



# THE PULSE

## MONTHLY FITNESS NEWSLETTER

### MARCH 2024

**Location:**  
3000 Glenview Rd.  
Wilmette, IL 60091  
847-920-3900

**Fitness Manager:**  
Liz Antman  
847-256-9785  
lantman@wilpark.org

**Hours:**  
Mon-Fri: 6 am-8 pm  
Sat-Sun: 7 am-6 pm

## MARCH

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## CFC Announcements

**Strong & Mobile Golfer**  
We are offering a 4-week pre-season golf program at the Center Fitness Club. This program focuses on strength and mobility for the everyday golfer! This small group class will focus on strength and mobility geared towards golfers.

- **Dates:** 3/5 - 3/26
- **When:** Tuesdays 4:30pm-5:30pm
- **Where:** Center Fitness Club 3000 Glenview Rd
- **Cost:** \$150 Res / \$175 Non-Res

Sign-up at the Fitness Desk, call to register at 847-920-3900 or contact Liz Antman at: [LANTMAN@WILPARK.ORG](mailto:LANTMAN@WILPARK.ORG)



## Workout of the Month

Build muscle and burn fat with this full body workout! Do 3-4 sets of each exercise with a 45-60 second rest between each set.

- Barbell or Dumbbell Pause Squats – 8 reps (2 second pause at bottom of each rep)
- Overhead Press – 10 reps
- Dumbbell Chest Press – 10 reps
- DB Romanian Deadlift – 12 reps
- Seated Cable Row – 10 reps

## Recipe of the Month

### 20-MINUTE SPICY CAULIFLOWER RICE WITH GROUND TURKEY

- Ingredients:**
- 6oz/180g ground turkey
  - 3 cups cauliflower rice (about 1 small head)
  - 1 carrot, chopped
  - 1/2 red bell pepper, chopped
  - 1/2 tsp turmeric
  - 2 tsp paprika
  - 1 tsp cumin
  - 1 tbsp pickled Jalapenos
  - 1/2 tsp black pepper
  - 1 tsp crushed red pepper flakes
  - 1/2 tsp coriander
  - 2 tbsp olive oil
  - 4 cloves garlic, minced
  - salt
  - optional: freshly chopped herbs like cilantro or parsley



- Instructions:**
1. Cook the turkey with some water (about 1/3 cup) in a pan at medium-high, keep it covered and cook for 4-5 minutes.
  2. Add in the spices: turmeric, crushed red pepper flakes, black pepper, coriander, cumin, 1 tsp of paprika and one garlic clove. Stir uncovered for 2-3 minutes or until any extra water has evaporated.
  3. Reduce heat to medium and stir in the carrot and bell pepper. Add the cauliflower rice, 1 tbsp olive oil, the other tsp paprika, some salt and stir. Then cover and cook for 3-4 minutes for the flavors to combine.
  4. Take the lid off and stir in the other garlic cloves, jalapeno and another tbsp olive oil. Stir like this for 2 more minutes and then serve!

Resource: <https://www.beautybites.org/spicy-cauliflower-rice-with-ground-turkey/>

## WPD Did You Know?

- **Spring + Summer Resident Registration – 3/12 10am**
- **Spring + Summer Non-Resident Registration – 3/19 10am**
- **SOIL Polar Plunge at Gillson Beach – 3/24 Noon**
- **Spring Break Camps – 3/25-3/29**
- **WCT Spring Production ticket sales begin, Mean Girls Jr. – 3/29 10am online**
- **3/20 Special Events:**
  - Bunny Brunch – 9am or 11am
  - Children's Egg Hunt – 10 am
  - Doggie Egg Hunt – 10:45am
- **Summer Job Fairs**
  - March 5, 1-3pm at Lakeview Center
  - April 10, 4-6pm at Community Recreation Center