



SWEATCITY
FITNESS



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SweatChannel: Boot Camp

Gobble, Gobble, SweatCommunity!





Check out how much fun we have at Boot Camp!

Nov Promotions

We're on LivingSocial!

[5 classes for \\$15 or 10 classes for \\$25](#)

Email me and buy this deal through us directly,
and we'll give you an extra 2 classes for free.

Shout Outs

A very happy Thanksgiving from all of us here at [Sweat City](#) to you! I, for one, am so excited to be going home to the Bay Area for the first time in 8 months.

As we all prepare for a relaxing weekend with friends, family, food and football, I thought I'd do my part as your health coach to remind you to stuff your faces responsibly tomorrow. Remember, the goal is to do some gobblin' but not too much that you'll be wobblin'.

I know you're rushing around today preparing for the holiday, so I'll keep this newsletter short and sweet.



SweatBusiness

We've revised our Boot Camp schedule for the Winter. We're temporarily putting on hold the following classes:

*Mon/Wed 6:30am at Westwood Park
Thurs 6:00pm at Santa Monica Airport Park
Sun 9am at Santa Monica Airport Park*

We apologize for the inconvenience, thanks for understanding.

Congrats to Newport Harbor HS Women's Lacrosse for surviving our 2 week preseason speed/agility camp! Such noticeable improvement in just 10 trainings! You're going to dominate your league this year.

That-a-girl Stacy Brooks! Your hat trick helped your soccer team win the championship, 3-2!

Holy highlight reel, Noah Lindo! 9 yr old Noah had one of the best flag football runs you'll see at any level, as he juked, spun, and sped his way to an 80 yd touchdown.

Good news for all of you thinking about joining boot camp; we're on LivingSocial!

[5 classes for \\$15 or 10 classes for \\$25](#)

But if you email me and buy this deal through us directly, we'll give you an extra 2 classes for free.



Sweatducation

Gobble, Don't Wobble

Did you know that the average amount of food consumed per person on Thanksgiving is 4500 calories?!? That's around 175% of an ordinary day. Whoa! Let's take a look at calories in what you're going to be eating tomorrow to see how that's even possible.

Drinks	Calories
1 mixed drink	250
1 glass wine	120
1 soda	140



Dinner	Calories
6 oz ham	300
6 oz turkey	340
6 oz prime rib	330
$\frac{1}{2}$ cup stuffing	180
$\frac{1}{2}$ cup cranberry sauce	190
$\frac{1}{2}$ cup mashed potatoes	150
$\frac{1}{2}$ cup gravy	150
$\frac{1}{2}$ cup sweet potatoes	150
1 dinner roll	110

Dessert	Calories
2 cookies	150
1 piece apple pie	410
1 piece pecan pie	480
1 piece pumpkin pie	260
$\frac{1}{2}$ cup whipped cream	75
$\frac{1}{2}$ cup ice cream	145

And that's not even counting all of the chips, dip, nuts, and other snacks you're going to end up grubbing!

Ok, now that we know what we're dealing with, let's look at a little bit of damage control.

First off, let's roughly assume the average person consumes about 2500 calories on a normal day. Yes I know men eat more than women, but I just split the difference more or less. If the average Thanksgiving calorie consumption is 4500, that means tomorrow is going to result in a 2000 calorie weight gain.

So here's your exercise chart so you can figure out exactly how you're going to work off your turkey belly (based on a 150 lb person).

Activity	Calories Burned
Walk 1 mile	100
Frisbee 30 min	105
Throw football 30 min	110
Ping pong 30 min	145
Raking lawn 30 min	150
Shoot hoops 30 min	160
Bike 30 min	175
Jog for 30 min	350
Soccer 1 hour	500
Boot Camp 1 hour	550

Flag football 1 hour 560

So do yourself a favor and try to reduce the surplus of calories from 2000 down to a reasonable 1000 through a combination of eating responsibly and getting a little exercise in.

I'll lead by example by avoiding the sweet potatoes this year (150 cal), playing an hour of flag football (560 cal), and playing an hour of ping pong with my little cousin (290 cal) for a total of 1000 calories exactly. You better bring your A-game, Devin, I've been practicing!

Safe travels and a very relaxing weekend to all!

And most importantly, good luck to your fantasy football teams, playoffs start next week!

Gobble, Gobble

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