



Western Racquet Club Fitness Center

Hours of operation:

Monday through Saturday: 5am to 10pm
Sunday: 5am to 6pm

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Get Fit Newsletter September, 2018

These foods have hidden sugars

So many common foods secretly contain loads of sugar. This is a problem since eating an excess of sugar derails your fitness progress and quickly leads to an increase in body fat. Recent studies are proving that sugar is even more dangerous than we once thought.

Your risk of heart attack doubles when 20 percent or more of your calories come from sugar, according to a new study published in JAMA International Medicine. That's serious! So, with obesity and heart disease on the line, let's uncover the seven common foods that you didn't know contain sugar. Avoiding these items will help lower your overall sugar intake, increase your fitness results and improve your overall health.

1. Fruit Yogurt Yogurt is packaged and marketed as a diet food for women, which is outrageous. The pretty little packages may be low in fat, but just one serving contains a whopping 19 grams of sugar.

2. Pasta Sauce This one may come as a surprise, since pasta sauce is considered to be a savory food, but alas, it has loads of sugar hiding in it. For every half cup of store bought pasta sauce you're ingesting 12 grams of sugar.

3. Agave Nectar Many think of agave nectar as a free pass since it has been so cleverly marketed as a health food, but sadly, this sweetener is just as dangerous as white sugar. Agave nectar is 85% fructose.

4. Dried Fruit Yes, even our fruit isn't safe anymore. Most companies are adding extra sugar in with their dried fruit, making it as sweet as candy. Just 1/3 of a cup contains 24 grams of sugar.

5. Granola Bars It may boast wholesome, whole grains on the package, but your favorite granola bar is hiding a sickly sweet secret. The average packaged granola bar contains 12 grams of sugar.

6. Energy Drinks When you need an afternoon pick-me-up, think twice before reaching for that energy drink. Mega energy drinks contain up to 83 grams of sugar.

7. BBQ Sauce There's a reason that those BBQ chicken wings are finger licking good...all that sugar it's hiding. A two tablespoon serving will set you back 13 grams of sugar.

I encourage you to start eliminating the sugar-packed foods in your diet today. Your body and your heart will both be in better shape for it. And let's not forget the place that a challenging, consistent exercise program has in your quest for good health and a fit physique. My programs are specially designed to blast fat and to build muscle in all the right places. Call or email me today to get started on a fat loss program that really works!

Do You Think You Can?

Henry Ford famously said, "Whether you think you can or think you can't, you are probably right." This perfectly applies to your fitness and fat loss goal. Do you think you can reduce your body fat? Do you think you can learn new, healthier eating habits? Do you think you can become that lean, fit version of yourself? Whether you think you can or think you can't, you are probably right.

I personally KNOW you CAN meet all of your fitness goals. That's what I've dedicated my life to – seeing YOU experience results. Call or email me today and let's do this!

**Are you interested in Personal Training? Call (414-940-4536) Email gwersn@yahoo.com
Glen Werns the OWNER of G-Form Fitness providing services at WRC.**

Breakfast Cookies



Yes, these cookies make an acceptable, wholesome breakfast! You'll notice that there is zero sugar added to these cookies – the sweetness comes from banana and applesauce. Feel free to add a large scoop of vanilla protein powder to the dough to increase the protein content of each cookie. While it does take some time to make a batch of these breakfast cookies, you'll have instant breakfasts for days to come afterwards.

What you need (serves 20)

3 ripe bananas, mashed	1 teaspoon ground cinnamon
½ cup unsweetened applesauce	1 teaspoon baking soda
2 Tablespoons coconut oil	¼ teaspoon sea salt
⅓ cup golden raisins	Optional, scoop of vanilla protein powder
1 teaspoon vanilla extract	½ cup unsweetened shredded coconut
1 teaspoon apple cider vinegar	¼ cup sliced almonds
⅓ cup coconut flour	¼ cup unsweetened, dried berries

Instructions

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. In a food processor, combine the bananas, applesauce, coconut oil, raisins, vanilla extract and vinegar. Pulse until smooth.
3. In a medium bowl combine the coconut flour, cinnamon, baking soda, salt, and protein powder. Add to the food processor and pulse until combined. Add the coconut flakes, almonds and dried berries. Pulse briefly until just incorporated.
4. Use an ice cream scooper to place the dough 2 inches apart on the prepared baking sheet. Flatten slightly. Bake for 25-35 minutes, until golden and baked through.
5. Allow to cool for 5 minutes on the pan, then transfer to a cooling rack. Store in an airtight container in the fridge.

Nutrition: One serving equals 86 calories, 3g fat, 61mg sodium, 10g carbohydrate, 2g fiber, and 5g protein.

Call G-Form Fitness for personal training

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