

## Referral Program

Beginning this month, the first 5 people to refer a friend to MAC will win a prize!

## Beat the Expert

Hey, Football Fans! It's time to put your football knowledge to the test. Starts August 28th!

Please welcome our newest members of the MAC team, Charles Olatunji, Guest Services Associate and Sarah Johnson, Wellness Associate! We are thrilled to have them to complete our team. Head to our bulletin board or website for their full bio's to learn more about each of them.



## Member of the Month:

Please join us in congratulating Johnnie Wright as MAC's member of the month for August! As a retired military member, Johnnie has been on a fitness journey pretty much his whole adult life which has helped relieve stress, remain flexible and stay energetic. Since joining, Johnnie has become a regular at MAC by committing to his physical fitness. He always has a smile on his face and works hard in every workout. He enjoys the convenience of having the fitness center in the same building as work and has enjoyed getting to know the staff during each visit! Between his cardio and his resistance training, he is a true student of gym. Johnnie is such a positive energy to have around, and he is an inspiration to us all. It is such a pleasure to have a hard worker like him at the fitness center.

**Great job, Johnnie, keep up the hard work!**

# RECIPE OF THE MONTH:

## Crock-Pot Lentil Sloppy Joes

Corporate Sports Unlimited, Inc. and **Monarch Athletic Club** are proud to partner with Good Measure Meals™ to provide professional nutrition services to help you achieve your best self. Each month we will feature a favorite Good Measure Meals recipe. Enjoy!

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### **Serves 8**

### **Ingredients:**

- 1 cup finely chopped or shredded carrots
- 1 cup finely chopped mushrooms
- 1 cup finely chopped onion
- 2 garlic cloves, minced
- 1 1/2 cups brown lentils (\*or ground turkey)
- 1/2 cup quinoa
- 8 ounces tomato sauce
- 1/4 cup ketchup
- 1 Tbsp. yellow mustard
- 3 Tbsp. molasses
- 1 Tbsp. chili powder
- 1 Tbsp. hot sauce
- 3 cups vegetable broth

### **Directions:**

Place all ingredients in a crock pot. Cook on high for 2-3 hours or on low for 4-6 hours. Serve on hamburger buns or spooned over cooked spaghetti squash halves.



### ***Nutrition Information:***

**214 Calories; 2g Fat; 0g Saturated Fat; 39g Carbohydrates; 10g Fiber; 12g Protein; 272mg Sodium**