If you don't like something, change it. If you can't change it, change your attitude.

Maya Angelou

Anywhere Fitness

Workout of the Month

10 Minutes to Fitness

Equipment Required: Jump Rope

Workout Type: High Intensity Interval Training (cardio)

Fitness Level: Intermediate to Advanced

Instructions: Perform 15 seconds of each exercise: high knees, jumping jacks, jumping rope, and mountain climbers. Rest for 1 minute, and then repeat. This is called a set. Complete 4-5 sets which should take approximately 10 minutes.

*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.

Healthy Dining

Maintaining a healthy diet away from your kitchen

Eating out does not mean you have to put your healthy eating habits on hold or end your diet. Most restaurants have healthy entrees; in fact many identify their healthy options with some sort of icon/symbol next to it on the menu. So let's look at how we can make healthier choices when we wine and dine.

Plan Ahead

If you know what restaurant you will be going to, go online and review the menu to determine your healthy options. Look for menu items that are steamed, broiled, baked, blackened or grilled. Avoid fried and sautéed items.

When you order...

• Eat a salad as your appetizer to help limit your main course consumption. Make sure to choose a vinaigrette salad dressing, which is healthier and lower in calories!
• Go for the smaller size meal option or lunch selection (if offered).
• Substitute fries with a salad, veggies, fruit, or baked potato.
• Try to limit your beverage to water with a lemon.
• If there is an entrée that you really desire but the sauce or other additions make it super caloric, ask your waiter or waitress if they can remove or substitute it.

When you eat . . .

• Be mindful of your intake. If your meal is too large, share it with one of your party members or ask for a doggie bag. Don’t become a victim of social over-eating.
• Eat slowly. It takes about 20 minutes for your brain to recognize your stomach is full, so you run the risk of over eating if you too eat fast. Enjoy the food, and take your time.

Dining out soon? Visit http://www.healthydiningfinder.com to find a restaurant with dietitian-recommended healthy dining menu choices.

Brain Teaser by www.buzzle.com

How do you make one disappear?

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5 Reasons You May Need a Personal Trainer

1. After 30 seconds you realized you’re were sitting in the machine backwards.
2. You find yourself looking around the fitness center to follow other people’s workouts.
3. You have had the same goal for the past 2 years, and have not come close to reaching it.
4. You often say you don’t need a personal trainer.
5. You were so sore from your own workout that you had to call out from work the next day.

Ask The Trainer

Q: I’m a male, 6’3, and 170lbs. I’d like to gain about 10-15lbs but don’t know where to start. Please help.

A: Weight gain, like weight loss is a combination of calories in, versus calories out. Expend less than you consume, and you are in a positive caloric state. The challenge with weight gain is to gain the right weight, which is muscle. Your calories from carbs, protein and fat should still stay within the nutritional guideline, however intake should increase. Additionally, you should increase the resistance and intensity of your strength training program. Keep your cardio at a minimum of 30 minutes, 5 days per week at 50-70% of your heart rate max. Try visiting my latest fitness application called Fit For My Season (www.fitessentials.com) for a diet plan or hire a registered dietitian. I would also recommend hiring a personal trainer to get you started. Submit your fitness questions to askthepro@fitessentials.com.

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@fitessentials.com or (888) 406-8388.

Brainer Teaser Answer: Put a “G” in front of it and its gone!

Don’t Text and Drive
5 Tips that will help you to stop

April is National Distracted Driving Awareness Month. One of the most common driving distractions within the last 5 years has been texting. Here are 5 tips that could save your life, and someone else’s.

1. Put your phone on do not disturb or turn it off.
2. Place your phone in the glove box.
3. Turn your phone over, so the screen is facing down.
4. Search for apps that restrict texting while driving.
5. Silence the texting/email notifications.

Don’t Text and Drive

Quinoa Salad with Preserved Lemon and Chickpeas
By Food Network

Ingredients

| 1½ cups uncooked quinoa, rinsed | 2½ cups water |
| ¼ cup canned chickpeas, rinsed and drained | ¼ cup thinly sliced preserved lemon |
| ¼ cup dried cranberries | ¼ cup finely chopped cilantro |
| ⅛ cup thinly sliced shallots, fried in olive oil until crisp (or left raw) | 2 tablespoons fresh lemon juice |
| 1 tablespoon olive oil | 1 teaspoon kosher salt |

Combine the quinoa and water in a medium, lidded pot. Set pot over high heat and bring water to a boil. Lower heat so water gently simmers, and cover the pot. Simmer quinoa another 15 minutes and remove from the heat. Let grains stand, covered, for another 5 minutes. Strain and allow to cool completely.

Just before serving, place the ingredients together in a large bowl and toss to combine.


Question of the Month?

If you are the parent/guardian of a son and a daughter, will the tone and significance of your conversation about sex be the same for both?

Disclaimer: This newsletter is published to provide general wellness information. It should not be construed as, nor is it intended to, provide medical advice. Questions regarding specific medical issues or concerns should be addressed by a physician.