If we were more like children, maybe we would get along a lot better.

Don Baxter

Equipment Required: Stability Ball, Resistance Tube, Medicine Ball, Dumbbells and a stopwatch
Workout Type: Core (abs, lower back and oblique’s)
Fitness Level: Beginner to Advance
Instructions: (1) Ball Crunches (2) Pushups on Ball (3) Ball Tucks (4) Pull Downs (5) Rows (6) Taps (7) Squats. Rest for 2 minutes, and then repeat. This is called a set. Complete 3-4 sets and 10-15 reps per set.

*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.

More Weight or More Reps?

So you’re at the critical point in your workout where the exercises are getting a little easier. Now when you get to your last rep of bicep curls with the 8lb dumbbells your face doesn't look so distorted. You're excited that it is easier, because that must mean that you're getting stronger; but you're also a little nervous, because it means that you have to make it harder. So should you increase the weights or should you do more repetitions? This topic has been debated for many years. Some personal trainers say increase the weight. Other instructors say you should do more repetitions. Let’s see what the research says.

Back in the 50's the theory was if you want to increase muscular size and strength, lift heavier weights. However, a study produced by McMaster University in Canada, and published in the Journal of Applied Physiology, challenged this 50+ year old theory. In short, the study concluded that its subjects increased their muscular strength and size by performing more repetitions instead of increasing the weight they lifted. A lot of debate challenged the length of the study, number and type of subjects, exercises selected and more. Even with the data from this study we still seem to be split down the middle about whether a person should lift heavier or keep the resistance the same and increase repetitions.

In my opinion it is a matter of a person’s personal preference, fitness level, physical limitation, training goals, and their health condition. A person should always focus on good form, and try to make their last rep the last one they can do with good form. When I’m training an older adult/senior, I am very conservative with dramatic increases in weight due to risk of injury. Small incremental increases in weight, for instance from a 5lb dumbbell to a 6lb dumbbell, is ideal. On the other hand with an individual who is younger, in more ideal physical condition, who wants to increase muscular size and power, I am a bit more liberal. Ultimately more than 60% of the adult population is sedentary and 33% of children are obese. That being said if you are at the point where you experience this dilemma (more weights vs. more reps) you are really ahead of the game!

Ounce of Wellness

“Summer Arms”

Anywhere Fitness Workout of the Month

Riddles by www.rinkworks.com

I can be cracked, I can be made.
I can be told, I can be played.
What am I?
Training for a 10K

The Broad Street Run and Boston Marathon are behind us. Now you have a full year to prepare for the next one. Here are a few tips that will help you finish the race!

Do: Get a physician’s clearance before training.
Don’t: Assume occasional chest pain after age 45 is gas.
Do: Get some good running sneakers that fit your running mechanics and foot.
Don’t: Buy a cheap pair of sneakers or run in the ones you ran the last race in a few years ago.
Do: Get a training program or run with a running group.
Don’t: Think you’re in the same condition you were in back in college and wing it.

Featured Fitness Equipment

The Polar Heart Rate Monitor is one of the original heart rate devices for consumers, specifically designed to capture your heart rate during exercise. They also track how many calories you burn and some models record your training routine. If you want to know if you are training in your heart rate zone invest in a Polar Heart Monitor to keep you honest! Call Fit Essentials @ (888) 406-8388

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

The WHOLE Truth about Egg

Is the whole egg (including the yolk) really bad for you? Ever since high blood cholesterol was associated with heart disease we made a national effort to limit dietary cholesterol with the yolk in the egg becoming a target, and the egg white movement was born. However, recent research revealed that foods high in saturated and trans fats (i.e. butter, fried food, and bacon) elevate blood cholesterol, not dietary cholesterol sources. While you should still limit the amount of dietary cholesterol, it is ok to eat it. In fact, that yolk we’ve been throwing out actually contains most of the vitamins and minerals, and even the “good” fat that helps to reduce LDL (the bad cholesterol). If you are under medical care with a prescribed diet, always follow your healthcare practitioner’s recommendations. So, add some yellow back into those eggs, it won’t hurt you.

Nutrition

Satisfy your sweet tooth by eating a handful of blackberries, raspberries and strawberries. This may help reduce your intake of soda and other sugar foods.

Fitness

Your body always needs a challenge so make your fitness program adventurous with new goals (i.e. run a 10k, start swimming, ballroom dancing, etc).

Health

Research says being sedentary (sitting at a desk all day) can be just as unhealthy as smoking.

Question of the Month?

Do you like to workout in the morning, afternoon, or evening?

Michael’s Energy Bars

By Food Network

Ingredients

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup quick-cooking oats</td>
<td>1/2 cup sliced almonds</td>
</tr>
<tr>
<td>1/2 cup dark raisins</td>
<td>1/2 cup golden raisins</td>
</tr>
<tr>
<td>1/2 cup dried apricots</td>
<td>1/3 cup unsalted butter, room temperature</td>
</tr>
<tr>
<td>1/2 cup brown sugar</td>
<td>1/4 cup golden molasses</td>
</tr>
<tr>
<td>1 egg</td>
<td>1 cup unbleached all-purpose flour</td>
</tr>
<tr>
<td>1/4 cup whole-wheat flour</td>
<td>1/2 cup nonfat dry milk</td>
</tr>
<tr>
<td>1/4 cup toasted wheat germ</td>
<td>1 1/2 teaspoons baking powder</td>
</tr>
<tr>
<td>1/2 teaspoon baking soda</td>
<td>1/2 teaspoon vanilla</td>
</tr>
<tr>
<td>Pinch gray salt</td>
<td>1/2 cup milk (2 percent is preferable)</td>
</tr>
</tbody>
</table>

Preheat oven to 300 degrees F. Place oats and sliced almonds on a baking sheet. Toast in oven for 10 minutes. Set aside. Turn the oven to 325 degrees F. Place raisins, apricots, oats, and almonds in a food processor. Pulse about 10 times until coarsely chopped. Set aside. In the bowl of a heavy-duty mixer fitted with a paddle, beat the butter, brown sugar, molasses and egg until light and fluffy. In a separate bowl, combine both flours, dry milk, wheat germ, baking powder, baking soda, vanilla, and salt. Add to the creamed mixture. Add the milk and mix thoroughly. Add dried fruit mixture. Add the milk and mix thoroughly. Add dried fruit mixture. Butter a 13 by 9 by 2-inch baking pan. Pour in the batter and spread evenly. Bake for about 30 minutes, until set. Cool in the pan. Cut into 18 (1 by 4-inch) bars. To store, wrap bars individually in plastic wrap. Will keep for about 1 week. For longer storage, freeze for up to 3 months.

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.