Fit ‘N Fun News

Published by Michigan Avenue Athletic Club

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Welcome

Welcome to the first issue of Fit ‘N Fun News, a monthly newsletter for health-conscious members of the Michigan Avenue Athletic Club. The primary goal of this publication is to provide you with information about activities occurring at MAAC, events in the community at large, and with news concerning healthy living.

Fit ‘N Fun News will be mailed directly to everyone who has registered at MAAC, and copies will be available in the club lobby and café. Please contact us with questions and suggestions. We will do our best to address your comments in future issues.

Work Out with David

In addition to exercise classes, MAAC offers a wide variety of specialized instruction to help you maintain a healthy lifestyle. One of our most popular series is called Work Out with David. Originally offered to provide introductory exercise classes, the program has been expanded to cover all facets of healthy living.

The next class is scheduled for June 14 and has a low fat theme. Topics include:

Low fat vs. No fat

How to read nutrition labels

Low fat Dining Out

To celebrate the inaugural issue of Fit ‘N Fun News, we are offering our readers early registration. Bring this issue to the front desk before May 30 to guarantee your place. Call 312-555-3521 for more information.

Recipe Showcase

Ginger Chicken and Corn Yield: Six Servings

Ingredients

3 ears of corn on the cob

12 chicken wings

1” piece of ginger root

6 tblsp. lemon juice

4 tsp sunflower oil

1 tblsp. sugar

Directions

Peel and grate gingerroot into a bowl.

Mix in lemon juice, sunflower oil and sugar.

Clean corn and cut each horizontally into 6 pieces.

Add corn and chicken to ginger mixture and toss to coat evenly.

Thread corn and chicken on to skewers.

Cook under broiler or on grill, basting frequently, until corn is golden brown and tender and chicken is cooked through, about 20 minutes.