

**Welcome our new members  
to the  
Club 51 family!**

Judi Law  
Marc Cary  
Don Ventura  
Paul J. Carleton  
T.J. Harshbarger  
Virginia Boone  
Michelle  
Jankowiak  
James Journell  
Cal Long  
Selina Pluess  
Patti Jo Vore  
Cindy J. Watson  
Patrick Terhune  
James Harvey  
William Harvey  
Jeffery Luebbe  
Kelly Edwards  
Ben Edwards  
Elliot Sanchez  
Helen B. Miller  
Elizabeth  
Konstantinidis  
Karin Gaiser  
Heather Crotty  
Diane Mescher  
Dugan Crotty  
Tyler Edsall  
Edward D.  
Bonsteel  
Kevin Kash

Corey Luebbe  
Arrell Johnson  
Kim Johnson  
Ralph Bender  
Ted Frederick  
Reema Mustafa  
Sarah Potts  
Lisa Colombe  
Christina  
Faulkner  
Katie Wean  
Steve  
Lackermann  
Jeff D. Sumption  
Stacy Agarwal  
Alison J. Masters  
Richard Beyland  
Tracy  
Bridenbaugh  
Archer Bury  
Winnie Billiel  
Linda Manns  
Elliot Sanchez  
Angela Apolito  
Mark Kilbride  
Kara McClung  
Patricia Jones  
Paul Shahady  
Francis Pianki  
Vivian Inya  
Mohammed A.  
Saleh



## Club 51 now offers special rates for Corporate Accounts

**If interested, call 937-291-7990 and ask to  
speak with Ron Byrd.**

\*Rates based on the number of employees enrolled and payroll deduction of dues.

# POWER PLATE

Ask about Power Plate at the front desk.

## What is Power Plate?

Power Plate equipment is the premium vibration device powering a new dimension in wellness solutions for all ages, lifestyles and physical abilities. It uses the principles of Acceleration Training to stimulate the body's natural response to vibration. These vibrations transmit waves of energy throughout the body, activating muscle contractions between 25 and 50 times per second, enhancing overall performance in sessions as short as 15 minutes a day, 3 times a week.

Acceleration Training on Power Plate equipment offers a host of benefits, ranging from an immediate improvement in blood circulation, to a variety of other measurable outcomes: such as increased muscle strength and flexibility, improved range of motion, decreased cellulite, increased bone density, reduced pain and soreness and faster recovery. Our three-dimensional vibration technology continues to lead the industry, and its benefits are grounded in extensive academic and independent scientific medical research.

## MARK WAHLBERG'S SECRET TO STAYING FIGHTING FIT

Friday, 28 January 2011 by Power Plate UK

Hollywood star Mark Wahlberg's secret weapon as he prepared for his latest role in the hotly-anticipated film *The Fighter* was the Power Plate® pro6™ model.

The award winning actor has been training for four years to ensure his portrayal of boxer Micky 'Irish' Ward is as authentic as possible - right down to his impressive muscular physique.

The film opens in the UK on 4 February 2011 and is a contender for Oscar glory. It has already won two Golden Globes and been nominated for four Screen Actors Guild awards.

Fitness expert Brian Nguyen, who has worked with Wahlberg in the past, devised an intense training strategy that accommodated the actor's busy filming schedule while still offering an efficient fat-blasting and muscle-building workout.

Wahlberg used the Power Plate pro6 model with proMOTION™ Dynamic Vibration Technology to add a whole new dimension to his functional training program.

The Power Plate machine delivers a more efficient full body workout, as the vibrations stimulate a reflex action throughout the whole body, causing the muscles to contract multiple times per second, intensifying the results.

The film tells the true-life story of Ward's early years as his brother helps to train him, before Ward went pro in the mid 1980s.

The proMOTION™ cable resistance system in the pro6 model allows users to perform many more dynamic exercises, especially for the upper body, both on and off the platform, while still benefiting from the vibrations.



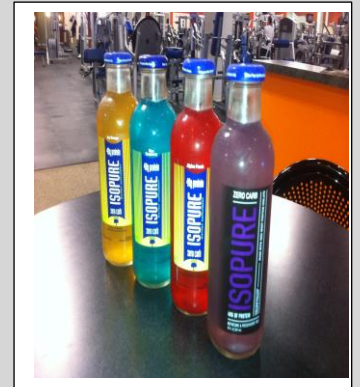
As well as regular Acceleration Training™ sessions to help him gain the muscular physique and stamina necessary to play this gruelling role convincingly, Wahlberg also spent time with Ward himself to learn his mannerisms.

To follow in Wahlberg's footsteps and get fighting fit, try Brian Nguyen's training program, available to download. You can also watch Wahlberg in training with our exclusive video footage at [www.powerplate.com/uk](http://www.powerplate.com/uk).

## Drink of the Month: Isopure

**Details:** Liquid Protein. Crystal clear steel. Bottled detonation. Nothing like it. Ever. 40 grams of ion exchange whey protein isolate that's so pure you can't see it. Instant ignition. Mach 3 recovery. Loaded with 8,880 mg of BCAAs per serving. Sweetened with aspartame-free Sucralose, the only lower-calorie sweetener made from sugar. Preservative free. Lactose free. Fat free.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



### Nutritional Information:

	Calories	160	
	Total Fat	0g	0%*
	Total Carbohydrates	0g	0%*
	Sugars	0g	†
	Protein	40g	80%
	Calcium	55mg	6%
	Sodium (as citrate)	80mg	3%
	Potassium	45mg	1%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

†Daily Value not established.

# Training Zone

**4750 sq ft Indoor Astro-Turf Training Facility.**

**Perfect for parties, auctions, church functions, team training & conditioning  
25 ft. projection screen with projector & 50 yd Sprint Lane available**

**\$50/hr, minimum of 4 hours**



Only  
\$99!

# HOT SUMMER SPECIAL FOR STUDENTS

\$129  
value!

Club 51 Fitness welcomes returning students to work out during summer months with special three-month membership option

**Centerville, Ohio, May 20, 2011:** Returning college and high school students are invited to stay in swimsuit shape for the summer, shed the dreaded freshman 15 or pursue a wide variety of other custom fitness goals at Club 51 Fitness, 51 East Spring Valley Road, if they take advantage of our \$99 three-month summer special, a \$129 value.

Membership includes a variety of free classes including Cycling, Zumba, Pilates, Hatha Yoga, Yogalates, Body Sculpt, The Drill, Core Express, Turbo Kick, Step and TRX.

Club 51 Fitness offers one of the largest ladies-only areas in the Midwest, a large co-ed workout area, the Cardio T.V. room and our Cardio Theater - featuring new movies daily.

## Member Spotlight



Centerville native Matt Monroe, 25, is a Registered Nurse at Miami Valley Hospital and a member since 2006. Because his short-term goal is to lean out for summer while maintaining muscle mass, Matt keeps his carbohydrate intake low - especially later in the day and none after 6 p.m. "Clean diet ... No going out. No drinks," he said.

Matt also does low-intensity cardio for 30-45 minutes after lifting weights - working out approximately six times per week including abs three times a week.

When asked what he likes about Club 51, Matt said the gym's variety and quality of equipment, overall friendly atmosphere and high percentage of knowledgeable people present on staff and otherwise all make this place where he wants to be.

"It just feels like home ... It's good to watch other experienced people," he said. "It's all about proper form, not showing off."

Other key elements of a healthy lifestyle are proper sleep (the full eight hours every night) and keeping workouts varied to keep the body from falling into a routine, Matt said.

# Available

890 South Main Street

Centerville



Approximately 10,000 sq. ft. rental space

Contact Brent Lansberg

(513) 706-0902



# Grilled Fish Tacos with Mango and Avocado Salsa

This recipe serves: 4

Preparation time: 15 mins

Cooking time: 8 mins

## Ingredients

- 1/4 cup diced red pepper
- 1/4 cup chopped scallions
- For the mango-avocado salsa:
- 1 ripe avocado
- 2 fish fillets, such as sea bass, red snapper or salmon, 8 ounces each
- 1 cup shredded lettuce
- 1/4 cup fresh lime juice
- 2 plum tomatoes, diced
- For the fish:
- 2 teaspoons canola oil
- 1 cup diced mango
- freshly ground black pepper
- lime wedges, for garnish
- For the tacos:
- 8 corn tortillas
- salt to taste

## Cooking Instructions

For the mango-avocado salsa:

1. Remove and discard the pit and skin from the avocado and rub the flesh of the avocado with some of the lime juice to prevent it from discoloring.
2. Chop the avocado and toss it with the remaining lime juice, mango, red pepper and scallions. (This can be made in advance and stored in the refrigerator for up to 1 day.)

For the fish:

3. Preheat the grill.
4. Brush the fillets with oil and season generously with salt and pepper.
5. Grill the fillets on both sides until just cooked through, about 5 minutes per side. (Thin fillets take less time, thicker fillets take more.) Cool slightly and cut into 1-inch pieces.
6. Meanwhile, separate the tortillas into 2 stacks, wrap them in foil and warm them on the grill while the salmon is cooking.

To serve the tacos: 7. Fill the tortillas with fish, lettuce, tomatoes and mango-avocado salsa. Serve 2 tacos per person with lime wedges on the side.

## Nutrition Facts

---

• Serving Size: 2 tacos with salsa

---

• Amount Per Serving

- Serving Size 0
  - Calories 339
  - Protein 25 g
  - Total Carbohydrate 36 g
  - Dietary Fiber 8 g
  - Soluble Fiber 2 g
  - Insoluble Fiber 0 g
-

- Sugar 9 g
  - Total Fat 12 g
  - Saturated Fat 1g
  - Monounsaturated Fat 6 g
  - Polyunsaturated Fat 3g
  - Trans Fatty Acid (tfa) 0 g
  - Omega-3 Fatty Acid 1 g
  - Omega-6 Fatty Acid 1 g
  - Cholesterol 47 mg
  - Percent Calories from Fat 31 %
  - Percent Calories from Protein 29 %
  - Percent Calories from Carbohydrate 42 %
- 

**WWW.FOODFIT.COM**

## **Nutrition Expert Alan Aragon - simplyshredded.com**

### **Myth: “High protein intake is harmful to your kidneys.”**

Back in 1983, researchers first discovered that eating more protein increases your “glomerular filtration rate,” or GFR. Think of GFR as the amount of blood your kidneys are filtering per minute. From this finding, many scientists made the leap that a higher GFR places your kidneys under greater stress.

#### **What science really shows:**

Almost two decades ago, Dutch researchers found that while a protein-rich meal did boost GFR, it didn't have an adverse effect on overall kidney function. In fact, there's zero published research showing that downing hefty amounts of protein—specifically, up to 1.27 grams per pound of body weight a day—damages healthy kidneys.

#### **The bottom line:**

As a rule of thumb, shoot to eat your target body weight in grams of protein daily. For example, if you're a chubby 200 pounds and want to be a lean 180, then have 180 grams of protein a day. Likewise if you're a skinny 150 pounds but want to be a muscular 180.

**Like us on**



**facebook**

**For movie updates, special events, and more!**

<http://www.facebook.com/#!/pages/Club-51-Fitness/149410875118696>

If you or someone you know would be interested in receiving our bi-weekly e-newsletter, please have them send their e-mail address to [john.ursch@gmail.com](mailto:john.ursch@gmail.com)

**Club51**  
FITNESS

51 E. Spring Valley Pike

Centerville, Ohio 45458

(937) 291-7990

[www.club51fitness.com](http://www.club51fitness.com)