Equipment Required:
None

Muscle(s) Worked:
Chest, shoulders, triceps and core

Instructions
Start by lying on the floor (chest facing the floor) with your arms extended and hands positioned slightly wider than shoulders width. Lift your right leg off the floor. Lower your body to the floor until your elbows are at a 90 degree angle. Keep your abdominals tight and your hips parallel to the floor. Push your body back up to starting position and repeat. Try 10-12 then switch legs.

*Disclaimer: Fit Essentials strongly recommends you consult with your physician prior to starting an exercise program.

CrossFit
Good or Bad Idea?

Last month on July 25, the 2014 Reebok Crossfit Games commenced with hopes to find the fittest man and woman on earth. For those who are unfamiliar with Crossfit it can easily be summed up as a competitive sport and fitness culture that blends olympic weight lifting, gymnastics, plyometrics, very high intense interval training, calisthetics and strongman exercises. Crossfit was founded by Greg Glassman and Lauren Jenai back in 2000. In 2007 the CrossFit games were launched. It really is an exciting sport to watch. Learn more at http://crossfit.com. As Crossfit has grown substantially in popularity and followers, so has the controversy and criticism surrounding it. Many fitness professionals have criticized the incorrect form of it’s exercises, and poor guidance by unceertified Crossfit instructors. Additionally, there have been reports of serious injuries incurred from the workouts.

Good or Bad Idea?
In my opinion, Crossfit is another great option for people excited and enthusiastic about fitness who are determined to take their minds and bodies to another level. Is it for me? NO. I have a bad shoulder and lower back from years of very heavy lifting while in my late teens and early twenties. If I began a Crossfit workout, or any very high intense exercise routine, I am very likely to exacerbate those injuries. Is Crossfit a good idea for some who is a little less concerned about injury, willing to make a very strong commitment, and push their bodies to the upper limits? Sure.

Over the past 30 years the world of fitness has expanded astronomically. We know more, and have more to offer. There is a fitness routine/program for almost every person regardless of their level of fitness, physical limitations, age, or health. Whenever you embark on a new fitness journey or program you should always understand the risks, research the program, talk to others who have done the program, and then determine if it is right for you.

Anywhere Fitness
Exercises of the Month
Push up with Leg up

Brain Teaser by Rinkworks

I have hands that wave at you, Though I never say goodbye. It's cool for you to be with me, Especially when I say, "Hi." What am I?
Chivary. Where is it?

Merriam-Webster's Dictionary defines Chivary as "an honorable and polite way of behaving especially toward women". I have one question. Where did it go? Holding and opening doors, giving women the right of way when in their path, giving up your seat on the bus. You just don't see much of it any more. Did we forget about it, or do we not care much about it. I read a post on a website (I will not name) discussing chivalry and its absence in society. The replies from the men where astonishing. Some said “women need to earn it”, others “they don’t deserve it”. If these comments represent the opinion of the majority, chivalry may be dead. To my male readers, please give chivalry CPR, and treat your wives and significant others right!

Are Egg Whites Really Better?

As we look for every possible substitute to reduce fat, cut calories, and eliminate sugar, sometimes we unknowingly cut important nutrients from our diets. Many people are substituting egg whites for the entire egg (leaving out the yolk). The yolk has received a lot of bad press, mainly due to its role in increasing cardiovascular disease. However egg yolk contains vitamins A, D, E and B12, riboflavin, selenium and folate. While the egg yolk contains all the cholesterol, it is very low in saturated fat which is the "bad fat" that increases your blood cholesterol. For dietary advice contact your local registered dietician or call us at (888) 406-8388 to see if your company qualifies for our free onsite employee nutrition counseling.

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

Answer to Brain Teaser - A Fan

Poor Grades Linked to Poor Vision in Children

Squinting, eye rubbing, using fingers to guide their reading, turns or tilts their head, behavioral problems, or loses place when reading; these could be symptoms of visual impairment which may have a direct impact on your child’s academic performance. Approximately 86 percent of children start school without a vision exam. And according to the American Optometric Association’s (AOA) 2009 American Eye-Q® survey, about 88 percent of the respondents did not know that 1 in 4 students suffer from visual impairment. I started wearing glasses in high school. While I am not sure if my vision had much to do with my behavior or academic achievement, my world was so much clearer when I put my glasses on. I could actually make out the teacher’s instructions on the chalk board. Optometrists recommend having your child’s vision exams performed as early as 6 months of age. To find an optometrist in your area, or for additional information on children’s vision and the importance of back-to-school eye exams, please visit www.poaeyes.org.

Question of the Month?

Is Chivalry dead?

Applewood BBQ Chicken

By Food Network

Ingredients

<table>
<thead>
<tr>
<th>1 teaspoon salt</th>
<th>1 teaspoon paprika</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon garlic powder</td>
<td>1 teaspoon garlic salt</td>
</tr>
<tr>
<td>1 teaspoon black pepper</td>
<td>1 teaspoon crushed red pepper flakes</td>
</tr>
<tr>
<td>1/4 teaspoon cayenne pepper</td>
<td>1/2 teaspoon dried thyme</td>
</tr>
<tr>
<td>1/2 teaspoon dried oregano</td>
<td>2 tablespoons brown sugar</td>
</tr>
<tr>
<td>1 whole chicken, halved</td>
<td>Applewood chips for smoking, as needed</td>
</tr>
</tbody>
</table>

Directions

In a medium size bowl, mix together the dry ingredients. Rub the seasoning over both halves of the chicken. Cover the chicken with plastic wrap and place in the refrigerator for 1 hour. Place wood chips in the smoking tray of the grill. If you don't have this option, you can make a packet out of aluminum foil, punch a few holes in the top of it with a fork, and place directly on the hot coals. Place the chicken on a hot grill over medium-heat with the meat side down. Grill over the wood chips for 1 hour and 20 minutes. Cover, this will keep in the smoke and to prevent oxygen from igniting the smoking wood. After 30 minutes turn the chicken to its opposite side. The juices near the bone should run clear. Read more at http://www.foodnetwork.com/recipes/patrick-and-gina-neely/applewood-smoked-chicken-recipe.html?oc=linkback