

ICANSANDIEGO eNewsletter Archives

Date	Recipe Focus	Fitness Focus
January 5, 2009	Broccoli	Making time for fitness.
January 12, 2009	Grapefruit	Featured Workouts
January 19, 2009	Quick Breakfasts	Featured Workouts
January 26, 2009	Pack a Lunch	Featured Workouts
February 2, 2009	Baked Potatoes	Stay Motivated!
February 9, 2009	Fresh Herbs	Featured Workouts
February 16, 2009	Bananas for Breakfast	Jumping Rope
February 23, 2009	Fast & Easy Salads	Hiking
March 2, 2009	Soda Alternative	Challenge Yourself
March 9, 2009	Avocado	Train like an athlete.
March 16, 2009	Quick Breakfasts	Test your fitness.
March 23, 2009	Asparagus	Step-Ups
March 30, 2009	Strawberries	Learn how to use your gym
April 6, 2009	Spinach	Add a new move to your walk.
April 13, 2009	Cherimoyas	Do more sitting down
April 20, 2009	Kiwifruit	Think Long-Term
April 27, 2009	Spring Chard	Play games.
May 4, 2009	Homemade Marinades & Rubs	Indoor vs. Outdoor - What's the Difference?
May 12, 2009	Picnic Remake	Strengthen Your Core
May 18, 2009	Tomatoes	Avoid Common Mistakes
May 25, 2009	Bell Peppers	Dancing