

IMPACT *Athletics & Fitness*

Where Family, Fun and Fitness Come Together!

NEWS

SPRING 2008



News, notes & tips for a healthy, active lifestyle

Real people getting

**Exercise is good for you
and it actually does work!**

REAL RESULTS!

I recall a poll from a while back that was published in a USA Today article that said 93% of Americans believe exercise is good for them, but only 27% actually exercised. Well, Teresa Barnes has proven what 93% of Americans believe, that exercise is good for you and it actually does work! In 12 weeks, Teresa lost 52lbs., 40 inches and 9.7% body fat with personal trainer, Barry Johnson. Teresa didn't just lose weight, body fat, and inches. She gained self confidence, looks forward to working out and hasn't felt this good in years. Teresa can finally say she feels ALIVE!

With the success of Teresa and countless others, it brings to light the fact that we all have it in us to do what we know is good for us. It only takes the commitment to make working out and eating right a priority and we can all see great results. Having a personal trainer does provide more expertise and motivation, but each individual has to make an internal choice that a healthy lifestyle is what they want. Whether you are an avid exerciser, moderate participant or have never exercised, you have emotional reasons for exercising. The only difference is the level of priority that is put on it at a particular time. We now have proof that exercise can make you feel so much better about yourself. Keep that commitment and let us help you start feeling better about yourself!

Before



After



**Teresa Barnes
lost 52lbs. in just
12 weeks with
personal trainer
Barry Johnson!**



Barry Johnson

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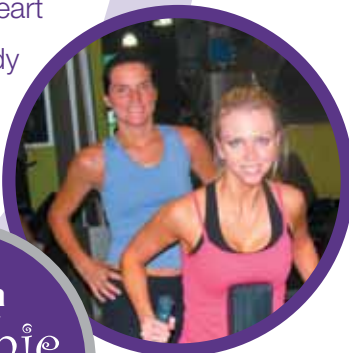
Check us out **on-line**

Our web site is full of additional information
www.impactcary.com

280 Towerview Ct., Cary, NC 27513 **(919) 467.2281**

Personal Training get **results!** Corner

If you're short on time, just starting an exercise program, and looking for a cost effective way to personal train, an Impact 30-minute express workout will get your heart racing, keep you moving and give you a full body workout all in 30 minutes! For more information and pricing, contact Deb LeFevre, Senior Fitness Director at deb@impactathleticsnc.com.



Grab a
smoothie
and refuel after
your workout!

add
protein for
60¢

March Special
**Tropical
Temptation**
Fruit Smoothie
only **\$3.25**

YOGA MALA

meditation in *motion*

Saturday, March 22nd
3:00-5:00 pm • \$18/person
Pre-register at front desk

Join us for this cleansing and meditative journey in the yogic tradition of celebrating the vernal equinox with 108 sun salutations.

Open to all Level 1/2+ practitioners.
Please bring bottled water, a towel
and your intention.

Instructed by **Margaret Prakke, RYT 500**

Chi / Wellness Workshops

ChiRunning® One-Day Workshop

March 8, 2008 • 9:00 am-4:00 pm

ChiRunning combines the inner focus and flow of T'ai Chi with running to create a revolutionary running form that takes the pounding, pain and potential damage out of the sport of running. The ChiRunning program increases mental clarity, focus and enhances the joy of running. Whether you are an experienced runner or brand new to the sport, the ChiRunning workshop will be appropriate for you.

ChiWalking® Half-Day Workshop

March 9, 2008 • 1:00 pm-4:30 pm

ChiWalking is first and foremost a fitness program that gives you all the benefits that cardio-aerobic conditioning has to offer. ChiWalking blends walking with the inner focuses of T'ai Chi to create balance, strength and improved cognition. ChiWalking is an inspirational mind-body, health and fitness program.

Pat Reichenbach is a certified ChiRunning and ChiWalking instructor. For more information, visit www.patspersonaltraining.com or call Pat at 919-753-5734. You may also register online at www.chirunning.com

(ChiRunning and ChiWalking, by Danny Dreyer are suggested readings, but not required for the workshops.)

Recipe Corner

Try this delicious new recipe from Keith Klein!

Eggplant Lasagna

- 1 Lb. Ground Turkey Breast
- 2 minced garlic cloves
- 1 C. Chopped Onion
- 1 C. Chunky Salsa
- 1 (8 oz.) can tomato sauce
- 1/2 teaspoon salt
- 1 (32 oz.) can Italian tomatoes
- 1/4 teaspoon pepper
- 1/2 C. Ketchup
- 1/2 teaspoon oregano
- 1 cup of fat free cottage cheese
- 1 eggplant (peeled & sliced)
- 1/2 lb sliced fat free mozzarella
- Pam cooking spray

Preheat oven to 375°. Brown ground turkey with garlic in a pot with Pam cooking spray. Add tomato sauce and Italian tomatoes, stirring and chopping tomatoes with spoon. Add salt, pepper and oregano, stir, cover and simmer for 15-20 minutes. Layer the eggplant, cottage cheese, turkey sauce and mozzarella in a lasagna baking dish. Add a second layer of egg plant, turkey sauce and top with mozzarella. Bake for 30 minutes. Serves 4.

Benefits of Massage

- Helps relieve stress and aids in relaxation of tight muscles
- Strengthens immune system
- Improves sleep patterns
- Reduces blood pressure
- Improves circulation of blood and lymph
- Relieves headaches
- Reduces chronic pain

Julie Barton, LMBT, CSCS
Director of Massage Therapy

- North Carolina Licensed Massage Therapist #06489
- Experience with sports & injury rehabilitation
- Level 1 and Advanced Level in Myoskeletal Techniques
- Certified Athletic Trainer for 9 years
- Certified Strength & Conditioning Coach

Massage open by appointment only.
Call or stop by to schedule your session today!

Tanning Season Already?

NEW BULBS!!!

New Lotions...

March
Tanning Special
\$30
One Month
UNLIMITED

Easter
Massage Special

10% OFF

all 30 minute
massage sessions
(3/1/08 - 3/22/08)



Kids Love IMPACT

...and we love kids!



- Impact offers Youth Activities every night of the week! Our energetic, qualified staff keeps the fun rolling in our nightly 30 minute activity sessions which include trampoline and pit time, active games, as well as arts and crafts. (Ages 6-13)
- For the younger kids, we have our very own KidzTowne Childcare for ages 8 weeks through 7 years. We do require all parents to remain in the building during the child's visit with KidzTowne.

Recreational Classes

Want to tumble, jump, cheer, dance or swim?
Impact is the place to be for tots through adults!!!

All new
customers receive a
FREE WEEK
of a recreational class

(Offer good for cheer, dance,
gymnastics and tumble
classes only. Some rules
and restrictions
apply.)

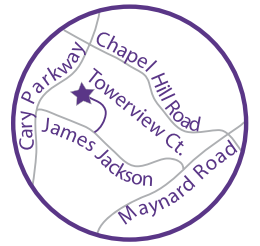
- Basketball
- Cheerleading
- Dance
- Gymnastics
- Jump Rope
- Martial Arts
- Swimming
- Tumbling
- and much more!



280 Towerview Ct., Cary, NC 27513

Stop by now or call (919) 467.2281

www.impactcary.com



Where Family, Fun and Fitness Come Together!

- Indoor Heated Lap/Exercise Pool
- Top of the Line Cardio Equipment
- Over 50 Group Fitness Classes Weekly
- Youth Activities & Camps
- Competitive Sports
- Complimentary Towel & Lock Service
- Luxurious Locker Rooms
- Steam / Sauna / Private Showers
- Customized Personal Exercise Program
- Massage Therapy
- Tanning
- Restaurant & Coffee/Smoothie Bar
- Party & Event Rentals
- KidzTowne Childcare

Summer Camps '08

Impact is gearing up for another great summer camp session. With over 100 camp options to choose from, we're sure to have something for everyone! With half-day and full-day camps ranging from gymnastics to tumbling to swimming to martial arts, you are sure to have a summer experience like no other!

Don't wait, enroll today! Space is limited...
You can call, stop by, or enroll online at www.impactcary.com

