



Real U Fitness
Building Confidence Through Fitness

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CHERRY CHICKEN AND RICE RECIPE

Preparation - 20 minutes, cooking time - 60 minutes.

3 boneless, skinless split chicken breasts
1 16-ounce can of un-drained, pitted dark sweet cherries
1 cup sauterne
1/3 cup flour
1 1/2 tsp paprika
1 1/2 tsp salt
1 1/2 tsp garlic salt
1/4 cup cooking oil
4 cups cooked rice

Coat chicken with mixture of flour, paprika, salt, and garlic salt. Brown chicken in oil. Add cherries (including cherry liquid) and wine to the chicken. Cover and simmer for an hour. Serve over rice

Nutrition Info: Kcal – 150; Protein – 2 grams; Fat – 8 grams; Carbs – 19grams

HELP WANTED

Ve and Daughters Happy Home
Group home for girls 12 to 18



SOME ITEMS NEEDED

What you need in your home if you have daughters
Shampoo/conditioner (any size)

Deodorant
Lotions
Body sprays
Body Soap
Nail polish and Remover
Personal Items
Hair Ties
Brushes
Clothes

(Good condition and age appropriate)
Normal household items

WORKOUTS AND EATING RIGHT IS OK....BUT

This may be really odd coming from a lifestyle fitness coach, but there is much more to life than health. Yes it's very important to take care of your body; it is the only one you get. And the only way we can do that is to stay in shape and eat right. But I caution you, if your priority in life is centered around health and fitness you may be making a terrible mistake.

I'm a believer that everything we have is a blessing from God and that includes having the ability to get what we have. It's also important to take care of anything that He has given us. But if you get up in the morning and go to bed at night thinking about your next workout then your priorities are out of order. I would venture to guess that if this is you, work is probably an equal priority, which means you are probably missing what is really important in life. If you can't have an occasional glass of wine with friends or a milkshake with your kids without stressing - unless you're in competition prep - your priorities are wrong. If you can't miss a day or two of working out because of illness or a business trip without stressing; again there is too much focus on your fitness.

It's very important to maintain a regular workout schedule and nutrition program but not at the sacrifice of relationships, fun events or added stress when you have to miss a workout.

Remember your health and fitness must be in balance with the rest of your life, not the priority of your life.



"You need to incorporate some stretching into your fitness routine, so I glued all of your snacks to the ceiling!"