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A Message from Michael...

A very Happy New Year to the Say Fitness Family. It's because of you that I can live the dream of helping others who share a passion of maximizing the potential of their most valuable asset, their health. During the past year I have watched many of you set goals and achieve them. You have been challenged with obstacles and have overcome them. You have been faced with health challenges and used sensible approaches to address them, I applaud you all. Well, another year has passed and now, a new one to experience, it will be what we choose it to be. To maximize your fitness goals, we must first look at the components of fitness which are muscular strength and endurance, flexibility, cardiorespiratory fitness and healthy body composition. Let's start the year off assessing where you are, reevaluate and decide where you would like to be.

I'll now share with you how I would approach my goal. I would define it, I would be realistic, insure that its attainable and set a sensible time frame to achieve it. Once the game plan has been established, I would commit and be true to seeing it to fruition. As a competitive bodybuilder, these basic habits have allowed me to win numerous championship titles and although the goals and the action plan may be different, it's the consistent commitment to fulfilling the requirements of the goal that remains the same.

Let's look at the most significant component of fitness, healthy body composition, this seems to be the most challenging for many because oftentimes people find it challenging to adhere to a sensible nutrition plan. The first mistake that people tend to make is to start with extremes which the body hates. No one gains excess weight overnight but oftentimes people choose the plans that offer quick fixes. The body loves homeostasis and it will fight your extremes to have its way. So, if fat loss is the goal and a deficit is created through sensible dietary modifications and activity, 0.5% of body weight, fat loss on a weekly basis could be attainable. But we must be true to ourselves, if you are not adhering to all the elements of your plan you cannot expect favorable outcomes of the plan. I urge you to hold your selves accountable and we will do the same as it is our goal to maintain the ultimate fitness environment while helping you to get what you really want as it relates to fitness and your overall health.

With gratitude for your patronage,
Michael Ashley



Michael Ashley
ACSM-HFS, NSCA-CPT,
CPTS
USWF-Club Coach
1986 Mr. Universe
1990 Arnold Schwarzenegger
Classic Champion

Recipe of the Month: Ginger Roasted Salmon & Broccoli



Kristi



Damian



Toni



Michael



Abby

Directions

1. Preheat oven to 425°F. Coat a rimmed baking sheet with cooking spray.
2. Whisk oil, tamari, vinegar, ginger and 1/8 teaspoon salt in a large bowl. Add broccoli and toss to coat. Transfer to the prepared pan using tongs or a slotted spoon, leaving as much marinade as possible in the bowl. Whisk molasses into the remaining marinade.
3. Roast the broccoli for 5 minutes. Move it to one side of the pan and place salmon on the other side. Season the salmon with the remaining 1/8 teaspoon salt and brush with the molasses glaze. Roast until the salmon is just cooked through, 7 to 10 minutes more. Sprinkle with sesame seeds.



Ingredients

- 1 1/2 tbsp toasted (dark) sesame oil
- 1 1/2 tbsp reduced-sodium tamari
- 1 1/2 tbsp rice vinegar
- 1 tbsp grated fresh ginger
- 1/4 tsp salt, divided
- 8 cups large broccoli florets with 2-inch stalks attached (~11lb)
- 1 tbsp molasses
- 1 1/4 lbs. wild salmon, cut into 4 portions
- 2 tsp toasted sesame seeds

Prep: 25min Ready in: 25min

A Gift for Everyone to Enjoy!

Want to make your fitness and health resolutions stick for 2019. Come to Say fitness! Our trainers are highly educated, and we provide you with the best tools.

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