

Workout Anytime in Bearden is Now Open!

AT WORKOUT ANYTIME we pride ourselves on providing a clean and friendly environment for our members. Come in and see for yourself! We have everything you need to get in shape and feel great including lots of cardio equipment, strength and toning equipment, numerous free weights, locker rooms and showers. All of this for only \$15 month-to-month and no long-term contract! In addition, we offer personal training, nutrition counseling, and Far Infrared massage therapy which burns between 600-2400 calories per half hour session, increases circulation, and helps detoxify the body.

This month's focus is on nutrition. The kids are back in school and vacation is over, so it's time to get our nutrition on track. So many of us are trying to make healthier choices, but what does healthy really mean? There are a lot of healthy foods on the market, but are you eating the right foods to meet your fitness goals? If you're training to run your first marathon, wanting to gain strength, or trying to lose

weight, the foods you eat can be a determining factor in your success. As a certified Nutrition Counselor with a BS in Science, I like to help my clients understand how food works in the body. My goal is to teach people how to combine different foods properly, learn when to eat, and how to fuel their bodies to meet their goals. This is not a diet; it's a nutrition plan for life.

Do you want to lose 20 lbs. or more? Well, let us show you how to turn the body from fat storage mode to fat burning mode. You can do it; no magic pill or lipo needed. Would you like to finally make your goals this year and get back into those skinny jeans? It's not too late. Take this time for yourself before life gets too hectic. The holidays are just around the corner. How about losing weight before the holidays instead of after? Wow, that's a cool idea! Make the decision that will change your life forever by getting the knowledge and support you need to be successful.

This month **ONLY** we are offering \$25 off nutrition counseling to *Everything Knoxville* readers, non-Workout Anytime members

welcome. The nutrition session is a one-on-one consultation. Don't pass up this opportunity!

Simple Arugula and Strawberry Salad Ingredients (serves 4-6)

- 1/2 cup chopped walnuts
- 4 cups baby arugula or torn arugula leaves
- 2 cups sliced strawberries (about 10 oz)
- 2 oz Parmesan cheese, shaved and crumbled into small pieces (1/2 cup)
- 1/4 tsp freshly ground pepper
- 1/8 tsp salt
- 2 Tbsp balsamic vinegar
- 1 Tbsp extra-virgin olive oil

Just add chicken for the perfect fat burning salad.

Workout Anytime Bearden

6739A Kingston Pike

Knoxville, TN 37919

865.558.3588

www.workoutanytime.com



NOW OPEN!



\$15

Month to Month

WORKOUT ANYTIME

\$25

OFF NUTRITION COUNSELING
\$125 FOR 1.5 HOUR SESSION
Workout Anytime Bearden
6739A Kingston Pike
Knoxville, TN 37919
865-558-3588 • Expires 9/30/11

ONE MONTH OF BOOTCAMP 8 SESSIONS

\$99

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Bearden Location
6739A Kingston Pike • Knoxville, TN 37919
(Papermill & Kingston Pike, next to P.F. Chang's)
www.workoutanytime.com

OPEN 24 HOURS 365 DAYS

We have everything you need:

- › Super Clean Facility
- › Extensive Free Weight Area
- › Cardio Theater
- › Strength and Toning Equipment
- › Suspension Training
- › Personal Training
- › Nutrition Counseling
- › Infrared Massage Therapy
- › 24 HR Access
- › Showers and Locker Rooms
- › No Long Term Commitments