

Winter 2010**Winter Bootcamp Schedule****9-week session:** January 4th to March 6th, 2010**Personal Best Challenge**

The **Personal Best Challenge** is a 6-week Weight Loss Program starting January 11th to February 20th, 2010 offered to Personal Best Fitness Bootcamp Participants. With Spring around the corner this challenge will give you goals and motivation to shed those extra pounds safely and sensibly. You will learn how to make wise choices, eat healthy, enjoy food and increase your fitness level.

The competition will be judge by Debbie Kennell of Personal Best Fitness based on 5 factors:

1. Total Weight Lost
2. Percentage Body Fat Lost
3. Total Body Inches Lost
4. Bootcamp Participation 2 classes per week
5. Five-Day Cleanse

Each percentage of fat, pounds and inches lost, class participation and the 5 day cleanse will equal 1 point. This will help to give a more equal playing field to all participants regardless of how much weight they need to lose.

All participants in the challenge must weigh in and body measurements taken prior to the start of the challenge.

This challenge encourages healthy weight loss; since it requires you to actually lose body fat, not just starve yourself, which encourages muscle and water loss, not necessarily fat loss.

Prizes will be given out to 1st, 2nd and 3rd place finisher. Prizes by **Personal Best Fitness**

Health benefits of Walking

Strengthens heart, reduces high blood pressure, high blood cholesterol, weight, type 2 diabetes, boosts energy and self-esteem. Walking with your family helps relationships and gets your children into healthy routines. Walking is simple and easy to do and has no downsides so build walking into your lifestyle now.

Winter 2010

Baked Citrus-Herb Salmon

For 10 servings

- Cooking spray
- 1 (3 1/2-pound) salmon fillet
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons grated lemon rind
- 1 tablespoon grated orange rind
- 10 fresh chives
- 4 thyme sprigs
- 4 oregano sprigs
- 4 tarragon sprigs
- 10 (1/8-inch-thick) slices lemon (about 1 lemon)

1. Line a shallow roasting pan with foil; coat foil with cooking spray.

2. Sprinkle salmon with salt and pepper. Combine rinds; spread over fish. Arrange chives, thyme, oregano, and tarragon horizontally across fish. Arrange lemon slices on top of herbs.

3. Place fish on prepared pan. Cover with foil; seal. Bake at 450 for 30 minutes or until fish flakes easily when tested with a fork. Serve warm or at room temperature. Yield: 10 servings (serving size: about 4 ounces salmon)

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