

NEWSLETTER

FAMILY HEALTH & FITNESS



SEPT 2024

EVENTS

Open House

Sept 5th
9 AM - 7 PM

Join us for a full day of games, giveaways, vendors, live music, and more! All friends, family, and non-members are welcome.

Hardin County Fair

Sept 16th - 22nd

17th Annual SWTDD Future Choices Charity Golf Tournament

Sept 26th
Pickwick Landing State Park
Registration 11 AM - 11:45 AM



August was a busy month for the Elite team! With visits to Savannah's Farmers Market and a morning at Savannah Energy & Nutrition, it was great to get out into the community to visit with you all.

We also hosted our 2nd Wellness Day featuring Flourish Wellness who provided complimentary InBody Analysis Scans.

THE ACADEMY

SENIOR NIGHT OUT

CLASS OF 2025

It was an honor to host Hardin County High School class of 2025 Senior Night.

As the seniors bounced from multiple activities throughout the day, their jam packed schedule of fun ended in our outdoor area. With simultaneous games of cornhole, pickleball, basketball, and more, it was the perfect way to end the night and enjoy themselves before the new school year began. We wish you all the best in your senior year!



Recently we hosted a Women's Self-Defense Class, taught by David Blankenship. Thanks for coming to learn with us ladies.

As summer ends and autumn nears, getting out on the golf course will be much more approachable. Prepare for more enjoyable golfing days on our putting green. Don't forget we have golf balls available - just bring your putter and you'll be ready for practice in our outdoor area.

SPORTS FUN FACT

Do you struggle with making a hole-in-one? Don't worry, most won't! There is only a 12,500 to 1 chance a typical golfer will make a hole-in-one.



THE TEAM

EVALYN'S RECIPE OF THE MONTH: SAVORY BREAKFAST BOWL

INGREDIENTS

- 2 TEASPOONS OLIVE OIL
- 1 SMALL CLOVE GARLIC, MINCED
- 2 CUPS SPINACH
- 1/2 CUP HALVED CHERRY OR GRAPE TOMATOES
- 1/4 AVOCADO, SLICED
- 1/2 CUP EVERYTHING BAGEL POTATOES
- 1 TO 2 EGGS (COOK TO PREFERENCE)
- SEA SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE
- SPRINKLE OF FETA CHEESE OR NUTRITIONAL YEAST, OPTIONAL
- FRESH HERBS SUCH AS PARSLEY, CHIVES, OR BASIL, IF DESIRED
- SALSA, OR HOT SAUCE, OPTIONAL

INSTRUCTIONS

- IN A SMALL SKILLET, HEAT THE OLIVE OIL OVER MEDIUM HEAT. ADD GARLIC; COOK 30 SECONDS. ADD SPINACH AND TOMATOES; COOK, STIRRING OFTEN, UNTIL SOFTENED, 2 TO 3 MINUTES.
- COOK EGGS TO YOUR DESIRED PREFERENCE, FRIED, SCRAMBLED, OR SOFT BOILED.
- COMBINE POTATOES, SPINACH, TOMATOES, AVOCADO, AND EGG IN A BOWL. SEASON WITH SALT AND BLACK PEPPER, TO TASTE. GARNISH WITH FETA CHEESE OR NUTRITIONAL YEAST AND HERBS, IF USING. YOU CAN ALSO SPRINKLE EXTRA EVERYTHING BAGELS SEASONING ON TOP. SERVE WARM WITH A FEW DASHES OF HOT SAUCE, IF DESIRED.

Nutrition

Calories: 272kcal, Carbohydrates: 17g, Protein: 10g, Fat: 15g, Saturated Fat: 2g, Cholesterol: 164mg, Sodium: 125mg, Potassium: 986mg, Fiber: 6g, Sugar: 3g, Vitamin A: 6558IU, Vitamin C: 36mg, Calcium: 84mg, Iron: 3mg



5 DAY WORKOUT SPLIT

Monday: Legs (Quads)

Tuesday: Pull (Back + Biceps)

Wednesday: REST

Thursday: Legs x2 (Glute, Hamstring)

Friday: Push (Chest, Shoulders + Tris)

Saturday: Full Body + Conditioning

Sunday: REST



Nate
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Call for lessons
662-882-1110



Brittney
Trainer
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731-335-4135

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