31 Days of Health & Fitness

Jump-Start your New Year's resolution with these daily challenges that will burn calories and keep you active throughout the holiday season.

Day 1: 25 squats & 30 jumping jacks
Day 2: 25 plank jacks
Day 3: Hold a plank for 1 minute, 3x
Day 4: Eat vegetables with every meal
Day 5: Hold a 2 ½ minute wall sit
Day 6: Plank walk for 1 minute
Day 7: 1 minute of mountain climbers
Day 8: Walk 15,000 steps
Day 9: 25 Sit-ups & 25 push-ups
Day 10: 50 Bicycles
Day 11: High Knees for 2 minutes, 3x
Day 12: 25 lunges (each leg) & 25 squats
Day 13: Hold a superman for 2 minutes
Day 14: Drink at least 3 liters of water
Day 15: 35 Russian Twists 2 minutes, 3x
Day 16: 30 Donkey Kicks (each leg)
Day 17: 20 Archer push-ups
Day 18: 20 2-Phase Squats
Day 19: 30 Reverse Lunges (each leg)
Day 20: No Sugar
Day 21: Bear Crawl for 1 minute, 3x
Day 22: Plank Leg Lifts for 1 minute, 3x
Day 23: 30 Pile Squats with Calf Raises
Day 24: 100 walking bridges
Day 25: 25 Burpees
Day 26: 50 Flutter Kicks
Day 27: 35 Lunge Kicks (each leg)
Day 28: Walk 20,000 Steps
Day 29: Plank & Rotate for 1 minute, 4x
Day 30: 50 Glute Lifts (each Leg)
Day 31: Around the world Lunges for 2 minutes, 3 times

Equipment Required: Resistance Tube and mat (optional)
Muscle(s) Worked: Full body
Fitness Level: Intermediate to Advanced
Instructions: This is a 35-minute workout great for home, travel or even in the gym. You work every muscle in your body and burn a bunch of calories! Try it and tell me what you think.

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

Brain Teaser by www.buzzle.com

What can you hold without ever touching, or using your hands?
4 Great Healthy Holiday Gifts

**Fit Essentials Total Resistance Tube Training Gym:** Your gym in a bag! An inexpensive alternative to machines; this total package includes: 4 to 5 resistance tubes, doormamb strap, two soft handles, and two ankle/wrist straps! Visit: [https://www.fitessentialspa.net/fitness_equipment.php](https://www.fitessentialspa.net/fitness_equipment.php)

**Fitbit:** Track your steps, calories, and distance. Then upload the information to your computer or smartphone. Visit: [https://www.fitbit.com](https://www.fitbit.com)

**Fitness Class/Personal Training Gift Certificate:** Many fitness, yoga, and personal training studios offer discounted gift certificates during the holiday season. These may be exactly what someone needs to jump start their fitness program.

**Diet-to-Go:** If you don’t have the time to cook a healthy meal let someone else do it. Diet-to-Go delivers healthy meals to your door step. Visit: [http://diettogo.com](http://diettogo.com)

---

**Drink & Driving: A Terrible Combination**

Recently I had the opportunity to literally look through the lenses of an intoxicated person. There was a company at a health fair I attended that promoted drunk driving awareness. They allowed attendees to put on a pair of their vision impairment goggles. The goggles simulate specific blood alcohol levels. One pair simulated the vision of an individual with a legal blood alcohol level, the second pair below level, and the third pair above level. Once you put the goggles on, the representative from the company asks if you can walk along a 3-4ft piece of tape. I failed to walk a straight line wearing all three goggles. I have never experienced intoxication and could not believe the difficulty of walking a few steps, let alone getting behind a 5,000 lb vehicle and trying to navigate it. Give the keys up, catch a cab, or call a friend. It is not worth killing someone or yourself.

---

**Question of the Month?**

*For those with kids under the age of 10 years: Will you be traveling from house to house, or staying put and having loved ones come to you during the holidays?*

---

**Low Fat Eggnog**

*By Food Network*

**Ingredients**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups nonfat milk</td>
<td>2 large strips orange and/or lemon zest</td>
</tr>
<tr>
<td>1 vanilla bean</td>
<td>2 large eggs plus 1 egg yolk</td>
</tr>
<tr>
<td>1/3 cup sugar</td>
<td>1 teaspoon cornstarch</td>
</tr>
<tr>
<td>White rum or bourbon (optional)</td>
<td>Freshly grated nutmeg, for garnish</td>
</tr>
</tbody>
</table>

Combine 1 1/2 cups milk and the citrus zest in a medium saucepan. Split the vanilla bean lengthwise and scrape out the seeds; add the seeds and pod to the saucepan and bring to a simmer over medium heat. Meanwhile, whisk the eggs, egg yolk, sugar and cornstarch in a medium bowl until light yellow.

Gradually pour the hot milk mixture into the egg mixture, whisking constantly, then pour back into the pan. Place over medium heat and stir constantly with a wooden spoon in a figure-eight motion until the eggnog begins to thicken, about 8 minutes. Remove from the heat and immediately stir in the remaining 1/2 cup milk to stop the cooking. Transfer the eggnog to a large bowl and place over a larger bowl of ice to cool, then chill until ready to serve.

Remove the zest and vanilla pod. Spike the eggnog with liquor, if desired, and garnish with nutmeg.


---

**Fit Facts**

**Nutrition**

In the 1800’s ketchup was used to treat diarrhea!

**Fitness**

Try increasing the incline on the treadmill to burn extra calories.

**Health**

Pumpkin is rich in vitamin A making it good for your skin.