

BULLDOG SPORTS AND FITNESS

Newsletter

August 2010

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<http://bulldogsportsandfitness.com>



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Healthy Recipe

"A minimum of 2 cups of salad is required to eat 2 oz of pasta. Without salad or vegetables the pasta will go to fat, even though it is whole grain, because it digests

My Vision

"My vision of spreading health and fitness and coaching sports is at the heart of why I founded Bulldog Sports & Fitness. Through Bulldog, I hope to play a critical role in the development of a child's lifelong love of fitness and to instill a fundamental appreciation for healthy living in children and adults alike. Values including sportsmanship and teamwork are critical to me and I am passionate about teaching aspiring young athletes how to be team players. Bulldog Sports & Fitness has provided me with these incredible opportunities and I am committed to building a lasting legacy of health, wellness and a love of athletics in the community today that will ensure a better, healthier future tomorrow."

Flag Football League

Join our exciting kids flag football league! You can register your child with a team of his/her friends or as an individual player. Teams will meet on Sundays for some fun football activities including drills and games that teach basic football fundamentals. In addition to games such as football tag, capture the football, punt/pass/kick competitions and more, kids will be instructed on speed, strength and agility by out dedicated coaches.

Class Details



Session 1: 8 classes
September 12- October 31
Sundays at 9am and
10am

Ages: 5-6 & 8-9

Team of 7 players: \$1400 (one check)
Individual Players: \$240 (your child will be placed on a team)

Helping out the Boys and

too fast."
-Dr. Clyde Wilson



Cook Time: 10 min
Level: Easy
Yield: 4 Servings

Ingredients

- 1/2 pound whole-wheat spaghetti pasta
- 1 clove garlic, minced
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon salt, plus more for seasoning
- 1/2 teaspoon freshly ground black pepper, plus more for seasoning
- "Minimum olive oil for cooking"
- 4 (4-ounce) pieces salmon
- 1/4 cup chopped fresh basil leaves
- 3 tablespoons capers
- 1 lemon, zested
- 2 tablespoons lemon juice
- 2 cups fresh baby spinach leaves

Directions

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain pasta and transfer to a large bowl. Add the garlic, extra-virgin olive oil, salt, and pepper. Toss to combine.

Meanwhile, warm the olive oil in a medium skillet over medium-high heat. Season the salmon with salt and pepper. Add the fish to the pan and cook until medium-rare, about 2 minutes per side, depending on the thickness of the fish. Remove the salmon from the pan.

Add the basil, capers, lemon zest, and lemon juice to the spaghetti mixture and toss to combine. Set out 4 serving plates or shallow bowls. Place 1/2 cup spinach in each bowl. Top with 1/4 of the pasta. Top each mound of pasta with a piece of salmon. Serve immediately.

Girls Club

Every day the number of children left at home unsupervised increases, leaving kids to look for companionship and recreation in the streets. The Boys and Girls Club of America's goal is to try and change this epidemic, by providing a safe and fun environment where these kids can learn a sense of competence, usefulness, belonging and influence. Bulldog Sports and Fitness contributes to the Boys and Girls Club by volunteering to educate and mentor "at risk" youth, the importance of fitness and health. We instill sportsmanship, teamwork, life skills, speed, sports skills, fitness, and nutrition all while having fun. With that we hope the boys and girls will take this with them and apply it to their everyday lives to help them succeed and thrive in the future.



5 Easy Ways to Snack Healthy

1. Substitute similar but healthier snacks when possible.

- This will allow you to enjoy your snack without the harmful fats and sugars.
i.e. Pretzels for chips

2. Freeze fruits.

- This is a fun and alternative way to get your full serving of fruits.
i.e. Freeze grapes and mango slices etc.

3. ELIMINATE soda.

- Eliminating soda eliminates sugar intake.
i.e. Drink tea and sparkling waters

4. Make serving of snacks smaller.

- This will trick you into believing you're eating more than you really are.
i.e. Serve snack in smaller bowls

5. Keep cupboards and refrigerators filled with healthy snacks.

- Having your kitchen filled with healthy snacks helps to make it that much easier to reach for a banana than a microwavable pizza.

Exercise Leads to Becoming a Good Student

In the words of Thomas Jefferson, "A strong body makes the mind strong." Studies show that



those who exercise regularly not only maintain a good state of physical health, but also causes the body to produce endorphins which are chemicals that allow people to be a lot more happy. Through exercise, both the mind and body feel refreshed, which leads to a better mindset once it comes to school and studying. Exercise creates greater self-confidence and can make it easier for students to participate and perform well in class. After exercising, children usually feel the sense of pride and accomplishment especially after a long workout. It can help with a better good night sleep, and being well rested clears the mind and re-energizes the body. Exercise also allows energy levels to rise and helps improve people's moods. Therefore, the children in the classroom will carry a positive vibe and have more energy to work hard academically.

Testimonial



"I recently signed up to train with Coach McNeil to attain a goal I have set for myself. Everyone's goal when they work out is to see results but Coach McNeil promised me much more. He told me I would Lose weight, gain muscle, improve my overall health, stay young, gain flexibility and have enough energy to also play sports. Every workout is different which keeps it challenging. Coach McNeil is very enthusiastic about challenging me and pushing me to my limits every time."