Anywhere Fitness
Exercises of the Month
Pushup on the Ball

Equipment Required: Stability Ball
Muscle(s) Worked: Chest, shoulders, triceps, and core
Fitness Level: Intermediate to Advanced
Instructions: Lie on the ball so your chest is in the center with your hands on the side. Position your feet about hips width apart. Push your chest off the ball while stabilizing your body until your arms are fully extended; then lower your body back to the ball. Repeat 5-10 reps.

*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.

Brain Teaser by www.buzzle.com

What occurs once in a minute, twice in a moment, and never in a hundred years?

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Heart Health: Back to the Basics!

There is so much consumer information about improving heart health, especially around supplements, vitamins, nutrition, and even exercise. Much of the literature is information I trust and have even written about in previous newsletters, but I think we are getting to a point in our society where simplicity is becoming a pasttime like skipping rocks on the water, and “out” of the box methods are taking over. Conventional methods don’t seem to be emphasized as much while the latest trends get more publicity. I like wearable fitness gear like the pedometer and Fitbits, but they should not be the end-all-be-all to your workouts. I love our new weight loss and fitness website “Fit For My Season” (www.fitessentialspa.net), but I would love to see people use it as a motivational tool, rather than a decision making tool. I guess my point is we should get back to the basics, the good old fashioned practices that worked and still work, and the research that still stands true.

Get Moving – This cannot be over emphasized. Just start walking 30-60 minutes a day, six days per week. If you can not go outside, or don’t have access to a treadmill, go to a mall and window shop for an hour! It will go by so fast, you find yourself walking longer.

Stop Smoking – This message has not changed and never will. If you want a healthy or healthier heart you must stop smoking. Listen, don’t think that just because your great grandmother smoked into her late nineties without any health issues that you will enjoy the same fate. Get help if you have an addiction.

Fatty Foods – For the most part, people can identify unhealthy foods. There are some, however, that need nutrition education. For those who do, eating fried foods, donuts, pastries, fast-food, and soda on most days of the week is not a wise decision as it relates to heart health.

Know Your Numbers (especially for men) – Get your annual checkup. I’ve heard men say, “I’m fine, there nothing wrong with me, and if there is then there is not much I can do.” There is a lot you can do. Remember fear is not in understanding, but in ignorance.
**Fit Facts**

**Nutrition**
A study shows drinking soda or a sugary drink every day can increase your risk of heart disease by 20%.

**Fitness**
Train within your target heart rate zone to build a stronger heart.

**Health**
Healthy relationships are good for your heart.

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**Fitness Equipment Spotlight!**

**Foam Roller**

If your muscles are tense, using a foam roller may be a good option. Foam rollers are those cylinder shaped pieces of foam you may notice your fellow gym members rolling around on. Foam rolling, also known as myofacial release, is used to massage out tension knots in your muscles. It is not a total replacement for a myofacial release massage performed by a massage therapist, but it is a very convenient and effective method for pre and post workouts.

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**ASK THE TRAINER**

**Q:** I’m a 53 yr old female. My doctor says I need to lose weight to alleviate the arthritic pain in my knees. But every time I walk or use the treadmill my knees really start to hurt after 5 minutes. What else can I do to help lose weight without having pain?

**A:** Believe it or not, this is a very common problem with several solutions. Try the recumbent bike (the seated bike). It puts less impact on your knees. If you have access to an indoor pool, join an arthritis aquatic class or beginner’s aquatics class. I would also recommend an arthritis fitness class for strength training, or a chair based strength training class with minimal standing until your knees can endure more. Hope this helps!

Submit your fitness questions to askthepro@fitessentialsspa.com

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 dhaxter@fitessentialsspa.com or (888) 406-0388.

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**For Men: Valentine’s Day Advice**

Fellas, this is the one day of the year that you can make it all right and set the tone for the rest of 2015. Most women expect this day to represent an expression of thoughtfulness, love, and togetherness. Do not fall into this modern day trap of role reversal where your significant other or wife has to be to you what you are to her. Now ladies, I don’t mean you can’t be creative but men let her articulate that decision on role reversal. Don’t assume anything. By default you should have a plan to make this special woman in your life feel even more appreciated. I’ve seen men give a kiss and flowers and say have a nice day. I’ve heard men just say Happy Valentine’s Day. This is not enough. A woman can sense sincerity. Valentine’s Day is not always centered around the late night fellowship. Guys make sure you show you care; do it from your heart, show off for her, and give her the wow factor. Remember if you mess up on this day, you will spend the rest of the year making it up.

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**Question of the Month?**

With the exceptions of work-related tasks how long can you go without an electronic device such as your phone, tablet, tv or computer?

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**Jambalaya with Shrimp and Ham**

**By Food Network**

**Ingredients**

<table>
<thead>
<tr>
<th>1 tablespoon olive oil</th>
<th>1 large onion, diced</th>
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<tbody>
<tr>
<td>1 red bell pepper, diced</td>
<td>1 green bell pepper, diced</td>
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<tr>
<td>2 cloves garlic, minced</td>
<td>1/2 teaspoon salt, plus more, to taste</td>
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<tr>
<td>1 teaspoon paprika</td>
<td>1/4 teaspoon freshly ground black pepper, plus more, to taste</td>
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<tr>
<td>1/2 teaspoon dried oregano</td>
<td>1/2 teaspoon dried thyme</td>
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<tr>
<td>1 bay leaf</td>
<td>1/4 teaspoon cayenne pepper</td>
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<tr>
<td>1 tablespoon tomato paste</td>
<td>6 ounces diced, smoked ham</td>
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<tr>
<td>2 1/2 cups low sodium chicken broth</td>
<td>1 (14 1/2-ounce) can no-salt added diced tomatoes</td>
</tr>
<tr>
<td>1 cup uncooked long-grain white rice</td>
<td>1 pound peeled and deveined medium shrimp</td>
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<tr>
<td>Hot pepper sauce</td>
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</tbody>
</table>

Heat the oil in a large Dutch oven over medium heat. Add the onion, peppers and garlic and sauté until they begin to soften, about 10 minutes. Mix in the next 11 ingredients, salt through the diced tomatoes. Bring to a boil. Stir in the rice, cover, reduce heat and simmer for about 20 minutes, or until rice is done and most of the liquid is absorbed. Add the shrimp and cook, covered, for 5 minutes more, or until shrimp is cooked through. Season with salt and pepper, to taste. Serve with hot pepper sauce.