

# TODAY'S NEWS

WORKOUT | EAT WELL | BE PATIENT

## Upcoming Events

**FREE Kettle Bell Workshop**  
Sunday, November 6  
@10a & 11:30a

**Somerville 5K Turkey Trot**  
Thursday, November 24 @ 9a  
[Sign Up Here](#)

## New Classes

The only bad workout is the one  
you didn't do...  
**DON'T MISS OUT!**

**5:30a** Open Gym w/ Joe  
Monday - Friday

**12p** Lunch Time Yoga w/ Mariah  
Tuesday & Thursday

[Work Your bodhi Here](#)

## Class Changes

**SGT** on Tuesday & Thursday  
Changed from **6p** to **7p**

[Sign Up Here!](#)



## NUTRABIO®

PURE SUPPLEMENTS | PURE RESULTS

**NO** Fillers | **NO** Excipients | **NO** Additives

**COMING SOON TO BODHI.**

**TIME TO GET STACKED UP**

Weight Loss  
Sport & Athlete  
Over-all Health

## Get Your Kettle On

**6 WEEK KETTLEBELL COURSE**



More Info: [CLICK HERE](#)





## Nutrition

**Nutrition 101:** 4 Weeks to Eat Smart

**\$399**

- **Learn** the ins and outs on nutrition
  - Meal **prepping**/scheduling
  - Physiology of food and the **body**
  - Understanding Food Labels
  - Tips on **Dining out**
- And much more!*

## Don't Forget!

**Martenette Farms** are still stocking our fridge full of Salad and Microgreens daily. **Stop by and check it out!**

START EARNING **bodhi** BUCKS TODAY  
CLICK HERE FOR MORE INFORMATION

# Recipe OF THE WEEK

by our very own **Christine**

## White Bean & Chicken Crockpot Chili

### Ingredients:

- 2lb boneless skinless chicken breast
- 15oz can white beans (no salt added)
- 1 cup frozen corn
- 1 red bell pepper, diced
- 1 jalapeño, diced (seeds removed... unless you like spicy!)
- 2-3 cups no-salt chicken broth
- 1 cup salsa verde
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp smoked paprika (hot or sweet are fine as well)
- 1 tsp hot sauce (optional)
- Salt & pepper to taste

### Topping options:

- Cilantro, non-fat Greek yogurt, cheddar cheese, sliced avocado, red pepper flakes

### Directions:

- Prep vegetables as needed. Add ingredients to slow-cooker and cook on "low" for 9-10 hours or on "high" for 6-7 hours.
- Remove chicken breasts from chili and shred using two forks. Return chicken to chili and stir.
- Add as many toppings as you'd like!



*\* Be sure to use no-salt-added products, as this allows you to monitor how much salt you're using. Add salt to the chili at the beginning. Cooking will enhance the salt, so you can use less without sacrificing flavor. Non-fat Greek yogurt is a great alternative to sour cream!*

