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The Performer

What our Members are Saying...

Thought we'd share some of what our members are saying about us...

"I really appreciate everything Maximum Performance has done for me in my weight loss

journey. Since the time I changed my diet and joined the gym, I've lost **43 lbs!!** The Cross-Training (XT) class has changed my outlook on life and fitness! I will always be thankful for

the gym's help in turning around my life!!"

~Taylor Brenn

"For a couple of years, I've had to wear special lifts in my shoes because my body was uneven. Now after

(Con't on pg 2)

Do I Need a Sports Drink While Exercising?

Sports drinks are a wonderful invention. They were designed to assist *athletes* in replacing fluids, electrolytes, and to provide carbohydrates before, during, and after physical activity, particularly activities for a long duration. Sports drinks are recommended for an individual completing strenuous endurance activities lasting longer than 1 hour, or during prolonged competitive games that demand repeated intermittent strenuous activity. I do not recommend sports drinks for the

individual who is completing 60 minutes or less of physical activity. Typically, exercise less than 60 minutes does not cause enough depletion of electrolytes or glycogen to effect performance or health. But, it is very important to stay hydrated before, during, and after physical activity. Here is a hydration schedule for physical activity:

Before activity
2-3 hrs. before = 2-3 c
15 min. before = 1-2 c

During activity

Every 15 min. = 1/2-1 c

After activity

2 c for each lb. body wt. lost

Drinking 2 cups of fluid every 20 -30 minutes after exercise until the total amount required is consumed is more effective for rehydration than drinking the needed amount all at once. If you have any questions regarding physical activity and hydration, or would like to set up a FREE consultation with our Maximum Performance Dietitian, please

see the front desk.

Written by: Carrie Snyder, MPH, RD, LD

Special points of interest:

- Find us on Facebook
- Listen for our radio show—Get Fit—Tuesdays 4:45pm on 1350am KMAN
- Non-members can take classes for \$4
- Save with your student ID through the end of September—no enrollment fee
- Try a Yoga class this month
- Check out how you can save on your monthly membership with referrals!
- NEW fall group fitness schedule

September is Yoga Month

This month is National Yoga Month. And we are celebrating with our brand new fall group fitness schedule featuring several NEW yoga classes for you to try.

At our east location, we still

have Sunrise Yoga offered Monday and Wednesday mornings from 5:45-6:30am. Additionally, we are adding a Restorative Yoga class on Sunday afternoons from 3-4pm.

At our west Studio location,

you'll continue to find our prenatal & postnatal Mommy Yoga classes, PLUS Fit & Fun Yoga classes on Monday and Thursday nights.

And if that's not enough, we even have yoga classes for seniors (or anyone who

(Con't on pg 2)

Maximizing your health for life!



What our Members are Saying... (con't)

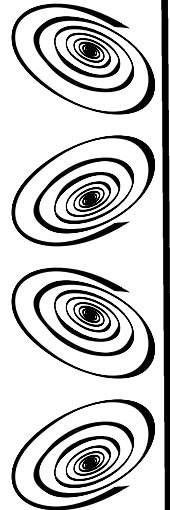
doing yoga 2-3 times per week for almost 6 months, I no longer need those lifts. The stretching I did has managed to even my spine and pelvis back out. Who knew yoga would help that much? It's awesome the improvement I've seen since doing it."

~Nancy McClanathan

"You guys are the best! Steph has made such a difference in my functioning. I'm a Type 1 Diabetic and it affects every part of me. Steph looks at everything, not just focusing on one part at a time. I spent 2 years at another physical therapy

clinic, making no progress. In fact, I got worse. Now I am making slow progress again. I have been able to do more, and it's been so long since I can say I'm getting better. It's a miracle! Physical therapy takes time and work, but it's so worth it. I tell everyone I know to come to Maximum Performance for physical therapy. Don't even waste your time with someone else. These guys are really the best!

~Melissa McKee



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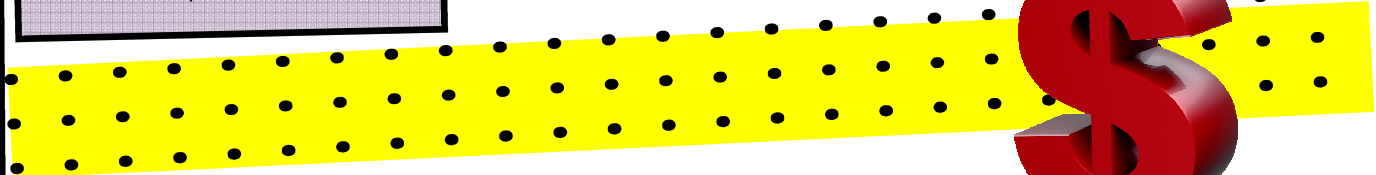
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Save BIG Money with Referrals

We want to help you \$ave money on your monthly fitness membership!

This is how you can \$ave—refer your friends to us! It's as easy as that.

No, seriously. Just refer your friends and you can \$ave big time! Here's how it works:

- Tell your friends to sign up with us. When they do, make sure they write down your name as their referral.
- For your first referred friend, you'll receive a **FREE** month's membership.
- Get 2 more friends to enroll with us (3 total referrals) and receive **TWO**

- FREE** months of membership
- Get 2 more friends (5 total referrals) and you'll receive a whopping **THREE FREE** months of membership!
- It's simple! It's easy!
- What are you waiting for? Get out there and recruit your friends!

Grilled Peaches

Try this easy grilling recipe to use up those end-of-summer juicy peaches.

- Slice peaches in half (peel optional)
- Sprinkle with cinnamon or pumpkin pie spice
- Grill over medium heat cut side down, 3-5 minutes.
- Serve with a scoop of vanilla yogurt and sprinkle with sliced almonds.



~Easy Peachy!~

From: Carrie Snyder, MPH, RD, LD

Yoga (con't)

doesn't want to get on the floor). SilverSneakers® YogaStretch classes start Tuesday, Sept 20th at 8:30am at the Studio and Sat, Sept 24th at 1pm at the east location.

So roll out your mat and help us honor the practice of yoga this month!



Fall Group Fitness

Our brand NEW group fitness schedule for fall has begun! Check out the new class line up online or pick up a calendar at the gym (either location).

If you like dance, check out CardioSculpt, Hip Hop Hustle, and Zumba. If you like intense workouts, register for XT. If you want a mild class, try one of the SilverSneakers® options.

Whatever your fitness style, we've got a class for you! And no need to be a member to take our classes—they're just \$4 each!