

# Newsletter



From Left to Right: Erica Murphy (General Manager), Dr. Harrison "Gabe" Frank (Owner & Practicing Physician), Linda Bradshaw (Clinical Administrator)

## Stop by Booth #331 at the Wilmington Biz Conference & Expo

### 2016 WILMINGTON BIZ CONFERENCE ■ EXPO

With FREE admission into the exhibit hall on March 30th, be sure to stop by our booth and say hello!

We are excited to be Wilmington's premier integrative and anti-aging medical clinic and what a better way to show our name and face, but at the Wilmington Biz Conference and Expo on March 30th. The Expo will be held downtown at the Wilmington Convention Center from 1:30-7:30.

The Wilmington Biz Conference and Expo is the Wilmington Region's largest business-to-business conference, where professionals come to learn, network, and grow their business.

There will be many FREE seminars to attend as well as a Keynote Lunch with Live

Oak Bank Founder, CEO, and Chairman Chip Mahan. The Keynote Lunch will take place from 11:30-1:30.

Use discount code **BEOURGUEST** to wave the \$5 registration fee when you register on [WilmingtonBizExpo.com](http://WilmingtonBizExpo.com)

For more information on the event, go to [WilmingtonBiz.com](http://WilmingtonBiz.com). We can't wait to see you there!



The region's **LARGEST** business-to-business conference

The Expo features:

- KEYNOTE LUNCH
- FREE STRATEGY SEMINARS
- 100+ EXHIBITORS
- AFTER HOURS PARTY

**\$20 &  
only 30  
minutes**

to feed a family  
of 4 in a healthy  
manner.

## March Recipe of the Month STUFFED ZUCCHINI

Item	Cost
3-4 Large Zucchini	\$4.89
2 Cups of Brown Rice	\$1.99
12 Oz of Ground Turkey	\$6.29
1/2 Cup of Parmesan Cheese	\$1.89
1 Egg	\$0.49
1 Tbsp. Lemon Zest	\$0.59
1/2 Tsp. Parsley	\$1.29
1 Tsp. Kosher Salt	\$0.39
1 Tsp. Pepper	\$0.39
Total Cost for Dinner- Serves 4	\$18.21

### **Cooking Instructions:**

Peel and half the zucchini lengthwise. Scoop out the seeded flesh in the middle and mix with the 2 cups of cooked brown rice. Meanwhile, slightly brown the ground turkey in a sauté pan on the stove, once brown (about half way cooked), add to seeded brown rice mixture and stir.

Add parmesan cheese, egg, lemon zest, and seasonings. Spoon the mixture into the hollowed out zucchini halves and bake in a baking dish at 375 degrees to 30 minutes. Top with more parmesan cheese and parsley and drizzle with extra virgin olive oil.

Enjoy this easy, affordable, and hassle-free recipe! Store in refrigerator or freezer.



# 5 Easy Ways To Incorporate Exercise Throughout Your Day

Having trouble waking up on time? Tempted to press the snooze button multiple times? Feeling guilty about your previous meal? Having abnormally low energy?

The Frank Institute can help you make easy decisions to drastically change your lifestyle for the better.

5 easy exercise tips to maintain your health and ensure you feel good throughout your day!

- 1 Use the Stairs:** Ever think about going to the gym on your way to work? Literally? Use the stairs to your office floor, it is just as easy as pressing a number in the elevator, but its benefits are much greater! By taking the stairs, you are utilizing many muscle groups in your legs as well as activating your cardiovascular system.
- 2 Take an Extra Step:** It is easy to walk farther, sometimes you waste less time parking farther away than you do roaming around a parking lot to find a spot up close. Park your car at the end of the parking lot, and walk farther!
- 3 Use Your Time Wisely:** Is it hard for you to wake up early? Is it challenging to exercise after work? If this sounds like you, use your time more wisely. Use your lunch break to get in a 30-minute workout, and eat your lunch after, sitting at your desk! (Ideas: Walk or Jog Laps around your office building/ house, walk up and down the stairs multiple times, bring sports to life (pretend you are jumping rope, dribbling a basketball, or even golfing without anything but fake props, you will be surprised how much of a workout this really is).
- 4 Stay active at your desk:** You work a desk job because you can multitask, right? Why not continue to be active at your desk while on the phone or computer?
  - Practice marching in place while sitting at your desk.
  - Try to get up and down from your desk chair without using your hands to assist you.
  - Use your chair to perform dips.
  - Use your desk to perform pushups.
- 5 Count your steps:** Use a pedometer or even your iPhone to calculate your steps. Make sure to get up and walk around frequently to make sure you reach your goal. (Start hand walking a messages/notes to coworkers instead of emailing them!)

To improve your fitness routine within your busy lifestyle, come to the Frank Institute to speak with Dr. Frank. He will explain what elements you are missing to take your exercises to a new level.

**Remember:** Exercise can help you live longer, happier, and healthier!

## Thoughts From DR. FRANK..

“Everyday you need to make the decision to incorporate health and wellness into your life. The more you make it a habit, the easier it becomes.”

“Diet only consists of a small portion of any weight loss plan, without exercise you won’t achieve the goals your looking for. ”

“The Key to incorporating exercise is consistency.”

