Anytime Fitness

Exercise of the Month
“Jumping Rope”

Equipment Required: Jump Rope
Type of Workout: Cardio
Instructions: If you are unfamiliar with jumping rope or have not done it in a long time start small. Do one jump, then try two in a row, then three in a row until you reach 15 jumps in a row. Repeat this pattern until you can continuously jump for 1-2 minutes or more. If you mess up, just start over.

Visit 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 degree or certified fitness professional to avoid injury.

Riddle by www.riddlers.org

Who can jump higher than a mountain?

31 Days to Healthier You

Dec 1st: Tell a relative you love them
Dec 2nd: Drink water instead of coffee or juice
Dec 3rd: Play a fun board game with the family
Dec 4th: Rest and relax for at least an hour
Dec 5th: Brighten someone’s day with a smile and “thank you”
Dec 6th: Increase your weights during workouts
Dec 7th: Have your blood pressure taken
Dec 8th: Read your kids a bedtime story
Dec 9th: Get 8 hrs of sleep
Dec 10th: Have a Spa Day
Dec 11th: Rest and relax for at least an hour
Dec 12th: Take one “bad” food out of your diet for the day
Dec 13th: Try a new workout
Dec 14th: Reduce your typical serving size
Dec 15th: Be nice to someone who is not nice to you- Take the high road
Dec 16th: Schedule your annual doctor’s appointment
Dec 17th: Learn a self defense move
Dec 18th: Rest and relax for at least an hour
Dec 19th: Replace a reality show with an educational show, documentary, etc.
Dec 20th: Run, jog and/or walk faster
Dec 21st: Take a stretch break at work
Dec 22nd: Apologize to the person you’ve wronged
Dec 23rd: Play an oldie but goodie and boogie
Dec 24th: Help someone in need
Dec 25th: Merry Christmas! Rest, Relax, and Enjoy
Dec 26th: Call instead of text
Dec 27th: Take a walk
Dec 28th: Try eating fruit with every meal
Dec 29th: Have your body fat and BMI analyzed
Dec 30th: Don’t watch any TV
Dec 31st: Set your 2016 goals!

Your time is limited; so don’t waste it living someone else’s life. –Steve Jobs
**Health Facts**

**Nutrition**
Vegetarian diets are not necessarily low in fat or calories. If you are considering a vegetarian diet, continue to pay close attention to calories and fat intake.

**Fitness**
“Working out” a sore muscle while it is still recovering from a previous workout is not beneficial and can actually slow the healing process.

**Health**
Even if you are not overweight you may still be at risk of heart disease and other illnesses if you have bad dietary habits and do not exercise.

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**11 Cold Preventions Tips**

1- Wash your hands thoroughly and frequently
2- Don’t cover your coughs and sneezes with your hands
3- Avoid touching your face
4- Drink plenty of fluids
5- Take a sauna
6- Exercise regularly
7- Eat foods high in phytochemicals; 5-9 servings of fruits & veggies daily
8- Boost immunity by eating low fat yogurt
9- Don’t smoke
10- Reduce alcohol consumption
11- Relax

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**Roasted Cheddar Broccoli**

By Food Network

**Directions**
Cut 1 large head of broccoli into long spears. Toss with 2 tablespoons olive oil on a baking sheet; season with salt. Roast at 450 degrees F until almost tender, 15 minutes. Toss 1/2 cup breadcrumbs (preferably panko) with 1 cup grated sharp cheddar, 1 bunch sliced scallions, 1 tablespoon olive oil and a pinch of nutmeg. Sprinkle on the broccoli and roast 15 more minutes.


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**Featured Fitness Equipment**

Chances are you’ve probably seen your fellow gym-mates working out with these battle ropes. They are great for toning the upper-body and increasing strength. Give them a try!

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**Question of the Month?**
Does the cost of a gift determine its value?

**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.