Equipment Required: None
Target muscles: Chest, shoulders, triceps, core, hamstrings, and hips.
Instructions: Get in a pushup position. Before lowering your body towards the floor, lift your right leg up while keeping your knee straight. Now perform your pushups. Repeat 3-10 repetitions per side. Try 2-3 sets.

Visit www.fitformyseason.com for online workouts. Membership is FREE!

*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.

### 3 Great Alternatives to Running

Hands down running is a great exercise. You burn a lot of calories, improve cardiovascular function, and can lose a great deal of weight. However, it’s not for everybody. Constant pounding can be tough on the knees, hips, and ankles for many people, especially those with arthritis or sports injuries (past or current). So, here are three exercises that are great alternatives. They burn a lot of calories, improve stamina and cardiovascular function, and are a little easier on the joints.

**Rowing**

Rowing is a great multi-joint cardiovascular exercise that demands your back, arm, and leg muscles to step up to the challenge. It can also be found as one of the modalities in cardiac rehab because of its efficiency in stimulating upper and lower body muscles for optimal cardiovascular conditioning. According to a Harvard study, a 30-minute workout for a 185lb male can burn close to 400 calories! Not an easy workout, but easy on the knees.

**Airdyne**

Remember this bike? If so you are dating yourself. Schwinn, the same company that developed the spin bike, created the Airdyne more than 30 years ago. The Airdyne bike is also used in cardiac rehab and has also been featured in the 2015 Crossfit Games. Like any exercise, the more you put into it, the more you get out of it. An interval style workout with some maximal efforts may burn up to 350 calories for every 30 minutes. Remember, old does not mean obsolete.

**Burpees**

Yes, the respectable burpees. Chest, shoulder, triceps, abs, hips, hamstrings, lower back, and quads all think about calling out of work on this one. Remember, the more joints moved to complete an exercise, the more energy required, thus the more calories burned.
**Health Facts**

**Nutrition**
If you are worried about excess calories during the holidays but don’t want to diet, be mindful of eating seconds.

**Fitness**
Americans gain 1-5 lbs during the holiday months. Ramp up your exercise intensity to prevent this weight gain.

**Health**
To avoid some of the Thanksgiving stress, plan, prepare, ask for help, and get plenty of rest if you are hosting dinner.

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11 Random Things to be Thankful for this Year

1. Family
2. Friends
3. Smartphones that remember everything you cannot
4. Online shopping
5. Pleasant weather
6. All the facilities of your body that you still have
7. Peace of mind
8. People who love and care for you
9. Good food
10. A day off from work
11. A heartfelt “thank you”

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**Roasted Turkey Breast w/ Peach Rosemary Glaze**
By Food Network

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups apple cider, plus 2 tablespoons</td>
<td>1/4 cup salt, plus more for turkey</td>
</tr>
<tr>
<td>1 tablespoon brown sugar</td>
<td>3 to 5 sprigs thyme</td>
</tr>
<tr>
<td>1 (3 3/4-pound) boneless turkey breast with skin</td>
<td>3 sprigs rosemary plus 1 teaspoon chopped</td>
</tr>
<tr>
<td>1 tablespoon olive oil, plus more for turkey</td>
<td>1/2 cup onion, finely chopped</td>
</tr>
<tr>
<td>1 (10-ounce) bag frozen peeled and sliced peaches, chopped</td>
<td>Freshly ground black pepper</td>
</tr>
<tr>
<td>2 tablespoons honey</td>
<td>1 teaspoon Worcestershire sauce</td>
</tr>
</tbody>
</table>

In a large bowl, whisk together 2 cups apple cider, salt, thyme and rosemary. Add turkey breast and enough water to cover the bird. Cover and let brine in the refrigerator 2 hours. Preheat oven to 425 degrees F. **For the glaze:**

In a small saucepan, sauté onions in oil until softened. Add peaches, honey, Worcestershire sauce, brown sugar and remaining 2 tablespoons apple cider. Bring to a boil. Lower to a simmer and cook until peaches break down and glaze thickens, about 12 minutes. Remove turkey from brine and pat dry with paper towels. Brush with oil and season with pepper. Place turkey in a roasting pan. Cook 15 minutes until skin begins to turn golden. Reduce the oven temperature to 350 degrees F and brush the top generously with the glaze. Continue cooking until an instant-read thermometer inserted in the thickest part of the breast reaches an internal temperature of 165 degrees F, about 45 minutes. Let the turkey rest at least 10 minutes. Its temperature will continue to rise.

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**Bulimia: Overlooked Signs and Behaviors**

Do any of these signs sound familiar?

- Being preoccupied with your body shape and weight
- Living in fear of gaining weight
- Feeling that you can’t control your eating behavior
- Eating until the point of discomfort or pain
- Eating much more food in a binge episode than in a normal meal or snack
- Forcing yourself to vomit or exercise too much to keep from gaining weight after binging
- Misusing laxatives, diuretics, or enemas after eating
- Restricting calories or avoiding certain foods between binges
- Using dietary supplements or herbal products excessively for weight loss

These are classic signs of bulimia, an eating disorder that primarily effects females between the ages of 12 and 25.8 years of age According to the National Association of Anorexia and Associated Disorders.


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**Featured Fitness Equipment**

Created by Schwinn more than 30 years ago, the Airdyne bike is great for beginners and seasoned exercise goers. In fact, the Airdyne bike was used in the 2015 Crossfit games. It requires upper and lower body movement. The harder your pedal and push the harder it becomes. Give it a try.

Don Baxter, B.S, is the founder and president of Fit Essentials, Inc. Fit Essentials provides a free online exercise videos, web-based weight loss & fitness competitions, onsite seminars and demonstrations, and fitness center management. He can be reached at dbaxter@fitessentials.pa.com or (888) 406-8388.

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**Disclaimer:** This newsletter is published to provide general wellness information. It should not be construed as, nor is it intended to provide medical advice. A physician should address questions regarding specific medical issues or concerns.