An Ounce of Wellness

“Try to be a rainbow in someone’s cloud.”
~ Maya Angelou

On-Demand Videos

Workout of the Month
“Toned and Tough”

You are just 8 minutes away from starting your journey to a more toned and tight body!

Equipment Required: Stopwatch and mat
Workout Type: Core (abs, lower back and oblique’s)
Fitness Level: Intermediate to Advanced

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.

Summer Workout Mistakes

From running to rowing, the summer time presents a wealth of outdoor opportunities to get into better physical condition. It also presents a host of health risks that could be dangerous and even deadly. So, let’s run through a quick list of common practices and risky fitness behaviors.

Don’t . . . . . .

• Wear a plastic sweat body bag to sweat more. Unless you are under the supervision of a professional to meet certain weight requirements for your sport, forcing yourself to sweat by suffocating your body is not going to get you any closer to achieving healthy weight loss. This method reduces water weight, not fat weight; while placing you at an increased risk of dehydration and heat stroke.

• Swim far off the shoreline to the point where you are touching the dolphins. Rip currents and tides can catch you off guard pulling you farther out to sea. All it takes is one good “Charley” horse to make the chances of getting back to shallow water very grim.

• Go hiking by yourself. It’s great to have some alone time, but solo hiking, especially in unfamiliar unpopulated territory, can be very dangerous. If you are in trouble (fall and twist your ankle, get stung by a bee and have an allergic reaction, chased by a bear, etc.) who is there to help?

• Be a weekend warrior. We all have a friend or relative, or know someone, who decided to pull out the soccer cleats from their ’89 college championship and proclaim to themselves that they “still got it”; only to be carried off the field to the closest hospital. Don’t be that person.

• Think just because you reached your fitness goal that you can put your fitness on cruise control for the rest of the summer. Keep working out, it does not stay that way with out work.

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Riddles by www.riddlers.org

Never ahead, ever behind, yet flying swiftly past; for a child, I last forever; for an adult, I’m gone too fast. What am I?
Beginner’s Golf Guide
Before you go full throttle into your new found passion, here are a few tips to consider:

1) **Understand the sport**: Unlike the strongman competition, releasing the “big green guy” will not improve your performance. Golf is a game of technique, patience and focus.

2) **Practice**: Head to your local driving range and practice hitting the ball . . . straight! Then you can play a round on the course.

3) **Equipment**: No need to skip the mortgage to buy clubs just yet. Before buying a set, borrow your friends, or just use the ones at the driving range.

4) **Hire a Trainer**: If you are serious about golf, consider paying for some private lessons. Golf is not a sport you can teach yourself.

Sweet and Spicy Grilled Salmon
By Food Network

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 tablespoons hot sauce, such as Frank’s</td>
<td>1 tablespoon packed dark brown sugar</td>
</tr>
<tr>
<td>1 teaspoon smoked paprika</td>
<td>1/4 teaspoon cayenne pepper</td>
</tr>
<tr>
<td>2 tablespoons light mayonnaise</td>
<td>1 tablespoon snipped chives</td>
</tr>
<tr>
<td>8 stalks celery, very thinly sliced in half moons on an angle</td>
<td>1/2 small red onion, very thinly sliced</td>
</tr>
<tr>
<td>Four 5-ounce center-cut skin-on salmon fillets, about 1 inch thick</td>
<td>Kosher salt and freshly ground black pepper</td>
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Preheat an outdoor grill or grill pan on medium high.

Mix together the hot sauce, brown sugar, paprika and cayenne in a small bowl. Transfer 1 tablespoon of the mixture to a large bowl and whisk in the mayonnaise; set aside the rest of the sauce. Add the chives, celery and onions to the bowl with the mayonnaise and toss well.

Sprinkle the salmon with salt and pepper. Brush the grill grate lightly with oil. Lay the salmon on the grill, skin-side up, and cook until distinct grill marks appear and the salmon releases easily from the grate, 2 to 3 minutes. Turn and brush the fish with some of the reserved sauce. Continue to cook the fish, brushing the pieces periodically with the sauce, until the salmon fillets are glazed and just cooked through, 13 to 15 minutes more.

Transfer the fillets to individual plates and serve with the celery slaw.

God forgive me in advance for expressing what some may interpret as ungrateful, but I must get this out and speak for all fathers across the galaxy. Thank you, but please no more ties! If I may, I would also like to include socks, lottery tickets, and key chains. Here are a few gift ideas for dad this Father’s Day.

1. An all expense paid trip for one to Aruba. Just joking . . . . maybe!
2. Spa treatment including haircut, manicure, pedicure and massage. Men love to be pampered too!
3. Tickets to an upcoming sporting event
4. Barbeque with the family
5. A wallet sized photo album of the family
6. Golf lessons
7. Time with mom!

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@fitessentials.com or (888) 406-8388.

**Disclaimer:** This newsletter is published to provide general wellness information. It should not be construed as, nor is it intended to provide, medical advice. Questions regarding specific medical issues or concerns should be addressed by a physician.

**Featured Fitness Equipment**

Need to take your frustration out on something? Try working out with a slam ball. While slam balls look exactly like medicine balls, they are different. Slam balls are designed to be slammed against the wall or floor with great force and not break. A regular medicine ball will crack. Slam balls are used to develop strength, core function, balance, stability, and power.