

EATING HEALTHY

This month's featured recipe!

FISH PARMESAN

3-1/2 pounds white fish, cut into 6-ounce portions (orange roughie, cod, haddock, or cusk)

1 tablespoon chopped green onion, scallions, or chives

1/3 cup low-fat mayonnaise (or fat-free Miracle Whip)

2/3 cup grated Parmesan cheese

1 tablespoon lemon juice

1/2 teaspoon hot pepper sauce (ie: Tabasco)

1. Combine cheese, mayo, onion, and pepper sauce in a small bowl.
2. Arrange fish on a non-stick broiler pan and brush with lemon juice.
3. Broil 5 minutes about 4-5 inches away from heat, then remove from broiler.
4. Turn fish over, and spread one ounce of the cheese mixture over each piece.
5. Broil for an additional 4-5 minutes, or until lightly browned.

Makes eight 5-ounce servings. Calories: 249; Protein, 40.5 grams; Fat 7.6 grams (less with fat-free mayo); Sodium, 331 mgs.

FEBRUARY BIRTHDAYS



This month, we wish a happy birthday to...

February 2: **Jennifer Kachnovich**

February 6: **Vicki Austin,**

February 9: **Donna Campion, Shawn Spencer**

February 11: **Alexandria Bennett, Allan-Michael
Flagg, Nancy Stowell, Kelsey Wilkens**

February 12: **Lezlie Fuller**

February 13: **Nathan Purrington**

February 15: **Jacquie Allaire, Amanda Deering**

February 17: **Kristen Fournier**

February 18: **Jonathan Karkos**

February 21: **Stephanie Ellis**

February 22: **Matt Cotnoir**

February 23: **Brenda Laviolette, Kayla Murphy**

February 24: **Daniel Clair**

February 26: **Sandra Chadwick, Sara Couture**

February 28: **James Bennett**

**Fitness
Stylz**

FIT NEWZ

Fit Newz is a free publication of Fitness Stylz Community Fitness Center, 17 Depot Street, Livermore Falls, Maine. We invite members to submit news for our monthly issues... from an upcoming birthday to your fitness progress, or any other items of interest. Contact Leslie with your news: FitNewz@FitnessStylz.com

KEIRAN CHIROPRACTIC, P.A.

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Gym Dandy

by Esby



My favorite part of BodyCombat is the Mai Tai track!