An Ounce of Wellness

“Pertaining to exercise; some time spent working out is always better than no time working out”.

Don Baxter

Reduce Your Chances of Catching the Cold or Flu

It is almost impossible to make it through the winter season without catching a cold, especially if you have kids or work around them. Here are some practical and very familiar methods to reduce your chances of catching a cold.

Wash your hands – Many people do not wash their hands. A 2003 observation study lead by the Minnesota Department of Health concluded that only 65% of females washed their hands and only 39% of males. Additionally, some researchers at Michigan State University determined only 5% of people wash their hands properly. Proper hand washing includes: wetting your hands first with warm or cold water; then applying soap and scrubbing for about 20-25 seconds (back of hands, in between fingers and nails if you can); and rinsing, then drying.

Cover your mouth – Cough or sneeze into the inside of your elbow instead of your hands.

Sanitize – Clean and sanitize door knobs, handles, railings, remote controls, etc. Any item that multiple people touch should be sanitized to reduce the spread of infections. Wipe these items down with a disinfectant that kills the flu virus or just soap and water.

Eat Healthy – Yes colds and the flu are caused by viruses not poor diets. But having a healthier and stronger immune system may prevent a cold virus from infecting your system or at minimum reduce its effects on your body. Increase your intake of vegetables and fruit, and make sure you don’t skip meals. A multivitamin and vitamin C are great immune boosters as well.

Keep things out of your mouth – It might sound trivial and somewhat adolescent, but many adults bite their nails and put pens/pencils in their mouths.

Equipment Required: Resistance Tube, Medicine Ball, stopwatch, and mat (optional)
Muscle(s) Worked: Full body
Fitness Level: Moderate

Instructions: Try this circuit training routine to burn those holiday calories. No need to go to the gym, workout right from home.

Link: https://www.youtube.com/watch?v=ffhauQvagB8

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

Anywhere Fitness
Exercise Video of the Month
Burn and Tone

Brain Teaser by www.buzzle.com

A clerk at a butcher shop stands 5 feet eleven inches tall and wears a size 13 shoe. What does he weigh?

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Fit Facts

Nutrition
Try trans fat-free spreads instead of regular butter or stick margarine.

Fitness
Time is the #1 barrier to exercising consistently.

Health
11% of women in the United States reported that they do not have their Pap test screenings.

Fitness Trends For 2015

High Intensity Interval Training (HIIT) – Quick, intense and to the point, HIIT programs are designed to be very efficient and have become very popular over the past year.

Body Weight Training – No equipment needed. Some people are finding this conventional method of exercise produces similar or greater results for toning, conditioning, and weight loss.

Personal Training: Having a fitness professional right there with you eliminates the guesswork, and allows you to focus on getting fit.

Kids Fitness: With the rate of childhood obesity still high, it is a great idea to focus on developing a culture of fitness at a young age.

Ask the Trainer
Have a question about exercise, workouts, equipment, etc? Please submit your questions to asktheapro@fitessentialsspa.com. Each month we will select one question to answer and post it in this new section of our newsletter.

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@fitessentialskpa.com or (888) 406-8388

Stick to your New Year’s Resolution

More than half of people who set goals for the New Year abandon them for one or more reasons before the end of January. When setting your goal this year, try incorporating these principles:

Identify obstacles – If your goal is to lose 10lbs by exercising 4 days a week after work, have a backup plan if your work load picks up, kids get sick, or you have to travel.

Are you ready for this commitment? If your goal is to go back to grad school while having to juggle family and work, make sure you give it another objective overview and ask close friends for their advice. While it may be a great idea, it may not be the best time.

Accountability - Ask a close friend, relative, or coworker to hold you accountable to your commitment. This is very effective.

Question of the Month?
So you find $100 dollars in your office on the floor. Later that day during a meeting you discover it belongs to one of your coworkers who you really dislike? Do you give it back, or keep it?

Blueberry Almond French Toast Bake
By Food Network

Ingredients

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<tr>
<td>Cooking spray</td>
<td>1 whole-wheat baguette (about 18 inches long, 8 ounces), cut into 1-inch cubes</td>
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<tr>
<td>8 large eggs</td>
<td>8 large egg whites</td>
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<td>2 cups 1 percent lowfat milk</td>
<td>1 teaspoon vanilla extract</td>
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<td>1/2 teaspoon ground cinnamon</td>
<td>1/3 cup pure maple syrup</td>
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<td>2 cups fresh blueberries</td>
<td>1/3 cup sliced almonds</td>
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<td>2 tablespoons dark brown sugar</td>
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Spray a 9 by 13-inch baking pan with cooking spray. Arrange the bread in a single layer in the baking pan. Whisk together the eggs, egg whites, milk, vanilla, cinnamon and maple syrup. Pour the egg mixture over the bread in the pan, spreading it around so the liquid saturates the bread. Scatter the blueberries evenly on top and sprinkle with the almonds and brown sugar. Cover and refrigerate overnight.

Preheat the oven to 350 degrees F. Uncover the baking pan and bake for 40 to 50 minutes. Serve warm, cold or at room temperature.