Anywhere Fitness

Exercise of the Month
“Lateral/Side Shoulder Raises”

Equipment Required: Dumbbells
Target muscles: Deltoids
Instructions: Standing tall with good posture, hold a dumbbell in each hand by your side. Exhale and lift the dumbbells to shoulder height keeping your elbows straight. Slowly lower them, inhaling, until you reach your starting point. Repeat 10-15 times for 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.

Exercise & Medical Conditions

Finding a place for exercise in your life can be difficult. Stressful job, throw some kids in mix, an aging body, and lack of energy. Think that’s enough? Well let’s make it more challenging. You’ve just been diagnosed with diabetes, heart failure, rheumatoid arthritis, breast cancer, or thyroid disease. For many, the idea of exercise is the furthest thing from their minds. If fact, some believe exercise would not do any good and/or may exacerbate their condition. It’s time that this myth is served its eviction notice. Exercise is beneficial for all, even those with minor to major medical conditions. Let’s take a look at how exercise can have a positive impact on four common medical conditions.

**Breast Cancer** – For breast cancer survivors, regular physical activity reduces reoccurrence, and stretching helps to improve shoulder flexibility typically lost after breast cancer surgery.

**Rheumatoid arthritis** – Exercise helps manage and control arthritis, regardless of the type of arthritis. Low impact exercise like walking, riding a stationary bike, and water exercises are very helpful. Strength training with lightweight and stretching are also vital for overall quality of life. Make sure you listen to your body, warm up, and that you know the difference between normal and abnormal responses.

**Hypothyroidism** – Exercise can be your best friend if you suffer from hypothyroidism (an under active thyroid gland, which slows down your metabolism). Low impact strength training and moderate aerobic exercise will burn calories and help to regulate your mood.

**Coronary Heart Disease** – If you have cardiovascular disease, conventional wisdom would convince you to stay away from any form of exercise, however research says the opposite. Low intensity exercise helps to reduce the build up of fat in your arteries, and improves the overall function of your heart. Avoid strenuous exercise, and follow your physician’s instructions.

**Always consult with your physician prior to beginning any exercise program.**

Riddles by www.riddlers.org

I’m as light as a feather, yet the strongest man cannot hold me for more than 5 minutes. What am I?
Cod Liver Oil

I have to be honest, I don’t ever recall taking cod liver oil. But when I talk to my 86-year-old grandfather, his accounts are much different. During his era and up until the fifties, cod liver oil was the daily multivitamin and remedy for almost every illness imaginable! Parents who could afford cod liver oil would give it to their children on a daily basis to support healthy growth, and prevent common colds and viruses. You could not convince them it did not work. Cod liver oil dates back to the Viking Era (700 to 1100). They consumed it during winter months, and rubbed it on muscles and joints to alleviate pain. It was also a remedy for rheumatism (joint and tissue inflammation). Cod liver oil is also one of the best sources of omega 3 fatty acids (EPA and DHA).

Mental Illness:
Real, and closer than you might expect

Before I start, I would like my readers to know I am not using this article as a political platform, or a voice for gun control. As always, I’m writing this article to identify a health issue, with the intention of increasing awareness, and to find solutions. According to Substance Abuse and Mental Health Services Administration (SAMHSA) 1 in 4 adults over the age of 18 suffer from mental illness at least once a year, and approximately 4% of the population suffer from serious mental illness. Intermittent bouts of depression and anxiety, to more serious cases of bipolar disorder and schizophrenia, all fall under mental illness. I propose we put aside the statistics, and the politics, and begin a “living room” discussion. I am confident when I say we have all probably said at least once in our lifetime “she’s crazy”, “he is a little odd”, or “there is something not quite right about him”. Many times these are people very close to us, such as our friends, parents, coworkers, spouses, and even children. Mental illness is a problem that affects everyone in some way, lets recognize the epidemic for what it is, and stop pretending it is a minor inconvenience like a common cold, that will cure itself.

Nutrition
A successful diet is one that is sustainable.

Fitness
Whichever exercise you hate to do, do it first in your routine!

Health
A recent study found that women with early-stage breast cancer and vitamin D deficiency were more likely to have their cancer reoccur in a distant part of the body, and had a poorer outlook. www.cancer.org

Featured Fitness Equipment
Pull-ups are probably the single best exercise to strengthen your upper back muscles and are also one of the hardest exercises to perform. Try using the Assisted Pull-up/Dip machine to support your pull up goals. This machine allows you to reduce the amount of body weight you are lifting, making it easier to perform.

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

Brainer Teaser Answer: Breath

Question of the Month?
Would you rather be rich and unhealthy, or healthy and poor?

Tuscan Style Vegan Pesto Pasta
By Food Network

Ingredients

<table>
<thead>
<tr>
<th>The ingredients for this recipe are placed in a table format.</th>
<th>The table format helps organize the ingredients clearly.</th>
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</thead>
<tbody>
<tr>
<td>1 medium zucchini, halved lengthwise and sliced 1/4 inch thick (about 1 1/2 cups)</td>
<td>1 medium yellow summer squash, halved lengthwise and sliced 1/4 inch thick (about 1 1/2 cups)</td>
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<tr>
<td>6 ounces penne pasta</td>
<td>1 cup julienne-cut red bell pepper strips</td>
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<td>1/4 teaspoon crushed red pepper</td>
<td>1 8-ounce package Meal Starters Chik’n Strips</td>
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<tr>
<td>1/3 cup vegetable broth</td>
<td>1 cup pitted black olives, halved</td>
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<tr>
<td>2 tablespoons capers (optional)</td>
<td>1 cup grape tomatoes, halved</td>
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<tr>
<td>1/2 cup vegan sun-dried tomato pesto or vegan basil pesto</td>
<td>1/2 cup vegan sun-dried tomato pesto or vegan basil pesto</td>
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Cook pasta according to package directions, except add summer squash, zucchini and bell pepper during last 2 minutes of cooking. Drain. Meanwhile, in large nonstick skillet cook and stir MORNINGSTAR FARMS MEAL STARTERS Chik’n Strips and pesto over medium heat for 3 to 4 minutes or until heated through. Stir in olives and broth. Heat through. In large bowl toss together pasta mixture, chik’n strips mixture and tomatoes. Sprinkle with capers, if desired.

Recipe link: http://www.recipe.com/tuscan-style-vegan-pesto-pasta/

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.