

**Lt. Col. Bob Weinstein, USAR-Ret.**

**From:** Express Email Marketing [mailer\_response@emailcounts.com] on behalf of The Health Colonel [thehealthcolonel@beachbootcamp.net]  
**Sent:** Friday, October 22, 2010 3:03 PM  
**To:** thehealthcolonel@beachbootcamp.net  
**Subject:** Beach Boot Camp Newsletter, October 21, 2010

Lt. Col. Bob Weinstein, USAR-Ret.

October 21, 2010



## Beach Boot Camp Newsletter



### Social Events

#### - HAPPY HOUR

**When:** 6 PM, Friday,  
**November 5, 2010**

**Where:** Pirate Republic, 400  
 SW Third Ave., Ft. Lauderdale,  
 FL,  
[www.piraterepublicbar.com](http://www.piraterepublicbar.com)

#### - PICNIC

**When:** Saturday, **November  
 20, 2010, 11 AM**

**Where:** Birch State Park, Fort  
 Lauderdale, FL (off of Sunrise  
 Blvd and A1A)

#### - SHARK VALLEY BIKE TOUR

**When:** Sunday, December 5,  
 2010

**Where:** Shark Valley,  
 Everglades

#### HOLIDAY PARTY

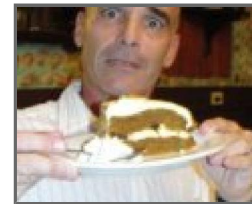
**When:** Friday, December 10,  
 2010, 6 PM

### FITNESS AND FOOD

#### Can I have a piece of cake?

A piece of cake once a week is not going to be a problem. If you are eating pastries and sweets several time a week. That will be a problem.

[More on managing calories.](#)



#### Can too much exercise make you sick?

Overtraining can have a negative impact on your immune system making you susceptible to illness.

A study conducted at the Los Angeles Marathon revealed the following:

- One in seven runners who participated got sick after the event.
- Regular moderate training may provide protection against colds. Eighty percent of those who exercise regularly had fewer colds compared to those who are inactive.



[More on health and fitness.](#)

#### Grit's Recipe Choice

**Where:** To Be Announced

**BEACH BOOT CAMP PROGRAMS**

Beach Boot Camp at Marriott Harbor Beach

Small Group Training, 5:30 AM

Advanced Training, by apptmt

Personal Training, single and couples

**FIND OUT MORE**

**NO BEACH BOOT CAMP ON THANKSGIVING, NOV. 25, 2010**

**Wholegrain Bread with Cream cheese and Fruits**

by Grit Weinstein, Author of Children's Books



Serves 2

Preparation: 10 min

No cooking necessary

You need:

Two slices of whole grain bread

One kiwi

Five large strawberries

Cream cheese

Honey

Peel the kiwi, and cut the kiwi in thin slices. Wash the strawberries, remove the green stalks and cut them in thin slices, too. Spread the cream cheese onto the bread, followed by a thin layer of honey. Slice the bread diagonal, place the strawberries and kiwi slices on top. Use the rest of the kiwi and strawberries slices to decorate the plate.

**More recipes from Grit.**

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