



No Sweat Fitness

April, 2009

Kidney stones on the rise

You can now add kidney stones to the long list of symptoms associated with obesity.

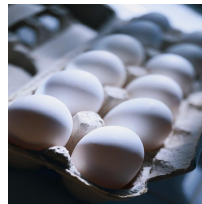
Incidents of kidney stones, especially in children have risen dramatically. At the Children's Hospital of Philadelphia the number of kids treated for kidney stones has gone from about 10 a year to 5 in a week! This painful condition is preventable; salt and other dietary changes are necessary, as is increasing water consumption.

Also, cut back on artificial sweeteners and make sure to take any calcium supplements with food.

Deviled Eggs

This Spring special gets a light makeover

Eating Well Magazine has updated that perennial favorite substituting nonfat cottage cheese for some the the egg yolks. Give it a try!



12 large hard-boiled eggs, peeled
 1/3 cup nonfat cottage cheese
 1/4 cup low-fat mayonnaise
 3 tablespoons minced chives
 1 tablespoon sweet pickle relish
 2 teaspoons yellow mustard
 1/8 teaspoon salt
 Paprika for garnish

1. Halve eggs lengthwise. Gently remove yolks. Place 16 yolk halves in a food processor (discard the remaining 8 yolk halves.) Add cottage cheese, mayo, chives,

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\$ Saver

\$ saver

I've seen many products on the shelf that promise to remove the "embedded" sweat from



your workout clothes. Don't fall for it. Save your money for more personal training sessions by using good ol' baking soda instead.

Replace 1/2 of each measure of your regular laundry detergent with baking soda and wash as usual. Your clothes will smell and feel great!

relish, mustard and salt; process until smooth.
2. Spoon about 2 teaspoons yolk mixture into each egg white half. Sprinkle with paprika.

Makes 24 servings. 34 calories each. 2 G. fat, 3 G. protein.

Training Holidays

"No Sweat" Fitness will not be open on Monday, May 25 in observance of Memorial Day.

In June, Wednesday the 17th through Friday the 19th we will be closed in observance of "I need a vacation." We will resume sessions on Monday, June 22nd.

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