I believe September is one of those months where you could potentially lose your sanity, or win “The Parent of the Year” award. The kids are back in school, which means juggling homework with dinner, violin and soccer practice, cooking with parent teacher conferences, and the school supply list with the grocery list. Your day looks a little something like this: Wake up at 6:00am. Pull the covers off the kids. Prepare breakfast. Pack lunch bags. Walk kids to the bus stop. Talk to the neighbors while waiting. Bus is 5 minutes late. Bus is 10 minutes late. Bus is 15 minutes late. Oops it’s Saturday! Ok…do it all over again on Monday. After the bus picks up the kids you go to work thinking about what to make for dinner. Got it. Stop by the supermarket after work. You get home and pick up the kids from bus stop. Help Kid A and Kid B with homework. Drop Kid A off at soccer practice and take Kid B to the library. Make dinner and try to get everyone in bed between 8:30 and 9:00. The next day you do it all over again but better. Overwhelmed? Let’s see if these 3 simple tips can make things a little better by getting a grip on this schedule before it controls us:

1. **Schedule Management** – Establish a time for everything. For example; cook on Sunday, Tuesday and Thursday. Eat out on Fridays and Saturdays. Laundry on Sat mornings, clean the house on Sundays.

2. **Get your house in order** – A disorganized house will make life seem even more chaotic. Save a day to thoroughly organize the house.

3. **Assign chores** – If the kids are of a certain age, then they need chores so you are not doing everything. Making their bed and emptying the dishwasher are small manageable tasks.

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**An Ounce of Wellness**

“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.”

Edward Stanley (1826-1893) A British statesman

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**Anywhere Fitness**

**Exercise of the Month**

“Lying Hip/Gluteal Stretch”

**Equipment Required:** None

**Target muscles:** Hips

**Instructions:** Lie on your back. Bring your right knee into your waist. Slowly move your right knee towards the left side of your body while keeping your shoulder and upper back on the floor. Once you reach the point where you feel a stretch on the outer portion of your thigh and your right gluteal. Hold for 20-30 seconds then perform on the opposite leg.

Visit [www.fitformyseason.com](http://www.fitformyseason.com) for online 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.

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**Riddles by www.riddlers.org**

I have skin, more eyes than one. I can be very nice when I am done. What am I?
Broccoli with Bow Ties and Peas
By Food Network

Ingredients

8 cups broccoli florets (4 heads)
Kosher salt
4 tablespoons unsalted butter
1/2 pound farfalle (bow tie) pasta
2 tablespoons good olive oil
1 1/2 cups frozen peas, thawed
1/2 teaspoon freshly ground black pepper
2 lemons, zested using a strip zester
Juice of 2 lemons
1 tablespoon minced garlic
1 cup freshly grated Parmesan cheese
1/4 cup toasted pine nuts

Cook the broccoli for 3 minutes in a large pot of boiling salted water. Remove the broccoli from the water with a slotted spoon or sieve. Place in a large bowl and set aside. In the same water, cook the bow-tie pasta according to the package directions, about 12 minutes. Drain well and add to the broccoli with the peas. In a small sauté pan, heat the butter and oil and cook the garlic and lemon zest over medium-low heat for 1 minute. Add 1 1/2 teaspoons salt, the pepper, and the lemon juice and pour the mixture over the vegetables and pasta. Toss well. Sprinkle with the cheese and pine nuts and toss again.

Never too old for Exercise

This statement is both explicit and implicit. The explicit version is based on misleading information. In my experience when people say they’re too old to exercise they think they will injure themselves if they exercise. Even though it is not true, it is a reasonable misconception. The implicit version, “I’m going to die anyway what’s the purpose? Engaging in regular physical activity does not guarantee a prolonged lifespan, but it certainly helps to improve the quality of life during the time we live. Just having a little more lower body strength to stand up and sit down without assistance is profound for a senior. Being able to maintain some level of independence can be more valuable than money. Our parents, grandparents and older relatives have, at one time or another, inspired us. Now the roles are reversed and it’s our turn. Happy Grandparents Day!

Prostate Cancer: Facts and Myths

According to the Prostate Cancer Foundation, prostate cancer affects 1 in 7 men in the US and is the 2nd most common cancer after skin cancer among men. More than 65% of men diagnosed were 65 years of age or older. However age isn’t the only risk factor. African American men are 2.5 times more likely to be diagnosed with prostate cancer when compared to Caucasian men. The same goes for men with a family history. There is a greater chance for men to be diagnosed with prostate cancer if a relative was diagnosed at a younger age, or if three or more relatives in their family were affected. Apparently where you live also increases your risk. If living in a city that is north of 40 degrees latitude, such as Philadelphia, PA or Columbus OH, you are at much greater risk due to reduced exposure to sunlight, leading to a reduction of vitamin D production in the body during the winter months. While rumored for years, studies have not confirmed a link between prostate cancer and sexual activity, a vasectomy, vitamin E intake, or alcohol consumption. Early detection is crucial in treating and managing any medical condition. So gentlemen...go and get examined.

Nutrition

Broccoli, kale, pomegranates, blackberries, blueberries and raspberries are high in antioxidants and among the most nutritious fruits and vegetables.

Health

About 20% of children are diagnosed with mental health illness.

Health Facts

Nutrition

Broccoli, kale, pomegranates, blackberries, blueberries and raspberries are high in antioxidants and among the most nutritious fruits and vegetables.

Fitness

Research shows you can maintain or improve your current muscular strength by lifting weights once a week. Keep in mind this is not for long-term purposes.

Health

About 20% of children are diagnosed with mental health illness.

Question of the Month?

Have you made someone smile today?

Broccoli with Bow Ties and Peas

By Food Network

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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

Oops! Forgot your mat and you refuse to miss a yoga class? Well, here is a great alternative. Non-slip yoga socks produce a non-slip environment on the go, allowing you to perform yoga on any surface safely. Visit your local sports or fitness retailer to purchase your pair.

Don Baxter, B.S, is the founder and president of Fit Essentials, Inc. Fit Essentials provides 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.org or (888) 406-8388.

Brainer Teaser Answer: A potato