

# EMERY FIT

Training Nutrition Massage

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## First Ever Emery Fit Newsletter!

### What's this and why???

Hello Fit Team!

Welcome to the inaugural Emery Fit monthly newsletter. I intend this to be a fun but informational item you look forward to receiving every month. Think jokes, recipes, getting to know trainers and massage therapists, useful tips and good times! By chance, this is not your cup of tea, simply unsubscribe and voila no more newsletter!

Thank you so much for your patience as we have learned this business and battled Omicron scheduling!

**YOU MAKE MY KNEES FEEL WEEK.**

**JUST KIDDING.**

**YESTERDAY WAS LEG DAY.**

### Want the best for your teen athlete?



Whether your child swings a club, tackles an opponent or amazes with tumbling skills Emery Fit is the place for them to be on March 5th. Lucas and Keith have planned a great day of lifting weights, flipping tractor tires, learning how to be faster and using nutrition to help reach peak performance. Lunch provided by Alpharetta's Nature's Table.

[Book Sports Clinic](#)



### Where in the world is Laura?

Laura went home to Colombia for Christmas, **Yay!**, and broke her foot, **Boo!** Her amazing and talented friend Ayesha is filling in for massages while she recovers. Ayesha is here Wednesday and Friday mornings. Book your appointment before she fills up!

[Book Ayesha!](#)

### Food and Giving

Val Pamperin works out often at Emery Fit and is an active member of the [Alpharetta Lions Club](#). [Casa Nuova, Alpharetta](#), is hosting Lions Day March 23 5:00-10:00. They will donate a portion of proceeds to support the Lion's Club. Val said if you want to have dessert to try baking her chocolate cake made with healthy ingredients.



**Lions Day at  
Casa Nuova  
Restaurant**

Wed. March 23, 2022  
5:00-10:00 p.m.

## Val's Favorite Chocolate Cake Recipe

A very good high-protein alternative to flourless chocolate cake.

- 1 ½ cups semisweet chocolate chips
- 1 (19 ounce) can garbanzo beans, rinsed and drained
- 4 eggs
- ¾ cup white sugar
- ½ teaspoon baking powder
- 1 tablespoon confectioners' sugar for dusting



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