

Inside this issue:

New West Side Location	1
Backpack Safety	1
New Fitness Director	1
Healthy Yummy School Lunch Ideas & Recipe	2
August Special Deals	2

The Performer

New West Side Location

Maximum Performance will open a second location later this fall on the west side of Manhattan in the Stonecreek Area.

We will provide physical therapy, state-of-the-art

fitness equipment, and fitness classes all in a new facility. We offer a relaxed atmosphere to exercise and improve health.

Our caring and friendly staff has the knowledge and ex-

pertise to help you maximize your fitness for life!

Members of Maximum Performance will have access to either convenient location.

Visit us online to learn more about becoming a member.

It's That Time Again... Back to School!

With August already upon us, it's time to gear up to return to school. And that means homework and backpacks. While we can't do anything about the homework, we can offer tips for safe backpack use.

Correct backpack use can prevent the risk of shoulder and back injury.

Children should carry no more than 15% of their body weight in their backpack.

Make sure the backpack is the proper size for your child—shoulder straps fit well & bottom of bag lies within the contour of the lower back.

Proper fit includes wearing both shoulder straps. The bag should be close to the body without sagging.

If using a pack with wheels, make sure the handle is long enough to prevent leaning or twisting while rolling.

Poor fitting backpacks can result in poor posture and injury—watch for these signs:

- Tingling/numbness of arms
- Pain when wearing backpack
- Red marks on shoulders
- Arching back, slouching, leaning forward or to one side

Source: apta.org



New Fitness Director

We have recently hired a full-time fitness director for our fitness center—Aaron Akin.

Aaron grew up right here in Manhattan, KS. Following a couple years in college, he was selected as a first-round draft pick for the Florida Marlins. After 5 years of

pro-baseball, he moved into a coaching position with Mount Olive College in North Carolina. There, he led them to a 2008 National Baseball Championship. Since then, he worked as a fitness specialist at Pope Wellness Center in Mt. Olive.

Aaron is CrossFit certified

and is pursuing his Certified Strength & Conditioning Specialist (CSCS) accreditation.

We are extremely excited and fortunate to have Aaron on our team!

Stop by sometime to meet and welcome our new fitness director.

Special points of interest:

- No enrollment fee for August—Instant savings of \$25!!
- \$100 discount on lump-sum yearly membership!!
- Back to School tips and advice from our experts

Maximizing your health for life!



426A McCall Road
Manhattan, KS 66502

Phone: 785-776-0670

Fax: 785-776-0096

E-mail:

fitness@maximumperformanceonline.net



Would you like to see your company's logo here on our newsletter? Contact Aaron Akin to set up a corporate membership with us!

Banana Dog in a Bun

Ingredients:

- 1 hot dog bun (preferably whole wheat)
- 1 Tbsp peanut butter (or cream cheese)
- 1 Tbsp strawberry or other jam or honey
- 1 whole banana
- Raisins, shredded coconut or chopped peanuts

Spread 1 inner surface of split hot dog bun with PB or cream cheese. Spread other side with jam or honey. Wrap in plastic wrap & place in child's lunch bag. Also pack a whole banana in its peel & small container of toppings. At lunchtime, your child can peel the banana, place in bun, add toppings, & eat. Let the other kids drool!

Visit us online!

www.maximumperformanceonline.net

Check this out! — August Specials

We are happy to announce that for the month of August, we are waiving our enrollment fee for all new fitness members. **That's an instant savings of \$25!**

In addition, we are offering a **\$100 discount on a yearly lump-sum membership**. That's a huge savings!

Our memberships are attractively

priced to meet your fitness needs and we never require commitment with a contract. Memberships may be purchased on a monthly, 3-month, 6-month, or yearly basis. We also offer day and week passes.

Discounted rates are available with electronic bank withdrawal and for students, military members, and seniors.

Our basic membership includes access to all fitness equipment and group fitness classes (except indoor cycling). We offer lockers and locker-rooms for your convenience.

We hope you'll visit us soon and sign up for a fitness membership!



Healthy Yummy School Lunches by Carrie Snyder, RD



Main Course—PB&J is good occasionally, but not every day. Be creative with soups, pastas, wraps, healthy sandwiches, & fun pinwheel roll ups. Lean protein options are tuna, turkey, chicken, egg, & hummus.

Veggie Variety—Incorporate into main dish or cut up for finger food. Healthy alternatives to ranch dressing are bean

dips (i.e. hummus, black bean). Use peanut or almond butters as a dip.

Sweeten it up with Fruit—Nature's dessert and a favorite of kids due to their natural sweetness. Try to limit canned fruit with heavy syrup. Pick out new fruits at the grocery store together. Add a rainbow of flavor & nutrition to lunches by presenting fruits in fun & interesting ways.

Check out the recipe above!

Healthy Drinks—It is important to not add a lot of hidden calories to your child's lunch through high calorie & sugar beverages. The best options are plain low-fat milk and water. Remember to have your child consume 1 cup of 100% juice each day. Try combining 1/2 cup of your child's favorite juice with 1/2 cup of club soda.