

Insight 2 Health

FITNESS CHALLENGE

Five teams, each lead by professional fitness trainers competing for success in losing weight and getting fit!

IN IT TO WIN IT

The Insight-2-Health Fitness Challenge is a fun, yet challenging, fitness and lifestyle initiative designed to promote measurable and long-lasting health and fitness outcomes in program participants. The objective is to introduce lifestyle changes that are sustainable. Teams meet once per week with their assigned personal trainer and are required to workout with their teammates.

Participants also receive one-on-one consultation with a registered dietician and coaching on food, weight gain/loss with a mental health professional. Next week, we'll introduce the teams and their trainers.

Join challenge participants on their 10-week journey by checking these pages and following Insight News and The F.I.T. Lab, Co., on Facebook.

Photo: Corey Collins/Moda Photography



Rachel Schutz, the owner of Defyne Fitness since 2006, is an ACE certified trainer and decorated Division I track athlete and National qualifying figure competitor. She has experience working with men and women of all fitness levels but really enjoys getting women involved in strength training.

More specifically, Rachel loves the role that strength training can play in helping women increase their knowledge and understanding about the benefits of lifting weights such as increasing their confidence, self-esteem, and fitness level.

Healthy Recipes

Presented by NorthPoint Health & Wellness Center staff



"Yams are flavorful and sweet and provide more nutrition than plain white potatoes. The lemon herb dressing helps balance the sweetness and provides a serving of healthy fat (in the olive oil). I enjoy making this recipe all year long and in the summer will grill the yams instead of baking them."

- Nicole Winbush

BAKED YAM FRIES WITH LEMON HERB DRESSING

Recipe by Nicole Winbush

Makes 4 servings

Yam Fries:

- 4 small or 2 large yam or sweet potato unpeeled, cut into ¼-inch sticks
- 1 tablespoon olive oil
- ¼ teaspoon salt

Heat oven to 375 degrees. Place yams into medium bowl; add 1 ½ teaspoons olive oil. Gently stir together the yams and olive oil. Sprinkle with salt. Place yam on ungreased baking pan. Place pan in oven. Bake 12 minutes. Remove from oven; using spatula turn yams to the other side. Place

baking dish in oven. Bake an additional 12 to 15 minutes or light golden. Remove from oven; set aside.

Lemon Herb Dressing:

- 1 ½ tablespoon olive oil
- ¼ cup chopped parsley or cilantro
- 1 large lemon (grated and squeeze)
- 1 clove garlic, minced (if desired)

Place 1 ½ tablespoons olive oil, parsley, grated lemon peel, lemon juice and garlic in small bowl; stir until combined. Serve with Baked Yam Fries. (4 servings)



"This recipe is a family favorite. I like using whatever vegetables and herbs are in season. Enjoy!"

- Kathy Kreitzer

SUMMER PASTA SALAD

Recipe by Kathy Kreitzer

Makes 8 to 10 servings

Salad:

- 1 pound whole wheat

- pasta
- 1 pint cherry tomatoes or other small tomatoes (about 2 cups)
- ½ cup Vidalia or other sweet onion, finely minced
- 1 large bell pepper (red, orange or yellow), diced
- Handful of herbs
- 1 cup whole kernel corn
- 1 can (15 ounces) garbanzo beans, drained and rinsed

Prepare pasta according to package directions. Drain

cooked pasta; set aside. Chop tomatoes, peppers, onion and herbs. Place vegetables and herbs in a large bowl. Stir in corn and beans.

Dressing:

- ¼ cup red wine vinegar
- 3 tablespoons fresh lemon juice
- 3 tablespoons honey
- 1 teaspoon salt

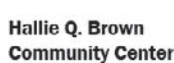
Place all ingredients in blender or bottle to shake. Add dressing to salad. Stir.



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