



# Trilogy NEWSLETTER

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS

AUGUST 2024



## TRANSFORMING HEALTH THROUGH PERSONALIZED FITNESS: EXPLORE TRILOGY'S MEDICALLY ORIENTED GYM

At Trilogy's Medically Oriented Gym, we prioritize exceptional member care, driven by our purpose, vision, and mission, which yield measurable results.

Specializing in rehabilitating, preventing, and managing medical conditions through personalized exercise, we focus on those recovering from surgery, managing chronic diseases, or rehabilitating musculoskeletal injuries.

One of the things that sets us apart is our regular quarterly fitness evaluations. Have you had yours recently? We recommend scheduling one every three months to monitor progress closely and enable our expert staff to continue supporting your personal goals. If you'd like, we can even share your progress with your physician to ensure they stay informed.

Seeking more guidance and accountability? Our Platinum membership offers a guided program meticulously designed to help you achieve optimal health and fitness. With full gym and class access, plus eight one-on-one sessions per month, which can be utilized for personal

training or restore (stretch and theragun) sessions, our highly trained staff—each equipped with extensive knowledge of human anatomy and physiology—guide you through every step of your wellness journey.

At Trilogy, our exercise specialists are committed to understanding your unique needs and concerns, crafting personalized programs that prioritize:

- Goal Setting
- Form Correction
- Exercise Programming
- Injury Prevention
- Mobility Maintenance
- Accountability and Support

Throughout August, take advantage of our special offer: buy 3 months of Platinum membership and receive an additional month free. That's 32 sessions with our dedicated staff focused on enhancing your health and well-being. For more details or to get started, contact us today.

[CLICK HERE TO SCHEDULE YOUR NEXT APPOINTMENT WITH OUR TEAM](#)

AMHERST  
716.217.5083

CLARENCE  
716.503.2320

GRAND ISLAND  
716.202.2405

KENMORE  
716.427.0278

WEST SENECA  
716.202.2916

WHEATFIELD  
716.427.0323

# 8 NUTRITION TIPS FOR A HEALTHY SUMMER

Summer weekends at the beach, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below.

- 1. Drink green tea instead of sweet tea.** Green tea has a natural component that helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and a tea-bag-type tea.
- 2. Serve seafood.** Summer is the ideal time to get the freshest catch from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.
- 3. Don't skip breakfast.** When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.
- 4. Enjoy summer fruits and veggies.** It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.
- 5. Snack at work.** Bring snacks to work and graze throughout the day. When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.
- 6. Hydrate often.** The summer heat makes you more susceptible to dehydration. Start off your day by



drinking two glasses of water and keep drinking at each meal, as well as before and after your workout, to stay hydrated. Carry a water bottle with you as a reminder to stay hydrated.

- 7. Recover with a post-workout shake.** After exercising, blend your favorite summer fruits and a scoop of whey protein into a shake to kickstart the muscle-building process, help your body recover from training, and boost your energy levels.
- 8. Pre-plan your meals.** You plan your weekend getaways and activities for summer. Why not your meals? Make it easy by preparing all of your food on Sunday so that you have enough meals for the week. The best part: You'll save money.

| <http://www.coreperformance.com/daily/live-better/15-nutriton-tips-for-a-healthy-summer.html>

**10% OFF LASER PACKAGES  
AT OUR CLARENCE LOCATION  
ALL MONTH LONG**



AMHERST  
716.217.5083

CLARENCE  
716.503.2320

GRAND ISLAND  
716.202.2405

KENMORE  
716.427.0278

WEST SENECA  
716.202.2916

WHEATFIELD  
716.427.0323



# Trilogy NEWSLETTER

MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS

## MATHEWSON MCCARTHY BASEBALL



Once again this summer, Trilogy is a proud sponsor of Mathewson McCarthy Baseball. The mission of Mathewson McCarthy Baseball is to develop better citizens by providing children an opportunity to play organized baseball.

Through baseball, our Williamsville Little League teaches skills, mental and physical discipline, a respect for the rules of the game, and basic ideals of sportsmanship, cooperation, team spirit and fair play.

## RECIPE OF THE MONTH: SUMMER PASTA



### Ingredients:

- 8 oz linguine pasta
- ¼ c extra virgin olive oil
- 1 c finely chopped onion
- 6 cloves garlic, sliced
- 24 oz cherry tomatoes
- ½ tsp granulated sugar
- ½ tsp table salt
- ¼ tsp black pepper
- ¼ tsp dried thyme
- ¼ tsp red pepper
- 1 oz fresh basil leaves shredded
- 1/3 c grated parmesan

**How to make it:** Cook pasta in well-salted water according to package instructions. Before draining, reserve ½ cup of pasta water and set aside. Meanwhile, in a large skillet, heat oil over medium heat until shimmering. Add onion and cook, stirring occasionally, until softened, then add garlic and cook about 30-60 seconds longer, until fragrant. Add tomatoes, sugar, salt, pepper, thyme, and red pepper and cook, stirring frequently until tomatoes soften and burst. Once tomatoes are soft enough you can use a wooden spoon or spatula to squish them as you stir. Add basil and stir. Add warm cooked, drained linguine and stir well. Add splashes of pasta water as needed to make a thin sauce, you basically want to ensure the pasta is not dry and the noodles are coated with a thin layer of the sauce. Remove from heat, add parmesan and stir well. Taste-test and add additional salt or pepper as needed, then serve warm topped with additional parmesan.

## UPCOMING WORKSHOPS

### BALANCE

August 15<sup>th</sup> @ 6:00 PM

At Clarence

### SHOULDER PAIN

August 13<sup>th</sup> @ 6:30 PM

At West Seneca

August 21<sup>st</sup> @ 6:00 PM

At Kenmore



**ATTENDEES WILL BE ENTERED TO WIN A 1-MONTH MOG MEMBERSHIP!**

*There is a limited number of spots available.*