try to set a 100-104 age-group sprint record, she smiled broadly and replied, "We'll see." Keeling told Newsnet5 in Cleveland, "My doctor told me two years straight I'm as healthy as a healthy 20-year-old." At the end of her tenth decade, Keeling's advice to a healthy longevity is, "eat for nutrition, not for taste. Do what you need to do, not what you want to do and don't leave out your daily exercise. Love yourself."

Article from RunnersWorld.com