

EMERY FIT

Training Nutrition Massage

770-356-9529

Spring Has Sprung

Spring is here and summer is right around the corner.

Let's face it, we work out for many reasons. We want to feel good, we want to live longer, and we want to be ready for summer fun which often involves swimsuits and such. Whatever your reason we are here to help you. Top tips from our trainers are:

THIS ONE IS FOR LUCAS...

How do brand new spring flowers greet each other?

~ HEY BUD!



- Use your time at Emery Fit efficiently. Meaning come 10 minutes early to warm up and focus on your exercises.
- Workout on your off days. Your trainer is happy to give you ideas, or if you know you won't do it, schedule an extra session.
- Monitor what you are eating. There are lots of great resources to help with this including our favorite nutrition coaches Candice and Lucas.
- Take the time to reflect on the good you do. Laura, our amazing massage therapist, says to write whatever is bothering you on paper, then rip that paper up and throw it away. It is amazing how this helps stress levels.

Earth Day Electronics Recycling Drive

Saturday, April 23rd

10:00AM-12:00PM

Bring your unwanted electronics to Emery Fit:
13920 GA-9 N, Alpharetta, GA 30004



Acceptable Items:

- Computers
- Laptops
- Servers
- Routers
- Phones
- Modems
- Audio/Video Equipment
- Computer Accessories



Flat Screen TVs only - \$20 disposal fee per TV. *No other types of TVs accepted.

For more information, please contact Lynn Robertson: L.Robertson@NewLifeTechGroup.com
Visit our website: NewLifeTechGroup.com for a complete list of acceptable/unacceptable items.

Hosted By:



In Partnership With:



Electronic Recycling Drive on April 23rd!

It's spring cleaning time! Let's face it we all have stuff in our closets we no longer need. Why not donate your old tech to a local nonprofit who will destroy your data and refurbish that computer for someone else? NLTG has already donated over 1000 computers to local children who needed them for school. Can you imagine your children sharing a computer with one sibling or 3-4 others? Sounds like a nightmare to me. Please share this event with family, friends and neighbors. Talk to Leah about any questions you may have!

Leah's story time

True story time. I gained over 40 pounds during the shutdown phase of the pandemic. What contributed? I wasn't playing tennis 5-6 times a week, we cooked a lot of comfort foods, probably enjoyed more wine than normal and were STRESSED! Stress has a way of helping us pack on the pounds. Find a healthy way to relax which can include meditation, massage, positive self-talk, eat healthy, take deep breaths and watch your stress and cortisol

levels decrease.



I'm down over 20 pounds, but more importantly my clothes fit better and I feel better. I still have more to go but am determined to get there. The point of this true confession is you are not alone. I'll keep working and you keep working and we will get there together.

New at home senior fitness program!

Seniors have different needs when it comes to exercise. Kelli Selman has a passion for helping seniors not only maintain but improve the four key components of fitness for seniors; cardiovascular health, balance, flexibility and strength. She is certified in senior fitness so you can be rest assured she will come up with the perfect plan for the senior in your life. Call Leah at **770-356-9529** for more information on this program.



Candice's homemade Greek Salad



Try this healthy and delicious recipe your whole family will love!

Ingredients

Salad ingredients:

1 cucumber chopped
3 tomatoes chopped
Sprinkling feta cheese
12 kalamata olives
1/2 red onion chopped
Black pepper to taste

Dressing ingredients:

1 part olive oil
2-3 parts red wine vinegar
1 t yellow mustard
1 T dried oregano
1T dried parsley
2 cloves garlic chopped finely
Dash fresh lemon juice

1 piece whole grain

1. Combine all salad ingredients in large bowl and set aside.
2. Combine dressing ingredients and whisk well.
3. Add desired amount of dressing to salad and refrigerate for 2 hours.
4. Enjoy with 1 piece of whole grain.