

RECIPE OF THE MONTH

Summer's here, and cole slaw finds itself a frequent companion to lobster, steak, corn on the cob, and other summer foods. This version tastes great, but has just a fraction of the usual calories!

HEALTHY COLE SLAW

4 cups shredded cabbage
1 grated carrot
1 small chopped onion
2 tablespoons Splenda
1 teaspoon salt substitute
1/2 teaspoon garlic powder
5 tablespoons fat-free Miracle Whip
black pepper to taste
splash of red wine vinegar or garlic-flavored rice vinegar if desired

Mix all ingredients. Chill 2 hours before serving. Yields 8 1/2-cup servings.

*Calories 55 (fewer with fat-free mayo);
1 gram Protein; 0 grams Fat; 1.5
grams Fiber; 156 mgs Sodium.*

JULY BIRTHDAYS



July 1: Joyce Goding
July 2: Wendy Pomeroy
July 3: Jim Dufour
July 4: Bill Trommer
July 5: Shawn Donald, Brenda Simoneau
July 8: Randi Nichols
July 9: Kevin Whelby, Jeremy Bamford
July 10: Lisa Knight
July 12: Jenn Timberlake, John Therrien, Sarah Drake, Shirley Bourgault, Derek Armandi
July 13: Claire Boucher, Jasmine Castonguay
July 15: Arthur Rawding
July 17: Jake Letendre
July 18: Tim Mancine, Kelly LeBlanc
July 19: Rick Barnett
July 23: Ken Parker, Pete Lecowitch, Shaun Maberry
July 27: Sherry Ridley
July 29: Ilse Mercier
July 30: Rita Crowley
July 31: Julie Castonguay, Kim Simoneau

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

Gym Dandy

by Esby

Tom's Nightmare

Where do I sign up for BODYCOMBAT?

YIKES!
Why not try BODYSTEP?
(I don't teach that!)



CELEBRATING 40 YEARS!



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