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5 INGREDIENT

DETOX SMOOTHIE

Vegan, 5 ingredient detox smoothie with lots of fiber, antioxidants, and immune boosting nutrients for optimum health. Perfect for breakfast or a snack.



Author: Minimalist Baker

Recipe type: Breakfast

Cuisine: Vegan, Gluten Free

Serves: 2

INGREDIENTS 1 cup frozen berries
1 cup organic spinach or kale
1/2 cup bananas, previously peeled, sliced & frozen
1 Tbsp flax seed meal
1 cup fruit juice (I mixed pomegranate & orange = my faves)

Optional: 2 Tbsp silken tofu

INSTRUCTIONS 1. Add all ingredients to a blender and blend on high until smooth. If too thick, add a splash more juice or water. For more sweetness, add extra frozen banana. 2. Pour into two serving glasses and enjoy.

NUTRITION INFORMATION

Serving size: 1 smoothie
Calories: 181
Fat: 1.6g
Saturated fat: 0g
Carbohydrates: 41g
Sugar: 29g
Sodium: 19mg
Fiber: 4.7g
Protein: 2.5g

Personal Training. Personal Best

The benefits of hiring a personal trainer are endless. Many individuals around the world share a fitness success story that features a trainers help. A personal trainer will write out your workout plan and hold you accountable to finish them. New ideas and a variety of exercises will be shared and challenges met. A personal trainer can come alongside you to make sure your are progressing in a way for your goal to be met. Having a personal cheer leader and coach can be the needed tool for some to reach their potential.

Recently our member Brad hired SAC personal trainer Ben Cotton.

Brad says “I want to thank Ben for what he helped me accomplish in such a short period of time as my personal trainer. He listened to my goals and has put me on track to reach them ahead of schedule. Before working with Ben, I did not feel confident in my lifting technique and due to that I was uncomfortable lifting heavier weights. I had completely plateaued.

For me to get the results I was looking for, I needed to work with someone with a strong background in lifting, a positive attitude, and someone willing to push me. Ben’s background, as a Washington State Powerlifting record holder, let me know that he had the discipline and technique necessary to improve strength. What is most impressive to me, after working out with Ben for a little over two months, is his ability to push me to get the most out of my workouts. The program he put me on has constantly challenged me and I have seen tremendous results. My technique has improved along with my flexibility which in turn has given me the confidence to lift heavier weights. I like that Ben communicates and demonstrates his knowledge in a way that is easy for me to understand. His good natured attitude keeps me upbeat through the workouts.

One goal I wanted to reach was to significantly increase the one rep max and heavy rep sets in my powerlifts. Here are my two month results we accomplished:

	Beginning 1 rep	2 Months 1 rep	2 Months 6 rep
Deadlift	185 lbs	365 lbs	315 lbs
Bench	185 lbs	230 lbs	205 lbs
Squat	245 lbs	315 lbs	275 lbs

There is no way I would have been able to see these types of results without Ben as my personal trainer. I am thankful he pushed me past my self-imposed limits. I look forward to my future workouts.”



If opportunity doesn't knock-build a door.

ON THE CALENDAR

Second Week Specials

Monday, April 13th:

Bring a guest to water aerobics

Tuesday, April 14th:

Free Childcare (up to 2 children 1 hour max)

Wednesday, April 15th:

Bring a guest for free

Thursday, April 16th:

25% off protein drinks

**MON/WED Group Swim Lessons
BACK on schedule!**

Racquetball Clinic

Wednesday, April 15th, 6-7pm

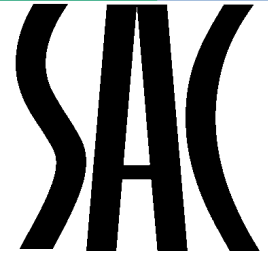
You do not need to sign up-just show up. Rain or shine our racquetball clinic goes on.



Stillaguamish Athletic Club will be attending the 2015 Family Expo of North Snohomish. Discover what is available for kids and families in our area. May 2nd from 10am-3pm-free admission. Facebook.com/ccfamilyexpo

APRIL

NEWSLETTER



With March here and April upon us, Spring Training for baseball is in full swing. Soon evenings with bright out-field lights shining, hotdogs near, peanuts covering the floor, and your favorite teams gear, will fill a few of your Spring and Summer days. Baseball is here and the Mariners are gearing up for the 2015 season. Spring Training is essential for baseball teams. New players will be practicing to hold a new roster spot. Existing players fine tune their skills before the season. A series of practice and exhibition games ensue. All this, to get ready for the regular season.

At Stillaguamish Athletic Club we believe in getting the body ready for a lifetime of 'healthy season'. This means training the body is continuous. Keeping the body active and making healthy lifestyle choices is the perfect way to maintain your position on the healthy roster.

To celebrate Spring Training, the Mariners, and a healthy you, we are also hosting Spring Training. Hurry because the deal only lasts until April 24th, 2015.

As a member, stop by the front desk and sign up for 6 weeks of Spring Training. Space is limited to 40 member participants. The cost for 6 week of circuit style, small group sessions (beginning week of April 4th), is only \$34. Not only will you be practicing for a healthy life, you will also be entered into a drawing for a pair of Mariners tickets.

Non-members are also encouraged to join in on Spring Training at SAC. Become a member by paying our regular enrollment fees plus \$34. This gives you membership at our club, dues paid through April AND 6 weeks of Spring Training. All new members who join are also entered into their own drawing for a pair of Mariners tickets.

Sign up, dust off the 'athletic shoes' and participate in your strongest Spring yet!



Training with a friend and being accountable is one of the best ways to help your fitness goals stay on track. We would like to invite 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!

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 the Color Vibe 5K. Color Vibe is here, and you're about to get tagged!

Pick up your 'Couch to 5K' training program at our front desk!

JOIN OUR TEAM!

TEAM NAME: The SAC

DISCOUNT CODE: T65V24

PASSWORD: RUNFORYOURLIFE

