



SEPTEMBER

## Annual Harvest Health Fair

October 11<sup>th</sup> 10am-2pm FITX is sponsoring our Second Annual Harvest Health Fair, a fun and healthy event for the whole family and community. There will be activities for everyone young and old. This event was a huge success last year. Our members had the opportunity to try some different classes and to sample everything from energy drinks to apple pie.

This year, again, we will be sponsoring a Blood Drive from 11-1:30. Please sign up at the front desk.

We have invited a variety of vendors to tempt you with their wares as well as giving you ideas on ways to be healthy. If you would like to be weighed and have a body fat analysis done, you can have a quick analysis done before you sample the pies in our Healthy Pie Contest.

Think you bake the best Apple Pie or you have a Healthy

Pie that is so delicious you have to share it? Bring your entry to the Healthy Pie contest. Last year we judged only Apple Pies but this year the contest includes any "Healthy" Pie. The judging by local restaurateurs, happens at 1pm. Pies will be judged on appearance, texture and taste of the

crust, and the filling. Don't forget to bring the recipe so that it can be included in our October Newsletter. There will also be a People's Choice Award.

Silver Sneakers will be having its launch party. Sample classes will be available for our Senior Citizens. If you are a caregiver for a Senior please join in to sample our newest addition to our large variety of group classes.



## The ULTIMATE CHALLENGE

The Holidays are coming! The Holidays are coming! Are you ready? Not for the presents and hectic times; but for the parties and for guests that the Holidays bring into our lives. When you look in the mirror, do you wonder how you can face the friends who haven't seen you since last year? Then the staff at FITX have the answer... The

ULTIMATE CHALLENGE.

Lose 30- 50 pounds in 13 weeks. The challenge is only open to the first 25 participants and starts Sept. 14.

Don't be left out. The Challenge includes: Ideal Protein, Training 2x a week and gym member-

ship. Sign up at the front desk.



BUSINESS NAME

**THE FIT EXPERIENCE**



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## Chef's Corner Apple Streusel Pie

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Apple Pie Winner 2008  
Patty Gozdenovich

### For Crust:

1 1/2 cups flour  
2 tbs sugar  
3/4 tsp salt  
1 stick plus 2tbs unsalted butter  
For Streusel:  
6 tbs unsalted butter  
6 tbs brown sugar  
6 tbs flour  
1/4 cup finely chopped walnuts

### For filling:

About 12 med apples—5 each  
Golden Del and Granny Smith and 2  
Mac— all sliced thin  
1/2 cup brown sugar

1/4 cup sugar  
2 tbs flour and lemon juice  
1 tsp cinna-  
mon

### Instructions:

1. Make crust by cutting butter into the flour. Add water and mix into ball.
2. Flatten crust into disc, wrap in plastic and chill.
3. Make the streusel in a bowl mixing the butter, sugar, flour until smooth. Add nuts. Chill until ready. Prepare apples and mix with streusel.

This recipe is from **The Fit To Eat Cookbook** available at the Front Desk for \$20.00

4. Roll out the crust to about 1/8 inch and place in deep dish pie pan. Add apples and fold crust over the top of apples. Bake at 350 degrees for 1 hour. Before done brush crust with milk and sprinkle with sugar. Bake 30 minutes longer



## Getting My Life Back

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Are you like me? I'm one of those people who have tried many different diets as a way to lose weight. I diligently followed every plan but could never lose the weight until Ideal Protein.

When I first attended the lecture about the diet, I was not convinced. After much thought, I reconsidered

and had my initial consultation. I was on my way! What a pleasant surprise to find a diet that worked.

I have consistently lost weight every week that I've been on Ideal Protein. In all, I've lost 30 pounds and three sizes in clothes. I can walk up hills without losing my breath, cross my legs when I sit down, and shop in the "normal" clothing departments. That

may not sound like much, but it is a big deal to me. Aside from the superficial plusses, I have lowered my need for cholesterol medication and stopped the medication for GURD.

Thanks to Ideal Protein, I feel like I've been given my life back.

## Coming Events

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**Ideal Protein Lecture with Steve**  
Thursday, September 10 @ 7PM

**Meet and Greet/ Family Walk-Run at FITX**

Sunday, September 20 @ 8AM

**Annual Harvest Health Fair**

Sunday, October 11 @ 10AM – 2PM





540 ROUTE 15 - SPARTA, NJ - 973.579.3489 - BUSINESS NAME  
FITNESS CENTER HOURS  
MONDAY-FRIDAY 5AM-9PM SATURDAY 7AM-5PM SUNDAY 8AM-

## Happy Birthday to the Following Members



Erik Gundersen  
Cheryl Lusardi  
Desiree Torre  
Kimberly Snook  
Gabrielle Pezzulo  
Tristan Gromek  
Missy Miller  
Robert Simone  
Scott Hansen  
Jane Smith  
Donald Braue  
Lena Charkoudian  
Catalina Maione  
Sarah Parker  
Jennifer Qarmout  
Caitlin Jascewsky  
Louis Mascola  
Homa Sadeghi  
Lorraine Aldrich  
Elly von Bischoffshausen  
Natasha Alfsen  
Joe Crescione

Thomas Healey  
Heather Kinney  
Antoinette Battaglia  
Sean Kenney  
Jeff Mc Kenzie  
Kimberly Eben  
Richard Arcuri  
Marley Avondoglio  
Penny Ford  
Angelica McIvers  
Dana Haggerty  
Kerri Huff  
Deborah Scherman  
Jill Aquino  
Sarah Mc Donald  
Susanne Bridge  
Sean Mooney  
Karinna Silvey  
Samantha Ehrman  
Kyle Plifka  
Blake Farrell  
Lindsay Schmitz  
Donna Sheridan  
Sab Ozbek  
Linda Walls  
Tina Acquadro  
Andrea Lombardo  
Karen Arnold  
Lynda Andres  
Christopher McIlvaine

Carrie Matthews  
Taylor Budz  
Sheryl Bianchi  
Elise Chichin  
Joseph DeLuca  
Sarah Snider  
Evan Jelly  
Debbie LoRusso  
Jessica Scott  
Ashley Brennan  
Casey Brennan  
Phyllis Tonnesen  
Kelly Hemner  
Ed Dooling  
Tom Breslin  
Kaylynn Constantine  
Anetta Carnemolla  
James Pitney  
Lois Reinhardt  
Chris Thompson  
Joe Venutolo  
Dana Barry  
Bianca Perez  
Chelsea Avron  
Chip DeLorenzo  
Jessica Hammerlin  
Glenn Gavan Sr  
Linda Kadar  
Rob Kaffl  
Karen Peters

Scott Levy  
Nina Sienkiewicz  
Amanda Fioretti  
Patrick Spaulding  
Marilyn Meyer  
Alicia Trobert  
Michael Vecchiarelli  
Jennifer Zeoli  
Andrea Passenti  
Clinton Cato  
Janice Stevens  
Lupe Silva  
Evan Cassidy  
Joe Pavese  
Donna Costabile  
Derek Scymanski  
Baraba Harrington  
Robert Muhs  
Erin Bobbe  
Carol Diveny

