



Our Member of the Month for September is Mary Donna Lane!

- 1) **Name:** Mary Donna Lane
- 2) **Occupation:** I worked at American Meter for 17 years and now I am retired
- 3) **How long have you been a member at the Ambassador?** I was a member in 2012 but had to stop coming. I was too heavy and my legs and hips hurt so badly. I joined again in January of 2016 and I have lost over 115 pounds and I don't have diabetes anymore! It has taken me a long time to lose the weight but I did it!
- 4) **How often do you come to the gym?** I try to come every day during the week. I really enjoy working out, it makes me feel good.



- 5) **What is your favorite workout/exercise?** I like to walk and the weights and the bike. I guess I don't have a favorite!
- 6) **What advice would you give a new gym member or someone new to exercising?** Find something you would like to do and have fun with it.
- 7) **Why did you start working out?** To lose weight and to get my diabetes under control.
- 8) **Were you always active?** No because I was too big and my legs and hips hurt so badly.
- 9) **What keeps you motivated?** Keeping the weight off and keeping my blood sugar under control.



WELLNESS NEWS

September 2016

Check In and Win Prizes!



For the months of September and October, all you have to do is check in on FaceBook and you will be entered to win prizes! That's it! Let everyone know you are getting healthy and strong. Take a picture of your class, your workout stats on the stair machine, your sweaty face; the more you do, the better your chance of winning! If you haven't 'liked' us on FaceBook yet, head over to our page and hit the Like button. Then start checking in!

What do you do with all that zucchini from the garden? This is the time of year when gardeners feel the need to share their bounty and zucchini is always in the bunch! How about Zucchini Patties?

Ingredients:



- 2 cups grated zucchini, press out excess water
- 2 eggs, beaten
- ¼ cup chopped onion
- ½ cup flour
- ½ cup grated parmesan cheese
- ½ cup shredded mozzarella
- Salt, garlic powder and other spices to taste
- 2 T vegetable oil

1. In a medium bowl, combine the zucchini, eggs, onion, flour, Parmesan cheese, mozzarella cheese, and salt. Stir well enough to distribute ingredients evenly.
2. Heat a small amount of oil in a skillet over medium-high heat. Drop zucchini mixture by heaping tablespoonfuls, and cook for a few minutes on each side until golden.

