

**Celebrate Spring with this Fresh Recipe:**

**Strawberry Chicken Salad**

Dressing:

- 1 tablespoon sugar
- 2 tablespoons red wine vinegar
- 1 tablespoon water
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons extra-virgin olive oil

Salad:

- 4 cups torn romaine lettuce
- 4 cups arugula
- 2 cups quartered strawberries
- 1/3 cup vertically sliced red onion
- 12 ounces skinless, boneless rotisserie chicken breast, sliced or 12 ounces baked chicken
- 2 tablespoons unsalted cashews, halved
- 1/2 cup (2 ounces) crumbled blue cheese

Simple Directions:

1. To prepare dressing, combine first 5 ingredients in a small bowl. Gradually drizzle in oil, stirring constantly with a whisk.
2. To prepare salad, combine romaine and next 4 ingredients (through chicken) in a bowl; toss gently. Place about 2 cups chicken mixture on each of 4 plates. Top each serving with 1 1/2 teaspoons cashews and 2 tablespoons cheese. Drizzle about 4 teaspoons dressing over each serving.



Nutritional Information  
Serves 4

- Calories 333
- Fat 16.4 g
- Saturated Fat 4.9 g
- Monounsaturated Fat 8.3 g
- Polyunsaturated Fat 2.1 g
- Protein 32 g
- Carbohydrate 14.8 g
- Fiber 3.5 g
- Cholesterol 83 mg
- Iron 2.5 mg
- Sodium 347 mg
- Calcium 156 mg

**SAC**

**STILLAGUAMISH  
ATHLETIC CLUB**

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We want you feeling your best for Summer in the Pacific Northwest.

This month we are SLASHING our prices in half.

Enroll at Stillaguamish Athletic Club and we will slash your initial enrollment fees in HALF!

If you are a corporate, we will SLASH your already discounted initial fees and first month dues in HALF!

There is a savings for everyone. Share the news with friends, family, co-workers and neighbors. Finding time for a healthier you is a gift everyone deserves.

**Memorial Day Schedule**

Saturday, May 24th: 8am Yoga

Sunday, May 25th: Regular hours

Monday, May 26th: Closed



Training with a friend and being accountable is one of the best ways to help you stay on track with your fitness goals. We are inviting you and your friends to participate in Arlington's 5K Color Vibe held in our town at Haller Park. You can walk, run or sprint this event! **It is NOT too late to join this walk or run on Saturday, May 9th!**

Get ready Arlington for the most colorful fun-filled day of your life! You'll have more color on you than your happy levels can handle! So get your friends and family stretched out for this amazing color blast event where you'll get blasted with color while you run. Color Vibe is here, and you're about to get tagged!

JOIN OUR TEAM!

TEAM NAME: The SAC

DISCOUNT CODE: T65V24

PASSWORD: RUNFORYOURLIFE



# MAY NEWSLETTER

## VEGETABLES-THE MOTHER OF ALL FOODS

Sunday May 10th means Mothers Day is fast approaching. Mother's Day is a modern celebration honoring one's own mother, as well as motherhood, maternal bonds, and the influence of mothers in society. Stillaguamish Athletic Club salutes and honors mothers.

There are a few things most Mothers strive to achieve for their families. One of those being vegetables. Yes, vegetables. At most every dinner table one can hear a child's whine of "I don't like this because it's green", or "how many bites do I have to eat"?. And, lets be honest here, even many adults complain about eating their veggies! The truth is, vegetables are the most nutrient rich food we can add into our daily food intake giving us needed essentials like folic acid, Vitamin A, C, E and lots of fiber.

Here are some handy tips for getting more vegetables added to your meals and snacks:

1-Add the ones you and your family DO enjoy. If zucchini seems to be everyone's favorite see how many dishes you can add this too. Make stir-fry with zucchini, add it to an omelet, grill some up on the barbeque. Don't shy away from adding vegetables (or just your favorite vegetable) into every meal possible.

2-Cook up some vegetables and add them to a can of soup your family often enjoys. Yes, most canned soups contain some vegetable. Find a can (preferably lower in sodium) and toss in fresh vegetables you have cooked. These vegetables will be partially masked by your favorite soup flavor while you are spooning down vitamin packed bites.

3-Most kids love spaghetti. Try chopping up various veggies as small as possible. Add these to your marina sauce while cooking. A little hidden vegetable never hurt anyone.

4-On a hot day throw in a variety of fruits, ice and almond milk into a blender to make a delicious fruit smoothie. When no child is looking fill the remainder of the blender up with spinach. This vegetable will blend right in with all of your child's favorite fruits.

5-Everything tastes better when it looks more fun. Try cutting vegetables up into large pieces and making a fun kabob for the grill. Add marina sauce to a zucchini cut in half and make 'zucchini boats'. Or, cut into "sticks" a variety of veggies like peppers, carrots and celery. Serve with various nut butters or dipping sauces to make it exciting.

6-Allow the family to grocery shop with you and pick out a vegetable you have never cooked with. Decide on a new recipe together and have fun in the kitchen. You wont know that you don't like it until you try.

Make vegetables a part of every meal. Do not reward eating vegetables with a treat. This will make the reward the incentive instead of the enjoyable part being the vegetable itself. Make healthy choices a part of every meal.

Lastly, listen to your mother and "eat your vegetables"!!!



## ON THE CALENDAR

### Second Week Specials

**Tuesday, May 12th:**

**Buy one orange Gatorade  
and get one FREE**

**Wednesday, May 13th:**

**Bring a guest for free**

**Thursday, May 14th:**

**Free Childcare (up to 2 children 1  
hour max)**

**Friday, May 14th:**

**Bring one free guest to  
community swim**

## Family Fun Night

**Mark your calendars for our  
next Family Fun Night.**

**Friday, June 12th**

**"Schools Out Party"**

**FREE Racquetball Clinic**

**Become a better player, or just  
learn how to be a player.**

**Wednesday, May 13th 6-7pm**