**Anywhere Fitness**

**Exercises of the Month**

**Ball Planks**

---

**Equipment Required:**
- Stability Ball

**Muscle(s) Worked:**
- Core

**Instructions**

Lie on the ball face down. Lift your upper body up resting on your forearms. While keeping you back straight hold this position for 5 or more seconds and repeat. Note: The stability ball demands balance, hip, and trunk stability. Control the ball and prevent it from rolling to the right and left.

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

---

**5 Simple Steps to Weight Loss**

Weight loss is the #1 health and fitness goal among U.S. citizens. Whether it’s 5 or 200 lbs, some people are trying whatever they can to get the unwanted weight off. From magic weight loss pills, to meditation, diets, to shakes, new calorie cutting workouts, to the old fashioned body suits. Some of the programs and products out there really work; others are as effective as putting out a camp fire with a cube of ice. The barriers associated with the good programs are that they are costly, sometimes inconvenient, or just not sustainable. So I would like to share 5 very simple steps to get you started on a successful weight loss journey.

**Step #1: Identify and Set a Deadline**

Identify exactly how much weight you want to lose and by when. A safe weight loss rate is 1-2% of your body weight per week. So if you weigh 200 lbs you can safely lose about 2-4 lbs per week. You can use this guideline to set your deadline or weight loss date.

**Step #2: 3 Day Food Journal**

Weight loss is 80% what you put in your mouth. The goal is to do less of it! So keep a journal of what you’ve eaten over a 3-4 day period, preferably two weekdays and one weekend.

**Step #3: Eat less!**

This is not a special diet or program. This method of weight loss is simply reducing what you eat, even if what you eat is not the healthiest. So if you have a soda everyday; simply cut it down to only four days, or cut even more if you can. Don’t supersize your meals, and try eating off a saucer plate rather than the large dinner plate.

**Step #4: Track your Steps**

Wear a pedometer and track how many steps you’ve take in one day.

**Step #5: Double it!**

Now take twice as many steps by walking or stair climbing!

---

**Brain Teaser** by Rinkworks

You can have me but cannot hold me; Gain me and quickly lose me.
If treated with care I can be great, And if betrayed I will break.
What am I?

© july97 - Fotolia.com
**Weather Terminology Explained**

**Dew Point**
Dew Point is the temperature to which the air must be cooled for water vapor to condense and form fog or clouds. Simply put, a dew point above 65F will make it feel sticky and humid outside. These are not good conditions for those with asthma and other related breathing issues. Additionally, the increased humidity makes it harder for the body to cool itself. So make sure you check the weather before you take your workout outside.

**Heat Exhaustion**

There are millions of heat related deaths each year. Many people do not know the warning signs of one of the most dangerous heat related illnesses, heat exhaustion. Some of the most common symptoms include: confusion, dizziness, rapid heartbeat, muscle cramping, fatigue, pale skin, fainting, and headaches. If you or someone has these signs: get them into a cooler location, drink plenty of water, take a cool shower or bath, and call 911.

**Shrimp and Chili Cocktail Sauce**

**By Food Network**

**Ingredients**

1. 2/3 to 3/4 cup chili sauce
2. 2 tablespoons prepared horseradish
3. 2 tablespoons lemon juice, about 1/2 lemon
4. 1 tablespoon hot sauce, eyeball it
5. 2 teaspoons Worcestershire sauce
6. 1 teaspoon celery seed, 1/3 palmful
7. 1 rib celery from heart with leafy tops, finely chopped
8. Coarsely ground black pepper
9. 16 jumbo shrimp, peeled and deveined
10. 2 tablespoons extra-virgin olive oil
11. Salt
12. 1 teaspoon smoked sweet paprika
13. A small handful parsley, finely chopped

**Directions**
Combine the first 7 ingredients in a bowl, and season with pepper, to taste. Refrigerate until ready to use. Heat a grill pan or grill to medium-high. Dress the shrimp with extra-virgin olive oil, salt and pepper, to taste, and smoked paprika. Skewer the shrimp onto metal skewers, to ease in turning them, and grill until the shrimp are opaque and firm, about 7 to 8 minutes. Pile the shrimp on a serving platter, and drizzle with the sauce or pass the sauce at the table. Read more at: [http://www.foodnetwork.com/recipes/rachael-ray/grilled-shrimp-with-chili-cocktail-sauce-recipe.html?oc=linkback](http://www.foodnetwork.com/recipes/rachael-ray/grilled-shrimp-with-chili-cocktail-sauce-recipe.html?oc=linkback)