



Fall Newsletter

Fall Edition

In This Issue

- Client Spotlight!
- Fall fitness promo
- Fitness tips
- Fall recipes

Fall into Fitness

This promotion runs from October 1st to November 23rd. This is available for new clients only and can be used on any of our session packages. If you sign up before this promo ends, you will receive 2 sessions FREE! This awesome promo will help get your body ready for the winter season.

Fall Fitness Tips!

Fall is a great time to get out and exercise and with the temperatures dropping the cool air is great for your lungs, so take the dog for a long walk or go on a hike. Even something as simple as a walk around the neighborhood is a great way to stay in shape. When the leaves start to fall and your yard becomes a mess, remember that even raking and bagging up leaves can give you a workout. Just make sure to bend with your knees and not to strain your back.

Client Spotlight!



Atlas client of the month is Mary Rosenfeld. Mary is 64 and has been a client here at Atlas since June of 2018. After dealing with many unreliable physical therapists, Mary decided a personal trainer was best for her and after seeing the great reviews that we had she decided to give us a call. During her meeting with Mike she told her story of being a cancer survivor and that due to multiple surgeries she has had a lot of pain in her knee and her goals were to strengthen her knee and back as well as trim her upper arms.

Working one-on-one with Mike as her trainer, Mary has started to see some improvement in her health and she is now able to reduce her pain medication. The muscle on top of her leg has tightened up and her arms have more muscle. Thanks to Mike, Mary is on her way to being the best she can be.

Fall Recipes

Low carb+ Keto friendly

Pumpkin Spice Latte

2 Cups Brewed Coffee
¼ Cup Pumpkin Puree
3 Tablespoon Heavy Cream
2 Tablespoon Grass-fed Butter
1 teaspoon Pumpkin Pie Spice
½ teaspoon Vanilla

- Combine all ingredients and simmer 5-7 minutes and whisk occasionally
- Transfer to a blender and blend until foamy

Vegan+ Paleo Friendly

Pumpkin Coconut Bisque

1 ½ Tablespoon Olive Oil
1 Chopped Onion
3 Minced Garlic Cloves
3 Cups Packed Pumpkin, Canned
2 Cups Low Salt Veggie Broth
2 teaspoon Sugar
½ teaspoon Allspice
½ teaspoon Crushed Red Pepper
1 ½ Cup Unsweetened Coconut Milk

- Heat oil and sauté onions and garlic
- Combine pumpkin, broth, sugar, allspice, and crushed red pepper
- Boil and reduce, cover and simmer for 30 minutes
- Puree soup in a blender and return to pot, simmer and thin soup with coconut milk till desired consistency
- Add salt and pepper to taste