Welcome to YZ45 **2022** newsletter

Keep pushing forwards to achieve your goals!

**CLUBS HIGH ACHIEVERS**



**Granola Protein Balls**

With these breakfast-inspired balls stashed in your fridge or freezer, you'll never have to skip breakfast again. Otherwise, enjoy them as a midday snack. They have plenty of oats to punch up your soluble fibre intake for the day too.

PREP - 10 m / COOK - 0 m / TOTAL - 10 m

**NUTRITION INFORMATION**

148 CALORIES PER SERVING

Serving Size: 1 ball

|  |
| --- |
|  % DV\* |
| * Total Fat 8g
 | 11% |
| * Saturated Fat 2g
 |  |
| * Cholesterol 0mg
 | 0% |
| * Sodium 66mg
 | 2% |
| * Carbohydrates 16g
 | 7% |
| * Dietary Fibre 2g
 |  |
| * Sugars 6g
 |  |
| * Protein 4g
 | 2% |
| \* 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 12

½ cup creamy peanut butter (with salt) / ¼ cup Coconut Nectar / 1 tsp Pure Vanilla Extract / 1 cup Old Fashioned Rolled Oats / ½ cup Granola Cereal / ¼ cup Ground Flax Seeds / ¼ cup Unsweetened Toasted Coconut Flakes.

**DIRECTIONS**

1. In a large bowl, stir together the peanut butter (or almond butter), coconut nectar (or honey), and vanilla extract until evenly combined. Add the oats, granola, flax seeds, and coconut flakes (or chips) and stir until evenly combined. (Hint: Break up any large granola clusters or coconut chips into smaller pieces, if necessary.)
2. With clean hands, firmly form while squeezing mixture into 12 balls, about 2 tablespoons each.
3. Place in a sealed container. Store in the refrigerator for 1 week or freezer for 1 month.

**Resistance / Strength Training**

Resistance training (also called strength or weight training) is the use of resistance on muscular contraction to build the strength, anaerobic endurance, and size of skeletal muscles.

Resistance training is based on the principle that muscles of the body will work to overcome a resistance force when they are required to do so. When you do resistance training repeatedly and consistently, your muscles become stronger.

**Health Benefits Of Resistance / Strength Training**

There are many benefits, here are a few:

* Improved muscle strength and tone – to protect your joints from injury.
* Maintaining flexibility and balance, which can help you remain independent as you age.
* Weight management and increased muscle-to-fat ratio – as you gain muscle, your body burns more kilojoules when at rest.
* Greater stamina – as you grow stronger, you won’t get tired as easily.
* Prevention or control of chronic conditions such as diabetes, heart disease, arthritis, back pain, depression and obesity.
* Improved mobility and balance.
* Improved posture.
* Increased bone density and strength and reduced risk of osteoporosis.
* Enhanced performance of everyday tasks.

**Training / Info**

**Healthy Recipe / Nutrition**

Please be careful if you have any allergies.

**Club Promotions / Challenges**



**Club Information**