Welcome to YZ45 **2022** newsletter

Keep pushing forwards to achieve your goals!

**CLUBS HIGH ACHIEVERS**

**Greens, fruit, and chickpea wrap**

Full of colour, this vitamin packed lunch will keep you feeling full and fuelled for the day until dinner time.

PREP - 05 m / COOK - 05 m / TOTAL - 10 m

**NUTRITION INFORMATION**

543 CALORIES PER SERVING

Serving Size: 1 serving

|  |  |
| --- | --- |
| % DV\* | |
| * Total Fat 27g | 41% |
| * Saturated Fat 11g |  |
| * Cholesterol 154mg | 51% |
| * Sodium 1345mg | 56% |
| * Carbohydrates 51g | 25% |
| * Dietary Fibre 9g |  |
| * Sugars 8g |  |
| * Protein 23g | 15% |
| \* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

**INGREDIENTS -** SERVES 2

1 cup Arugula, Raw / ½ an apple

½ cup Garbonzo Beans / 1 large Hard-Boiled Egg

3 oz Gouda Cheese / 1 tbsp extra-virgin olive oil

½ tbsp Balsamic Vinegar / ¼ tsp Kosher Salt

1 tbsp Pepper, Black / 2 Flour Tortillas Homestyle

**DIRECTIONS**

1. Combine all the salad ingredients in a mixing bowl. Whisk together the oil and balsamic vinegar with a pinch of salt and pepper. Sprinkle this over the salad and gently toss to coat all the ingredients. Taste a few leaves to check for seasoning and add more salt and pepper as desired.
2. Lay the tortilla out on a piece of parchment paper. Pile about half the salad greens down the centre of one of the tortillas. Fold the side-flaps inward and then roll the tortilla up like a burrito, tucking the greens inward and compressing them as you go. Honestly, the more greens you can coerce into your roll, the better. Fold the parchment around the salad wrap and secure with a piece of masking tape or loose rubber band.
3. These wraps are best eaten within a few hours. If you're making it for lunch, it works better to make it in the morning rather than the night before.

**WHAT IS HIGH-INTENSITY INTERVAL TRAINING?**

HIIT involves short bursts of intense exercise alternated with low-intensity recovery periods. Interestingly, it is perhaps the most time-efficient way to exercise.

Typically, a HIIT workout will range in time up to 45 mins.

Despite how short the workout is, it can produce health benefits like twice as much moderate-intensity exercise.

**BENEFITS OF HIIT**

**1. It Improves Your Stamina**

**2. It Increases Your Strength**

**3. You’ll Burns Lots Of Fat**

**4. Your Body Will Burn Fat After Your Workout**

**5. It Keeps Your Heart Healthy**

**6. It Keeps You Younger**

**7. It’s Fast And Therefore Relieves Stress**

**8. It Can Help To Strengthen Your Bones**

**9. It Can Help Regulate Your Blood Sugar Levels**

**10. Eases Muscle Stiffness**

**Training / Info**

**Healthy Recipe / Nutrition**

Please be careful if you have any allergies.

**Club Promotions / Challenges**





**Club Information**