**Equipment Required:**
None

**Muscle(s) Worked:**
Abs

**Instructions**
Lie on the floor with your knees bent and feet in the air. Place your hands behind your head to support your head. Lift your upper back off the ground while keeping your chin pointed up. Return to the starting position and repeat.

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

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**Drink your way to better health**

Increase your energy, feel more alert, boost your immune system, lose weight, and feel good. These are just a few benefits of juicing your fruits and veggies. I apologize to those readers who thought this article would affirm their wish of finally adding alcohol to the food pyramid! Juicing has been around for decades. Many of you may remember your parents and grandparents juicing for medicinal purposes. Now you can find juice/smoothie bars in fitness centers, malls, and even popular grocery stores. I would not recommend juicing as a diet or total meal replacement. Many people follow fad diets that lead them on an exclusive juicing routine in which they either restrict too many calories or omit vital macronutrients (protein and fat) from their diets. Juicing as a healthy snack or beverage replacement is ideal. If you still have questions, seek the counsel of a registered dietitian. So, the first thing you will need is a good juicer. You can purchase one from any appliance store or retail store with an appliance section. The price range is $50-$200. We use the Jack Lalanne Power Juicer which has held up very well over the past several years, and does a great job. Juicing is placing produce in a juicer that separates the juice from the pulp of the fruit/veggie. Smoothies on the other hand, are produced by a blender that retains the pulp. Both are still excellent health choices. Ok, now that we have cleared that up here are a few juicing recipes you can try:

1. **Strawberry, Blueberry, Apple, Raspberry**
2. **Apple, Carrot, Ginger**
3. **Apple, Ginger, Beets**
4. **Spinach, Carrot Apple**
5. **Carrot, Apple, Strawberry**
6. **Apple, Grapefruit, Peach**
7. **Strawberry, Apple, Lime**
8. **Mango, Peach**
9. **Apple, Spinach, Ginger, Celery, Kale**

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**Brain Teaser** by Rinkworks

What's the largest amount of money you can have in change and still not have change for a dollar?
Fit Facts

Nutrition
Fruits and vegetables are a great source of vitamins and minerals as well as a great laxative.

Fitness
Plan four 12 week fitness challenges for yourself each year.

Health
When was your last dentist or doctor’s visit? If you have to think too hard you may be overdue.

What sport is good for your kid?

Determining the right sport for your child is a mutual decision between you and your child. As the parent you have to consider 1) whether your child likes it and 2) if they can perform well in the sport. Too often parents either force their child (ren) to play because they are good at it or they need the exercise. Often times, they don’t want them to quit regardless of their child’s performance or interest. While some of these points may be valid, in the end, your child’s interest will decline if they do not perform well, or if they just don’t like the sport. Regardless of training regimens or practice some kids will not excel in certain sports, primarily because their bodies may not be designed for it. Long distance runners are not sprinters and vice versa. Give your child the freedom to choose the sport that fits them, support them in their decision, and if necessary have an honest talk about when to move on to something different.

Back to school: Maintain your sanity!

Kids are back to school and the competition between chaos and sanity begins. Here are a few tips to bring order to the household.

Schedule it – Bus pickup, packing lunch, doctor’s appointments, parent teacher meeting. Put it all in your calendar so you don’t forget.

Organize it – Life is chaotic without order. Try to organize important things such as dinner for the week, rooms, lunch for the kids, and even dresser drawers. It’s much easier for kids to find clothes when they are organized.

Help, Seek it – Don’t be intimidated or too prideful to ask for help. In your best efforts you cannot do it all. Even Superman needed Lois!

Stop dating fitness and get married!

Do you know the biggest problem people have when it comes to merging their lives with fitness? Well, it’s just that. We know there are candidates out there (gyms, fitness DVDs, running groups, etc). We also know how to find them (friend referral, social site, Google, health insurance incentives, etc). We don’t even have a problem starting a fitness program (New Year’s resolution, tired of the excess weight, workout buddies, etc). The problem is we don’t stick with it. We want to lose weight for a certain event, tighten the tummy for the beach, or get fit by our 50th birthday. Once we reach this goal it’s like, “ok, I’m good”. Then you go back to old routines and habits. We are treating the acquisition of better health like a “one and done event” and unfortunately it is a lifetime commitment. We have to stop aiming for quick satisfaction, put both feet in, and see fitness and health consciousness as a permanent behavior to death do you part. So stop dating fitness and get married.

Question of the Month?

What time does your child (ren) go to sleep during school nights?

Healthy Pasta with Spicy Crab (Bobby Flay)
By Food Network

Ingredients

| 2 tablespoons canola oil | 2 tablespoons finely chopped fresh flat-leaf parsley |
| 2 Fresno chilies, finely chopped | 1 tablespoon finely chopped dill |
| 2 cloves garlic, minced | 1 tablespoon finely chopped fresh mint |
| 1 cup dry white wine | 2 teaspoons finely grated lemon zest |
| 1 pound jumbo lump crabmeat, picked over to remove shells | Extra-virgin olive oil |
| 1 pound spaghetti, cooked al dente, drained, 1 cup of the pasta cooking water reserved | Salt and freshly ground black pepper |

Directions

Heat the canola oil in a large high-sided sauté pan over medium heat. Add the chilies and garlic and cook until soft and the garlic is a pale golden brown. Add the wine and cook until reduced. Add the crab and cook until just heated through.

Add the pasta and some of the cooking water to the pan and cook for another minute. Stir in the parsley, dill, mint, lemon zest. Drizzle with olive oil and season with salt and pepper.