An Ounce of Wellness

“Fear of something is at the root of hate for others, and hate within will eventually destroy the hater.”

~ George Washington Carver

Anywhere Fitness

Exercise of the Month

“Seated Calve Stretch”

Try this at your desk!

Equipment Required: Chair
Target muscles: calves

Instructions: Sit in a chair. Move towards the middle of the chair and straighten your right leg so your knee is full extended. With your back straight, point your toes back towards you until you feel a stretch in your calf. Hold for 10-30 seconds then switch. Try 2-3 sets on each calf.

Visit www.fitformyseason.com for more workouts. Membership is FREE!

*Disclaimer: Fit Essentials recommends you consult with your physician prior to starting an exercise program. We also recommend that you consult with a degreed or certified fitness professional to avoid injury.

Popular Diets

Paleo Diet – The Paleo (Paleolithic) diet is based on a simple premise...eat like a cavemen. Basically you can only eat foods that our ancestors would have hunted and gathered like fish, eggs, meat, veggies, fruits and berries. Dairy, legumes, beans, sugar and salt are not permitted in this diet. The Paleo diet claims you will be much healthier, lose weight and prevent disease by avoiding man-made foods. The most debatable issues are the absence of vitamins and nutrients we would normally consume from dairy, the need for supplementation and the accessibility to wild caught, organic foods.

The Alkaline Diet – The Alkaline Diet motivates individuals to avoid acidic foods such as dairy, sugar, caffeine, and meat-based products and to eat foods like bananas, kale, fresh herbs, nuts and seeds, and to drink tea. Consuming alkaline foods helps to avoid cancer, diabetes and other diseases. Critics claim the diet lacks scientific proof that links acidic foods to the development of disease.

100 – In his book called The 100, Jorge Cruise strongly suggests the best path to weight loss and a heather life is to limit your sugar intake to less than 100 calories per day. His 4-week plan provides food suggestions and meal plans. While his diet ideology of limiting sugar is parallel with many people’s thoughts, registered dietitians argue it lacks variety.

The Daniel Fast – The Daniel Fast Plan is a holistic approach that ties food into faith, family, and friends. The diet component focuses on non-starchy vegetables, encourage organic meats, and herbal tea, and low glycemic foods. Exercise is suggested, supplements are recommended and social support is encouraged.
What is The Overload Principle?

The overload principle (OP) is the crutch to the success of your exercise program. It is much more prevalent at the start of a beginner’s routine. One of the reasons why most people stop seeing results is because they stop applying the overload principle. The overload principle means to exercise at a level that is greater than you are accustomed to doing. Here is an example of the overload principle in practice. Mary is currently performing 12 squats for 3 sets with no weight. The overload principle: She can increase the resistance by holding 5-10 lb dumbbells in each hand; perform 15 repetitions for each set; or perform 6 regular squats and 6 jump squats for 3 sets. Here is another example: John runs on the treadmill at 5.5 mph for 30 minutes. The overload principle: John can increase the speed to 6.0; perform intervals by running faster for 10-20 seconds every 2 minutes then resting for 1 minute; or keeping the speed the same and increasing the incline to 3% or more.

Parents/Guardians: Where are your kids?

When adults hear this question they immediately think of the teenager and their whereabouts on a Friday night. While that definitely should be an issue of great concern, sometimes we miss applying this knowledge to more familiar times in our lives. Meaning this also applies to your 8 years old’s whereabouts at the family reunion. Your 10-year-old daughter’s whereabouts at the amusement park. Your 5-year-old son’s whereabouts at the playground your frequent. The people looking to harm our children are watching, sometime more than we are. When I was a child my mom told me not to leave her sight. Now I know what she means. Maybe we [my wife and I] are like "helicopter parents". But with three children, particularly daughters, my wife’s near abduction when she was a child, and trafficking of young girls, it forces us to reevaluate some components of our parenting. I did not write this article to frighten you, but rather to raise awareness.

Stoned Fruit Pouches (For Adults Only)

By Food Network

Ingredients

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<th>2 cups crushed gingersnaps</th>
<th>4 apricots, pit removed and cut into eighths</th>
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<td>4 tablespoons unsalted butter</td>
<td>4 plums, pit removed and cut into fourths</td>
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<tr>
<td>4 teaspoons lime zest</td>
<td>2 tablespoons plus 2 teaspoons sugar</td>
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<tr>
<td>2 limes, juiced</td>
<td>Pinch of salt</td>
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<td>4 teaspoons brandy</td>
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Heat coals of grill or fire pit. Cut 8 (18 by 18-inch) squares of aluminum foil. Lay down double thickness of foil and divide gingersnaps evenly among the 4 squares. Divide fruit evenly and place on top of gingersnaps. Dot with butter. In small bowl mix sugar, salt, and lime zest. Sprinkle sugar mixture evenly over fruit, drizzle with juice and brandy and seal packets. Once coals are ash covered, lay packets over them and cover with lid of grill. If cooking in a fire pit carefully try to partially bury packets in hot coals. Cook for 10 minutes. Remove from heat and open carefully, as steam inside packet is very hot. Serve on plates as is or spoon into shallow bowls and top with crème fraîche or ice cream.


Disclaimer: This newsletter is published to provide general wellness information. It should not be construed as, nor is it intended to provide, medical advice. A physician should address questions regarding specific medical issues or concerns.

Featured Fitness Equipment

The Lebert Equalizers are becoming very popular in fitness centers. They can be used to tone and strength your arms, chest, back, core, and legs using your body weight. Check out this workout on YouTube https://youtu.be/-7DcrhFkMkQ

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Brainer Teaser Answer: The sun and the stairs!