On-Demand Videos

Workout of the Month

“Fit Start Workout”

Get back into shape with this full-body fitness routine.

**Equipment Required**: Fit Essentials Resistance Tube

**Workout Type**: Strength Training (Full-Body), cardio and stretching

**Fitness Level**: Beginner to Intermediate

**Duration**: 37 minutes

Visit [www.fitformyseason.com](http://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.

**Summertime Fitness**

**Break the Boredom**

The summertime can be a defining moment for those who exercise. Here’s why. In January you decided to start your exercise program. It was exciting, you felt great, and lost a few pounds in the process. Zumba on Monday and Thursday evenings, spinning on Saturday mornings, and some weight training in between. But now you’re in the 5th or 6th month and what worked before is not working now. Quite frankly it is also getting a little boring. And a boring fitness routine, accompanied with two months of barbeques, vacations, and lounging, is not a good combination. While it may not seem like it, this is a great opportunity to change a few things in your workout routine. Here is a very short list of new things to try.

**Rock Climbing** - You don't have to climb “El Cap”, but taking up a rocking climbing class at your local rock climbing gym may be what your fitness program needs.

**Cycling** – Put the running sneakers in the closet a few days and go for a bike ride. Find a beautiful bike trail, and you’ll ride 5-10 miles without even knowing it.

**Rowing** – Not the machine in the gym, the boat on the river! Search for private lessons or classes.

**Boot Camps** – Have you seen a guy yelling at a group of people exercising outside? That was me! Boot Camp classes are plentiful and waiting for your participation.

**Hiking** – Throw on a 20-50 pound backpack and go hiking for a few hours. You will burn some serious calories!
Asian Barbequed Chicken
By Food Network

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>4 teaspoons vegetable oil, plus more for brushing</td>
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<tr>
<td>2 teaspoons packed light brown sugar</td>
<td></td>
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<tr>
<td>1 1/2 teaspoons five-spice powder</td>
<td></td>
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<tr>
<td>Kosher salt and freshly ground pepper</td>
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<tr>
<td>2 chicken halves (3 1/2 to 4 pounds total)</td>
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</tr>
<tr>
<td>3 1/4 teaspoons grated ginger</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon grated garlic</td>
<td></td>
</tr>
<tr>
<td>1/4 cup hoisin sauce</td>
<td></td>
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<tr>
<td>2 tablespoons rice vinegar (not seasoned)</td>
<td></td>
</tr>
<tr>
<td>3 1/2 teaspoons honey</td>
<td></td>
</tr>
<tr>
<td>1 1/4 teaspoons sesame oil</td>
<td></td>
</tr>
<tr>
<td>6 small cucumbers, cut into 2-inch spears</td>
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</tbody>
</table>

Prepare a grill for indirect heat: For gas, preheat to medium high, then turn off the burners on one side, and turn the other burners to medium low. For charcoal, once the coals ash over, push them to one side.

Mix 2 teaspoons vegetable oil, the brown sugar, 1 teaspoon of five-spice powder, 1 teaspoon of salt and 1/4 teaspoon of pepper in a bowl. Rub on the chicken. Grill skin-side down over direct heat until marked, about 5 minutes. Flip and move to the cooler side of the grill; cover and cook until a thermometer registers 165 degrees F in the thigh, 30 to 40 minutes.

Meanwhile, heat the remaining 2 teaspoons vegetable oil in a saucepan over medium heat. Add 3 teaspoons ginger, the garlic and the remaining 1/2 teaspoon of five-spice powder and cook 2 minutes. Add the hoisin sauce, 1 tablespoon of vinegar and 3 teaspoons honey; cook 1 minute. Remove from the heat and add 1 teaspoon of sesame oil.

Toss the cucumbers with the remaining 1-tablespoon of vinegar, 1/2 teaspoon of honey, 1/4 teaspoon each sesame oil and ginger, and salt to taste. Top the chicken with the sauce. Serve with the cucumbers.


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.

Fit Facts

Nutrition

Avocados are a delicious and healthy sandwich addition.

Fitness

If you have not exercised in the past six months and desire to resume your workout, consult with your physician first.

Health

Eliminate summer body odor and bad breath by staying hydrated and drinking plenty of water.

Selecting a Good Trainer!

Just because a personal trainer has several certifications or degrees, does not mean they are qualified or suited to train you. So here are a few tips to help you select a good trainer.

1. Certified and/or degreed - Make sure your trainer is certified through a reputable organization like ACE, ACSM, NSCA, or holds an exercise/fitness related degree.

2. Specialty – If you are diabetic and hoping to lose weight, find a trainer that has experience and/or a certification in this area.

3. Attitude - Choose your trainer like you choose your friends. They should be honest, respectful, genuine, and nice.

Featured Fitness Equipment

Go a few rounds with the punching bag. It is considerably different than hitting air. Punching and or kicking the heavy bag will increase stamina, endurance, and burns a lot of calories. It will increase your metabolism, reduce your stress, and boost your confidence. Learn how to properly punch and kick to reduce the risk of injury.

Don Baxter, B.S, is the founder and president of Fit Essentials, Inc. Fit Essentials provides a free online exercise videos, web-based weight loss & fitness competitions, onsite seminars and demonstrations, and fitness center management. He can be reached at dbaxter@fitessentialsspa.com or (888) 406-8388.

Sun protection for Infants and Toddlers

Did you know that infants, 6 months and under should be kept out of the sun? According to the Skin Cancer Foundation, the skin of infants 0-6 months old is too sensitive for sunscreen, which protects us from sunburn. And sunburn at any age significantly increases the risk of developing melanoma later in life. Visit the Skin Cancer Foundation website and read more about tips and recommendations for protecting your infants, babies and toddlers from the sun. [www.skincancer.org](http://www.skincancer.org)

Question of the Month?

Do you like working out in the morning, afternoon, or evening?

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