

# UPDATE

Green Mountain at Fox Run  
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*Join us  
this fall...  
You deserve it!*

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*Founded  
in 1973*

## Enjoy a Fabulous Fall in Vermont!

After a long hot summer, what could be better than the invigorating mountain breezes of a beautiful Vermont fall? It starts with the wondrous foliage of the season, enjoying off-the-beaten-path hikes through the peaceful Vermont woods, taking time to reflect during this peaceful time of year. And of course, it's a prelude to the outdoor pleasures of a Vermont winter – more on that in upcoming issues!

Even better are our theme weeks planned to enhance our regular program with a special focus on stress, the coming holidays and achieving your physical activity potential: *Serenity Now* (October 20-26), *Here Come the Holidays* (November 17-23) and *Personal Best* (December 1-7). You'll also want to treat yourself with *Thanksgiving in Vermont* (November 28). See inside for details about these special offerings.

For alums, there's our new *Gimme A Break!* weekend (November 13-17), planned as a special treat to help Green Mountain alums relax, review and re-charge within the supportive environment of Green Mountain.

Finally, if you haven't been to Green Mountain in a while, you don't know about new features of our regular program – from stress management techniques such as guided imagery, Reiki, Tai Chi and Qi Kung to fun physical activities like Mat Science, Salsa Aerobics, YogaFit, belly dancing, and cardio on the FitBall. And then there are new classes such as "Get Your Past Off Your Plate," "Changing Thinking" and "Fat Topography." Our more developed cooking classes on topics ranging from quick & easy chicken dishes to making perfect pestos to the how-to's of sensational stir fries and dazzling dressings round out just some of the new features of our practical, empowering program to help you live a happier, healthier life.

That's just a sample of what we have in store!

# Special Weeks for You This Fall!



Fun, active and meaningful theme weeks, offered in addition to our regular program, that will put you in good stead for winter! Call now (1-800-448-8106) or visit our website at [www.fitwoman.com](http://www.fitwoman.com) to reserve your spot(s).

## *Serenity Now* October 20-26

Who couldn't benefit from a week learning how to reduce stress with do-it-yourself pampering techniques? Get practical tips and actual experience while you also experience Green Mountain's life-changing program. You'll enjoy:

- Workshops on mindfulness, breathing techniques, visualization and progressive relaxation to help you de-stress and focus.
- Physical activity classes designed to reduce stress, including gentle yoga, Qi Kung and sunrise Tai Chi!
- Learning the how-to's of Reiki (touch therapy) and do-it-yourself reflexology (foot massages!).
- Making your own spa toolkit for facials, foot soaks, pampering tired eyes and more, for home and office.
- Learning about and creating soothing aromatherapy mixtures tailored to suit your specific needs.
- And as always, immersing yourself in the country's only approach to health and fitness tailored for women that's fun, liberating and eminently do-able!

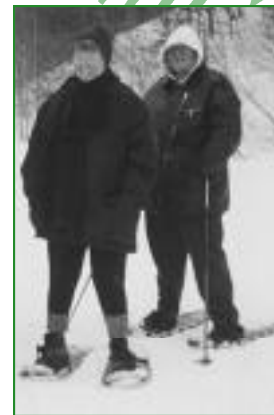
## *Here Come the Holidays* November 17-23

Dread the holidays? Just know you'll be looking at an extra 10 pounds or more by New Year's? Wondering how you'll manage non-stop family events that bring up old and not always pleasant feelings? Let us help you not just survive this time – we can help you truly enjoy it, and come through it with your fitness efforts intact. You'll explore:

- Your relationship with family and food through 'Cookie Therapy.' You'll come away with better insights for managing the stress of family events – and maybe a few cookies to serve at them!
- Holiday eating strategies that leave you fulfilled but not overfilled.
- Fitness strategies to keep you moving in the midst of hectic holiday schedules.
- New ways to manage stress, such as gentle yoga and Qi Kung, to keep you relaxed and carefree.
- Tips, recipes and ways to prepare traditional and nontraditional holiday fixings, including stuffing, gravy, vegetable dishes, cranberry sauce and desserts, plus ideas on how to use those holiday leftovers!

## *Personal Best* December 1-7

Calling all women who want an extra fitness challenge! In addition to our regular program, this week we'll offer more and different physical activities for fitter participants (along with our regular classes for beginners or those who need to get back on track). Depending on the weather, you'll hike, bike, kayak/canoe, snowshoe or cross-country ski. Or you might want to try indoor climbing walls (now, there's a workout!). And you'll learn how to rev up your exercise, different training protocols, how to prepare for a competition or event, and injury management. Not just for aspiring athletes – this week is for anyone who wishes to push the limits of her physical activity potential!



## Updating the Green Mountain UPDATE

We hope you like our new look. It's part of our effort to make *Update* easier to read on the run – and we know you're frequently running (at last walking), not for exercise but just to get through your busy day! This means we'll be featuring shorter articles, more brief tips, techniques and strategies – all intended to help you stay the course in living a healthy lifestyle.

For more in-depth information about particular topics, see our *FitBriefings* at [www.fitwoman.com](http://www.fitwoman.com). Recent articles include *Making Sense of the Diet Wars*, *Overcoming Exercise Obstacles* and *How Much is Enough?* You'll also enjoy our easy-to-prepare Recipe of the Month – new each month. And that's where you'll find announcements about special programs, events and specials first, before we mail them out. Stay tuned – we're going to post dates for our 2003 Italy cooking tours soon! (If you're interested in our Fall tour, there are still a few spots available! Call us at 1-800-448-8106 today.)

### For those of you who can't leave all your work at home....

We're pleased to inform you that we now have cable modem connections in the single rooms. We also have a connection available for your use in the Den.

## Gimme a Break! November 13-17

This special weekend has actually been designed by our alums! Arrive Wednesday night for three days of reviewing, re-charging and just plain fun.

### Some highlights:

- **Reinhabiting the Female Body – Coming Home** – a 3-hour movement workshop designed to help us reconnect with our bodies, to find our own truths by learning to listen deeply to our bodies' cues. Led by an accomplished creative art and dance therapist.
- **Keeping It Going** – your opportunity to explore your personal eating and fitness progress since your last Green Mountain stay with Alan, Marsha, Mimi, Stephanie and/or LynnAnn. Congratulate yourself on your successes, review what hasn't worked and where to go from here.
- **Managing Stress to Manage Emotional Eating** – Daily sessions on stress reduction techniques to help you develop supportive coping skills.
- **Are You Ready to Let the Fat Go?** – Letting go of our identities as fat women often takes a lot more than just losing weight. Explore the issues and barriers within ourselves that stand in the way of letting the fat go, and how to comfortably make the transition.



**We'll also offer a variety of fitness activities, some at advanced levels for alums looking for a challenge.**

**But that's not all! Call Linda or Sandie at 1-800-448-8106, or email them at [alum@fitwoman.com](mailto:alum@fitwoman.com), for more details about this special weekend!**

## Just for Alums!

## Thanksgiving in Vermont November 28

Enjoy the traditional foods of this day – turkey, stuffing, gravy, potatoes, vegetables, cranberry sauce and, yes, pumpkin pie – without lifting a finger!



That is, unless you want to. If you like, you'll be able to join our chef in the kitchen to learn firsthand how to put together a great-tasting and healthy meal. But sign up now – it's first come, first serve to help out. There is such a thing as too many cooks in the kitchen!

Want to lift weights instead of a roasting pan that day? Our regular physical activity program

will be offered before the Thanksgiving cocktail hour and meal. Afterwards, we've planned a walk to help you digest, followed by videos, games and just plain good times in glorious Vermont!

Our regular program will be offered the rest of the week, although we'll add in a few holiday-focused classes from our previous theme week on the subject.

## Leave the Cooking to Us!



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### Like this Recipe?

For more like it, get a copy of *Recipes for Living*, Green Mountain's cookbook featuring over 100 favorite recipes from Green Mountain menus. Order online at [www.fitwoman.com](http://www.fitwoman.com), or call us at 1-800-448-8106. \$14.95 plus s&h.

### Do We Have Your Email Address?

To get notice of special programs, events and special rates, send us your name, snail mail and email addresses to us at [specials@fitwoman.com](mailto:specials@fitwoman.com). Or mail to the address below. As always, we keep this information confidential.

**Green Mountain at Fox Run**  
**Box 164, Fox Lane**  
**Ludlow, VT 05149**

### Italy, Here We Come!

In just a few weeks, Marsha leaves for our third fabulous cooking tour of Italy that runs October 27-November 2. She can't wait! It's harvest time in Italy...with the highlight of white truffles! If you're looking for a wonderful getaway that will inspire you, join her. There are a few spots available, and last-minute airfares seem to be pretty reasonable. Call today at 1-800-448-8106.

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## Recipes for Living

*Here's a recipe made for the fall – it's apple-picking time in Vermont!*

### Cider-Braised Apples

(Makes 4 Servings)

- 4 Granny Smith apples, thinly sliced
- 1 teaspoon ground cinnamon
- 1/2 teaspoon freshly grated or ground nutmeg
- 1/2 teaspoon ground allspice, if desired
- 1/4 cup packed brown sugar
- 1/2 cup apple cider

### Directions

Cook apples, cinnamon, nutmeg and allspice in medium skillet over medium heat about 1 minute. Add brown sugar and cider; reduce heat to low. Cover and simmer 10 to 15 minutes or until apples are tender. Serve warm.

### Need More Information? Contact us!

Registration Info: 800-448-8106 or 802-228-8885  
Fax: 802-228-8887  
Email: [info@fitwoman.com](mailto:info@fitwoman.com)  
Website: <http://www.fitwoman.com>