

CREATING HEALTHIER TOMORROWS

SAC

STILLAGUAMISH
ATHLETIC CLUB

4417 172nd Street NE
Arlington WA 98223

www.sacfitlife.com
360.435.9404



Youth Sports Training

Tuesday, October 21st -
Tuesday, November 25th

This class for **young men**, ages 13-18, meets every Tuesday and Thursday from 3:00-4:00pm.

Members: \$80

Non-Members: \$130

This class will improve your strength and fitness level incorporating strength, agility and speed training.

Lead by Ben Cotton

Kale Power

- * One cup of kale has more Vitamin C than an orange!
- * Kale is a great source of alpha-linoleic acid (ALA), the omega-3 fatty acid that's essential for brain health, reduces Type 2 diabetes risk and boosts heart health.
- * Kale has 133% of a persons daily Vitamin A requirements. More than any other leafy green!
- * Kale has 150mg of calcium per 100grams. Milk has 125mg per 100 grams. Need calcium? Drink up, or now-eat up!
- * Kale is more likely to be dirty. Buy organic, grow yourself or wash thoroughly!

The City of Arlington presents:

LEARNING THE TRAILS OF THE MOUNTAIN LOOP

Classes are Sundays from 1-3pm to learn about the trials of the Mountain Loop Scenic Highway. \$30 per couple for each class. Pre-register by calling Arlington Parks and Recreation at 360.403.3448

October 5th: Waterfalls-learn the trails and areas to find the waterfalls with safety tips

October 19th: Fall Hikes-discover which trails are open and best for Fall hiking

November 2nd: Wilderness Hikes-learn about the trials in the three wilderness areas and rules

November 16th: Winter Fun-find out about winter activities along with safety.

Try this Kale Recipe

KALE & APPLE SALAD

Ingredients: 3 tbsp fresh lemon juice*2 tbsp olive oil* Kosher salt* 1 bunch kale, ribs removed & sliced small* 1/4 cup dates*1 Honeycrisp apple cut into slivers* 1/4 cup slivered almonds, toasted* 1 ounce pecorino, finely grated* Freshly ground pepper



Directions
Whisk together the lemon juice, olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.

While the kale stands, cut the dates into thin slivers and the apple into thin matchsticks. Add the dates, apples, almonds and cheese to the kale. Season with salt and pepper and toss well.

"Your imagination is your preview to life's coming attractions"

ON THE CALENDARSecond Week Specials**Monday, October 6th:**

One free guest pass for family swim.

Tuesday, October 7th:

25% off individual myoplex protein powder packs.

Wednesday, October 8th:

25% off clothing

Thursday, October 9th:

Free guest day

Friday, October 10th:

Free childcare (2 child max for one hour)

Costume Parade

Fun for the kids while you workout! At 9:30am and 11:30am the kids from the playroom will go on a costume parade (costumes optional of course). This day will be complete with crafts, fun, and goodies given out during the parade! Join the fun on

Friday, October 31st!

Family Fun

Friday November 7th

5:30-8:30pm

RACQUETBALL CLINIC **Free!**

WEDNESDAY, OCTOBER 8TH, 6-7PM

No need to sign up...just show up!

OCTOBER

NEWSLETTER



HEART HEALTHY IN THE SEASON

With October comes Halloween and the beginning of a busy holiday season. Utilizing your determination you can get through the festivities and still be mindful about making healthy choices. Whether taking the kids around to trick or treat or staying at home and handing out candy, the temptation is right before you. Here are some great tips to help you and your family battle those temptations:

Before Halloween night, or any harvest party, eat dinner first. Make sure you get the proper nutrition. Filling up on healthy foods may help stop the temptation of sugar and fat laden snacks.

Get rid of all that candy-Pick out enough candy for one piece a day for 5 days and put those in the fridge. When your child asks for a piece of candy make sure to pair it with a healthy snack: an apple, a banana, some healthy nuts, or celery.

-“Buy back” the candy from your child. Use money or tokens they can trade in for a fun activity: a day at the zoo, an afternoon playing at a local park, going ice skating, or a day at the pool. Some dentist offices have been known to buy back the candy from their patients so be on the lookout for that option!

-Save it for holiday baking. Stuff a piñata with it for the next birthday celebration. -Recycle it by using it in an arts and crafts project. -Throw it away! Don't buy the 1/2-priced candy after Halloween.

Get moving. Make Halloween a day of activity. Set a fun goal during the day. For example; every time you see a child dressed up as a princess do 10 squats. Find a way to challenge your activity level.

Drink lots of water. Regardless of the amount of snacking you do, make sure to stay hydrated with water.

Remember your life is made for living. Find the balance that allows you to enjoy the holidays along with maintaining your health!



Attention: Our kids playroom will be closed on Saturday October 3rd while we get new carpet.