

# Get Fit Newsletter

## Outside Edition

## Summer is finally HERE!

Summer has officially started and it is a great time to start or renew your relationship with a healthy, fun, and active living program.

Here is one of my favorite tips to not only improve the body, but also a great way to involve family and save money.

### Cook outdoors:

- Grilling is an excellent method to save some money in gas and air conditioning cost as well as save the body from unwanted fat consumption.

- Cooking outside provides your family time to get out of the house and into some fresh air.
- Whole, delicious, and nutritious meals can be prepared outside

### Summer Volume Issue 1

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# Grilled Romaine Salad

Prep time: 5 minutes

Cook time: 4-5 minutes

Difficulty level: easy



## Ingredients:

2 or more hearts of romaine rinsed and patted dry

1-2 cloves of garlic chopped fine ~ minced

Freshly ground black pepper

Sprinkle of sea salt

1 table olive oil to drizzle

Cut the romaine heart in half lengthwise. Trim the stem end a little, if you wish, but be sure not to cut too much—all the leaves need to

stay attached.

Lightly drizzle romaine with olive oil and season with salt, pepper, and garlic.

Heat grill to medium - place romaine on grill and cook for 2 minutes until light char marks appear – flip and that's it!

**Your family will love this light delicious salad – No additional dressing needed – PROMISE!**

# Beer Can Grilled Chicken

Prep time: 15 minutes

Cook time: 2 hours 15-30 minutes

Difficulty level: easy

Ingredients:

1 whole chicken (about 4 pounds)

1 12 ounce can beer\* (room temperature)

2 cloves garlic - minced

2 sprigs fresh rosemary

2 springs fresh thyme

1/2 teaspoon red pepper flakes, crushed

Juice of 1 lemon

2 onions

2-4 potatoes cut in halves

1 zucchini cut into 2 inch rounds

Carrots cut same as zucchini

Fresh corn husked and cut in thirds

For Rub:

1 teaspoon paprika

1 teaspoon salt

1 teaspoon fresh rosemary -

chopped

1 teaspoon fresh thyme - chopped

1/2 teaspoon black pepper - ground

1/2 teaspoon lemon zest

1 teaspoon olive oil

\*Can substitute your favorite soda for beer – Cola works great as well as lemon-lime.

Combine all rub ingredients in a small mixing bowl. Set aside.

Remove giblets and the neck from chicken. Sprinkle all over with rub, including cavity. Open can of beer and discard half of it. Place, minced garlic, rosemary, thyme, lemon juice, and pepper flakes in it. Make sure to pierce two more holes on the top of beer can. Place chicken on top of can. Wedge onion in neck cavity to lock in flavor.

Preheat grill to a medium heat. Place bird in pan grill making sure the beer can is upright. Add veggies – little salt and pepper to



taste and touch of olive oil to pan an hour into cooking.

Grill over indirect medium heat for 1 1/2 to 2 hours until internal temperature of thigh is 180 degrees. Remove chicken when finished cooking and let sit (with beer can still intact), for 10 minutes before carving.

## Dessert?!

WOW!! The salad is great and you or your family will not miss the extra calories, salt, or fat. The chicken is tender, juicy, low fat, low carb, and full flavored. The veggies will get piled on with all coming back to grab an extra nibble - So what's for dessert?! Or an after dinner cocktail that will tempt the taste buds but not expand the waistline.

### Blueberry Lime Margarita!!!!

1 cup of frozen blueberries

2 cups of ice

1 cup blueberry nectar or pureed ~ liquefied blueberries

1/4 cup seltzer

2 tablespoon frozen limeade

1 tablespoon lime juice

3 ounces tequila - optional

1 lime wedge

Coarse salt or sugar – optional

Combine ice, blueberries, blueberry nectar, seltzer, limeade, lime juice and tequila, if using, in a blender and blend until smooth. Rub rim of 2 glasses with lime wedge and dip in salt or sugar. Divide the margarita between the prepared glasses and serve.



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## Fitness Tip

Stay hydrated! The summer gets hot, humid, and muggy. Do not short change the body with juices and soda pop. Drink plenty of plain water.

Water not only filtrates your insides, it rejuvenates the hair and skin.

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## Fitness Activity Outdoor Style

It is the summer!

What better way to enjoy the outdoors then to take a trip to the beach. This is an outing the whole family will enjoy.

A light to moderate workout at the beach is one of the great perks of the summer.

So take a long brisk power walk on the soft sand.

This activity will increase your stability, balance, and core strengthening, therefore boosting your overall cardio conditioning.

SO effectively challenge your energy system then cool off in the water.

