



September 2011 Newsletter

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Available now through Sept. 30th



See details at right!

Welcome to the Cara Mor Spa

2 t-o-o-o Wonderful Packages for those that work t-o-o-o hard!

9:00-3:00 or 10:00-4:00

Six hours of pampering and healthy activity.

PACKAGE ONE: Stress-away day
four people; all inclusive

- One hour of fitness and/or wellness
 - Lunch by Chef Rock
 - One hour massage for each person
 - Chatting and enjoying the scenic beauty of the surrounding property with friends, co-workers or family
 - Unguided scenic walk
 - Smoothies throughout the day
- ...and just pure pampering the Cara Mor way*

\$679 for your group plus tax and gratuity

-----OR-----

PACKAGE TWO: Everything is always better with Two

- One hour of fitness and/or wellness
- Lunch by Chef Rock
- 75 minute massage for both of you
- Smoothies all day and indulging in all of the pampering that Cara Mor has to offer
- Beautiful surroundings and unguided scenic walks – indulge all your senses

\$439 for two plus tax and gratuity

Last minute, NO Problem!

Take advantage of these great specials...They won't last for much longer!

Call for availability or for more information: 814-644-8187 or email Deb Shawley:

dshawley@homewatersclub.com

Packages may not be combined with any other promotion, certificate or Cara Mor Retreat package and will not be exchanged for cash.

10 Exercise Myths.....Part 3



Water Fitness

Exercise Myth 7. Water Fitness Programs Are Primarily for Older People or Exercisers With Injuries. Recent research has shown that water fitness programs can be highly challenging and effective for both improving fitness and losing weight. Even top athletes integrate water fitness workouts into their training programs.

Exercise Myth 8. The Health and Fitness Benefits of Mind-Body Exercise Like Tai Chi and Yoga Are Questionable. In fact, research showing the benefits of these exercises continues to grow. Tai chi, for example, has been shown to help treat low-back pain and fibromyalgia. Improved flexibility, balance, coordination, posture, strength and stress management are just some of the potential results of mind-body exercise.

Exercise Myth 9. Overweight People Are Unlikely to Benefit Much From Exercise. Studies show that obese people who participate in regular exercise programs have a lower risk of all-cause mortality than sedentary individuals, regardless of weight. Both men and women of all sizes and fitness levels can improve their health with modest increases in activity.

Exercise Myth 10. Home Workouts Are Fine, But Going to a Gym Is the Best Way to Get Fit. Research has shown that some people find it easier to stick to a home-based fitness program. In spite of all the hype on trendy exercise programs and facilities, the “best” program for you is the one you will participate in consistently.

www.idealife.com

Exercise of the Month: V Sit Partner Rotation

Target Body Part: Abs

Equipment Needed: Medicine Ball & Partner

Step 1

Starting Position: Sit on the floor back-to-back with your workout partner with your shoulder blades touching, knees bent, the center of your knee caps lined up with your hip joints and your second toes. Your feet should be firmly pressed into the floor to create stability through the legs and hips. One partner firmly holds a medicine ball in both hands right in front of his or her chest; both partners should maintain tall, straight spines and engage (brace) the abdominals throughout the exercise.

Step 2

The training partner with the medicine ball rotates to his or her left while the

partner without the medicine ball rotates to his or her right. The partner with the medicine ball hands it to the other partner ensuring that he or she has a firm grip before releasing the ball.

Step 3

The partner receiving the medicine ball takes it with a firm grip and rotates to his or her left while the person who just released the ball rotates to his or her right in order to receive the ball on the other side.

Step 4

The partner with the ball rotates to his or her left while the partner without the ball rotates to his or her right to grab the ball and continue the rotational movement of passing the medicine ball in a circular motion.



Step 1

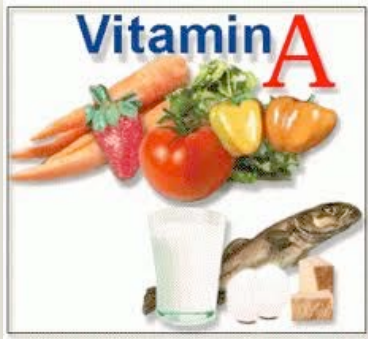


Step 2



Step 3





Food for Thought – BENEFITS OF VITAMIN A

Making good food choices can help keep your eyes healthy. Vitamin A promotes normal vision and it also helps your eyes see normally in the dark, helping adjust to lower levels of light. In addition, vitamin A also influences the immune system, is essential for bone growth and affects both male and female reproductive processes.

The recommended daily allowance of vitamin A is 3,000 International Units for men and 2,310 IU for women 14 and older. IUs are listed on food labels and dietary supplements.

Good sources of vitamin A include sweet potatoes, carrots and dark, leafy greens, as well as eggs, tomatoes and fortified milk.

Recipe of the Month

Garlic & Herb Pita Chips

You can make your own tasty pita chips in a matter of minutes. Just cut pita bread into wedges (stale pitas work very well), brush them with a little olive oil and bake. Not only do homemade pita chips save you money, you'll also cut calories by 16 percent.

Ingredients

- 4 6-inch whole wheat pitas
- 2 tablespoon extra-virgin olive oil
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ¼ teaspoon salt

Preparation

Step 1

Position oven racks in middle and lower third of oven; preheat to 350°F. Coat 2 large baking sheets with nonstick cooking spray.

Step 2

Cut pitas into 8 wedges each and separate each wedge at the fold. Place the pita wedges, rough-side up, in an even layer on the prepared baking sheets. Brush with oil and sprinkle with Italian seasoning, garlic powder and salt.



Step 3

Bake the pita wedges, switching the baking sheets halfway through, until golden and crispy, 6 to 10 minutes (depending on the thickness).

Per Serving: 117 calories; 4 g Fat; 1 g Sat; 3 g Mono; 0 mg Cholesterol; 18 g Carbohydrates; 3 g Protein; 2 g Fiber; 575

We're on the Web!

Visit us at:

<http://cara-mor.com>

Cara Mor

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