



The Pilates Connection Weight Loss Challenge

NEWSLETTER

June 28, 2010

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THIS WEEK'S TOPIC...

12-MINUTE PILATES ABS WORKOUT

Mat Exercises to Whittle Your Middle

-By Nicole Nichols, Fitness Instructor

Click on the link below to go to SparkPeople.com and an Abs Workout video you can follow. I'm sure these exercises will be familiar! You can also click below the video and print the instructions for the workout so you can take it with you anywhere. Check out the Pilates video, and also the video on posture. It is all about us and what you are doing to firm up your abs.

Happy 4th of July! Remember to take an extra walk, do something for fun, make good choices and be kind to yourself. - Julia

[12 MINUTE PILATES ABS WORKOUT](#)

Weight Loss Challenge Winner of the Week:

Stacy Lent is this week's biggest loser. She lost 2.01%! Congratulations Stacy! Enjoy your two free classes. Special congrats also to Sheila Sharer, who lost 1.07% and Cheryl Truman who lost .33%.

RECIPE

PINEAPPLE-CHICKEN KABOB PACKETS

- 1/3 cup pineapple preserves
- 2 tablespoons packed brown sugar
- 1 tablespoon soy sauce
- 1/4 teaspoon crushed red pepper
- 4 boneless skinless chicken breasts, cut into 2-inch cubes (1 lb)
- 1 medium red bell pepper, cut into 1 1/2-inch cubes

1 medium green bell pepper, cut into 1 1/2-inch cubes
1 cup pineapple chunks
1/4 teaspoon salt

1. Heat gas or charcoal grill. In small bowl, stir together pineapple preserves, brown sugar, soy sauce and crushed red pepper.
2. Cut 4 (24x12-inch) sheets of heavy-duty foil. Divide chicken, bell peppers, pineapple chunks and pineapple preserves mixture among foil sheets. Sprinkle with salt. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
3. Place packets on grill over medium heat. Cover grill; cook 6 minutes. Using tongs, carefully turn packets over, taking care not to puncture foil. Cook 10 to 12 minutes longer or until chicken is no longer pink in center and vegetables are crisp-tender.

Servings 4. 300 Calories, 1 Starch, 1 Fruit, 1 Vegetable, 3 oz. Protein

Recipe from eatbetteramerica.com.

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