

BREATH

WELLNESS TIPS AND NEWS FROM THE SPA AT ONE OCEAN™

TRAINER'S CORNER

Stress can be one of the primary causes of weight gain. Between the holiday excesses, easy availability of fast food, and the tumultuous economy, it is no wonder America has become one of the most obese nations in the world. This may not be "breaking news" to everyone, but maybe it's time to think about changing your own body and mindset. An important component to exercise is actually making the time for it without adding more stress to your daily life. Perhaps skipping an episode of your favorite TV show and going to sleep early would help. Packing a healthy, low-fat lunch instead of indulging in empty calories from takeout can also cut down on caloric intake with little effort. Going for a bike ride with your children or taking a walk on the beach are also fun activities to help you burn off all of those sweets you ate over this past holiday season. Get creative and find ways to exercise that you enjoy rather than dread. When you exercise, you stimulate your metabolism, lower blood pressure, strengthen the heart and lungs, encourage healthy sleep patterns, and promote healthy weight loss. A healthier, energized, and fit body will help melt away the stress of day-to-day life and result in a new, unstoppable YOU!



It's not too late to bring your New Year's Resolution to focus on fitness back into view. Start taking care of your body with the personalized support provided by One Ocean™ fitness professionals. Whether you want to bulk up, slim down, or simply improve your health, your trainer will create a personalized routine you can enjoy and look forward to – your personalized stress management tool that will work because it has you in mind!

ONE OCEAN

REMINGTON



ALWAYS IN YOUR ELEMENT™



Open to guests around the clock, the state-of-the-art Fitness Center at The Spa at One Ocean™ offers awe-inspiring ocean views, spring floors that are gentle on joints and muscles, and Precor® cardio equipment, each complete with an individual television.

CLASSES



BREATH & MINDFUL MEDITATION

Explore breathing techniques to quiet your mind and lower stress.

ONE OCEAN POWER WALK

This metabolism booster gives you the cardio-respiratory benefits of power walking and the stress relief of a beautiful sandy beach.

Call 904.249.7402 to schedule these classes.

SPECIAL OFFER: JAMU-INSPIRED HOT TODDY FOR THE BODY SCRUB

Discover the harmonious balance between you and your natural environment. *Hot Toddy for the Body Scrub* incorporates fresh, organic coffee, alfalfa seed, and finely ground clover, resulting in a firm, smooth body contour. The entire body is re-hydrated with organic milk and honey containing more than 50 nutrients to soothe even the most dehydrated winter-exposed skin. A seasonally blended Sweet Orange and Honey body bar is our gift to you.
Special Rate: \$135.00
Call 904.249.7402 for appointments.

RECIPE OF THE MONTH

FRESH SEASONAL BERRIES WITH MANGO SORBET, BERRY CONSOMMÉ, AND FLORIDA CITRUS FOAM Yields 4 servings



INGREDIENTS:

- 2 cups fresh mixed berries (strawberries, raspberries, blueberries, blackberries)
- 3 cups additional mixed berries, reserved for presentation
- 1/2 cup sugar
- 1 cup water
- Pinch of salt
- Juice of 1 lime
- 3 ripe mangos, peeled and roughly diced
- 3/4 cup simple syrup
- Juice of 1 lemon
- Juice of 1 lime
- 1/4 cup citrus juice (lemon, lime, orange)
- 1/8 cup pineapple juice
- 1 teaspoon Lecithin (find at health food/vitamin stores)

STEP 1. BERRY CONSOMMÉ:

Place berries, sugar, and water in a bowl over a double boiler. Cover bowl with foil. Set over simmering water for approx. 2 hours. Strain the berries (do not press) through a sieve.

STEP 2. MANGO SORBET:

Puree mango with half of the simple syrup and strain through a fine strainer. Add fresh squeezed lemon and lime juices. Add additional simple syrup to taste. Chill well. Process in an ice cream maker until thick and frozen, and freeze overnight.

STEP 3. FLORIDA CITRUS FOAM:

Combine juices with Lecithin. Using a stick blender, blend until mixture froths and foams.

ASSEMBLY:

Place 3/4 cup of reserved mixed berries into individual serving bowls. Pour berry consommé over berries to almost cover berries. Top with a scoop of Mango Sorbet. Top with dollop of Florida Citrus Foam. Garnish with fresh mint leaves or edible flowers.

MOVE OF THE MONTH



ENGAGES BACK CORE AND TRICEPS

1. Lie on a stability ball face up with feet shoulder-width apart.
2. Hold a medicine ball above chest with arms extended upward.
3. Slowly extend arms behind head, keeping elbows straight.
4. Return ball above head. Repeat for three sets of 8-10 reps.

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