

2018 ISSUE

FITNESS



MARTY YORK
THE SANDLOT

Guilt-Free
Recipes!

**NUTRITION
& OUR YOUTH**

**BATTLE
ROPE
TRAINING**

Time to
BOOST
YOUR
METABOLISM!

**LOSE
FAT NOW!
ASK ME
HOW!**

Just what the
**DOCTOR
ORDERED!**

BACK TO
BASICS WITH
THE LEBERT
EQUALIZER



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What's Your Motivation?

Motivation...Accomplishing a goal requires motivation. Without motivation, it is easy to question your goals and lose focus of what you are working toward. It is difficult to make sacrifices and put one foot in front of the other if you aren't motivated.

The key to finding motivation and continually tapping into it is to identify your "why". Why do you want to accomplish the goal? Figuring out why you are working toward a specific goal allows you to keep focused on that motivation. When you begin to feel discouraged or you lose sight of your original intentions, you can remind yourself why you began this journey.

Knowing your "why" helps you to dig deep and find drive to keep going when it seems to escape you. Keeping focused on your "why" inspires you to find motivation and keep on moving forward.

Do you know what motivates you? If not, it will be a challenge to achieve your goals. Seek help from a coach or mentor to help identify your own "why", so you can stay motivated.

It will be very difficult at first, but motivation does come easier once you begin to see results, as your health improves, and as your fitness levels grow. It's worth every effort!

Check out my 5 tips to help you get motivated!



Inspiring YOU to Live Well...Naturally,

Kat Aguirre

Katherine G. Aguirre

Publisher of FitnessX Magazine

TALK TO ME!

I love hearing from you!

E-mail at me at

katherineaguirre@fitnessX.com

with thoughts, questions and feedback.

Follow me on **instagram: kat_aguirre**

1 Set Your Goals

Build your own plan of attack. Vague phrases "eating better" or "being healthier" are not specific goals. Some good examples are: Brisk 30-minute walks 3 times a week, lose 5 pounds with a 20-minute jump rope session before work, or eating more lean protein and vegetables. Begin with something small that you can achieve. Once you do, move on to something bigger. That's the way motivation works, built upon a ladder of success, until it's hard to believe you had trouble finding that motivation before.

2 Write It Down

An unwritten goal is merely a wish. Don't just announce your goals. Write what you want to accomplish in visible words. Post your goals somewhere you will be sure to see it every day. You can even post your goal in multiple places, it will serve as a reminder and give you the fuel and motivation to keep going.

3 Celebrate Each Success

No matter how small you think your accomplishment may be, each fulfilled goal is a giant step in the right direction. Even the smallest success has a significant amount of value. If your goal was to bike 1 mile for a month and you do it, celebrate that and then start on your next goal. Each one is important. Each one is worthy of a celebration!

4 Focus on the Results

It's easy to lose hope and motivation when we focus on the difficult aspects of losing weight, getting fit, or eating healthier. Working out is hard, losing weight is painful, eating healthy means altering habits and addictions. Don't focus on the work, focus on the results. Before heading to the gym, think about the benefits and your accomplishments instead.

5 Have Fun!

Remember that working out should be fun. Don't just put your head down and plow through the workouts. Discipline is a good thing, but you need to let yourself play now and again too. Find exercises you enjoy like dancing, hiking with your dog or playing sports, whatever, but have some fun!

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BillyBow Aguirre



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2018 ISSUE

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Mission Statement

FitnessX Magazine strives to inspire all women and men by making a difference in empowering and encouraging them to live a healthier lifestyle. We take pride in sharing inspiring articles and facts on health, fitness and wellness.

Our readers vary in age, body composition, ethnic background, economic status, and professional background, but have the common goal of improving themselves through health, fitness, and wellness. FitnessX Magazine readers are health-conscious, discovering or already adopting healthy lifestyle practices, and interested in bettering themselves.

At FitnessX Magazine, we feature athletes in all sports, professionals who work in the health/fitness/wellness industry, everyday women and men who have made remarkable strides in motivating others to live a healthier lifestyle, and includes articles on the latest and most popular topics of interest.

**At FitnessX Magazine, our tag line says it all—
"Inspiring YOU to Live Well...Naturally!"**

**Katherine & BillyBow Aguirre
Publishers of FitnessX Magazine**

Please note FitnessX Magazine is not liable for any injury due to the suggestions and advice given in this issue. All readers must consult their physician prior to starting a new exercise and nutrition program.



BillyBow Aguirre is the Publisher and Visionary of *FitnessX Magazine*. He proudly served in the U.S. Navy for 13 years and 15 years as a Network Engineer for Utilities, Investment, Entertainment, and Hospital Industries. He also studied and taught nutrition as a Chef for 15 years. With his entrepreneurial skills, BillyBow established *FitnessX.com Magazine*, an online magazine in 2009. In Winter 2011, BillyBow joined forces with his wife, Katherine Aguirre, in launching *FitnessX Magazine* -- their first print publication. You can contact BillyBow at billybowaguirre@fitnessX.com. BillyBow's IMDB Website: www.imdb.me/billybowaguirre



Katherine Aguirre is the Owner, Publisher and Editor-in-Chief of *FitnessX Magazine*. She has been actively involved in the fitness industry for the past 13 years working as a group exercise instructor, certified personal trainer, sports nutritionist, transformation specialist, PT manager, fitness director and fitness company owner. Katherine has competed and placed in the top 5 in fitness, figure, fitness modeling, bikini and power lifting. She started several boot camp programs in Alabama, Tennessee and California to help hundreds of people get fit and healthy. Katherine enjoys volunteering her time at schools speaking about body image, fitness and nutrition. You can contact Katherine at katherineaguirre@fitnessX.com.



TRAINING

Battle ropes offer full body strength training as well as cardio. They're especially great for targeting your core and upper body, since those are your primary movers in battle rope training.

Battle ropes are valuable for men and women looking to build muscle (or simply change up their routines) without turning to ultra-heavy weights. Because ropes create forces and tension from angles that are harder to achieve with basic weight training, they confuse and surprise your muscles into making new gains.

Battle Ropes Training

Slam Lift both ends of the rope overhead, and then slam the rope down with full force onto the ground. Make sure to maintain good posture. This move engages your shoulders, arms, back, and core, especially your abs.

Circles Move each arm in independent circles in front of you. You can rotate each arm outward (left counterclockwise, right clockwise) or inward (left clockwise, right counterclockwise). It's a great way to focus on your shoulders. You can also hold both hands together and make a single circle with both ends of the rope—start moving clockwise, and then switch to counterclockwise halfway through the set.

Flyes Squat low and whip each end of the rope in tandem, as if

you're flapping your arms like wings. Keep your elbow bent only slightly. It's a seriously challenging workout for your whole back.

Grappler Throws Keeping both your feet grounded, pivot your torso from side to side. During each pivot, flip the ropes over as if you were throwing them to the floor on the side you're pivoting toward.

5 Benefits of Battle Ropes Training

1. Ropes Provide a Dual-force Dynamic Effect to Improve Physiological Response
2. Less Injuries and More Results
3. Making Weak Body Parts Strong
4. Mobility

Once you're comfortable using battle ropes and you're ready to integrate them into a regular workout. Perform each move for 30 seconds with 30 seconds of rest. Once you've done all 6, rest for 2 full minutes and repeat.

1. Burpee slams Alternate 3 double arm slams with one burpee, repeat and see how many burpee you can complete in 30 seconds.

2. Alternate wave/lateral lunge combo Begin with feet close together and start to make alternate waves. Continue the alternate wave pattern with the arms as you lunge laterally (right to left) while swinging the ropes.



Strengthen Your Body with Battle Ropes

3. Single arm plank waves

Begin in a plank position. With one arm, grab one side of the rope. Complete 5 single arm waves from plank position, then switch.

4. Double wave/jump squat combo

Start with a wide stance. This will be done on a four count. Begin making double waves as you lower into a deep squat, counting to three. On four, jump and begin the cycle again.

5. Jacks

Hold both ends of the rope in your hands and walk towards the anchor a few steps so you have some slack. Next, perform jumping jacks with the ropes.

6. Claps

Standing in a squat position, move the ropes in and out as though you were drawing an “s” pattern on the floor. The ropes should hit and “clap” each other along the way.

TRAINING

Lebert Equalizer™

Back to Basics Workout!

By Marc Lebert





© Melanie Webster Photography

The Lebert Equalizer™ Back to Basics Workout was designed to be a full body strength training session combining traditional compound strength training moves, with some agility and by virtue of the bodyweight movements (and the Running

Man!) - lots of core too! Since the transitions are so easy you can keep the rest periods minimal to really get your heart rate up!

This program goes from push to pull (opposing muscle groups) and then a cardio!

athletic movement in between for 30-second sprints. Take each strength move to muscle failure! Be sure to thoroughly warm-up first. Good luck!

Own Your Workout®,
Marc Lebert

You can find the Lebert Equalizer™ at many gyms or you can purchase your own pair at <http://www.lebertfitness.com> and do your workouts at the convenience of your own home!

1



INCLINE CHEST PRESS

With the Lebert Equalizers™ parallel to each other, place your hands on outside curve of the bars. On your toes and keeping back straight, slowly lower until arms are bent to 90 degrees, pause and press up. Do not look down. Keep your neck straight by looking out slightly in front of you.

EQUALIZER™ PULL-UP

Place the Lebert Equalizers™ close to each other with one set of feet touching and open about one foot on the other end. Lie down between them with your head just past the feet that are touching. With feet flat, knees bent and hips up reach up and grip the foam handles. Pull yourself up as high as you can keeping your head and hips in the same line. Pause at the top and slowly lower.



2

EQUALIZER™ AGILITY DRILL

Place a single Lebert Equalizer™ on its side and with an athletic stance, start to bring one foot and then the other into the Equalizer. Continue through to the other side and tap the trail leg on the floor once through. Head back the other way working on high knees, good arm movement, deceleration and change of direction. Add a squat on each end to increase the intensity.



3

4

REPEAT
Pull-Ups and
Equalizer™
Agility Drill



FULL BODYWEIGHT DIP WITH LEG ASSISTED OPTION

With the Lebert Equalizers™ parallel to each other and standing between them, place your hands on the foam grips. Bring your heels towards your butt (off the floor) and make sure your shoulders are down and back. Slowly lower until arms are bent to 90 degrees, pause and press up.

RUNNING MAN

With the Lebert Equalizers™ parallel to each other, stand between them, and place your hands on the foam grips. Bring one knee up in front of you as high as you can and slowly reach out (like you are going over a hurdle). Make sure to keep your shoulders down and back, and your chin down as you slowly work into the other leg with a slow, controlled “run”.



REPEAT
Pull-Ups and
Equalizer™
Agility Drill

REPEAT Pull-Ups and Equalizer™ Agility Drill



KNEELING TRICEP EXTENSION

Kneel down with a single Lebert Equalizer™ bar in front of you. Place your hands (palms down) just outside the foam grips and drop your hips. Slowly lower your forehead to the foam grip, pause and press back up- keeping weight forward so core continues to be engaged and weight is on the triceps.

REPEAT Pull-Ups and Equalizer™ Agility Drill

1



SINGLE BAR EQUALIZER™ PUSH-UP

Place a single Lebert Equalizer™ on its side with hands on the bar in push-up position. Make sure your shoulders are directly over your hands, with your back straight and your abs tight, slowly lower until your arms are bent to 90 degrees. Instead of just pushing up, squeeze the bars towards center so that the prime mover (chest) pulls the arms towards center making this a very effective chest fly/pushup combo.

2



SINGLE BAR EQUALIZER™ PULL UP

Lie down between a single Lebert Equalizer™ bar with it over your upper chest. With feet flat, bent knees and your hips up reach up and grip the Equalizer with an underhand, overhand or staggered grip. Pull yourself up as high as you can, keeping your head and hips in the same line. Pause at the top and slowly lower.



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Dear Exhibitor:

The IDEA World Convention is THE industry event of the year! More than 14,000 of the most elite fitness, business, wellness and nutrition professionals gather at this annual convention for the **single largest meeting of global influencers**, world-renowned speakers and leading brands in the industry. IDEA members and thousands of passionate brand evangelists actively seek out the highest quality and most effective products, services and education to share with the **millions of consumers they interact with daily**, which is why they attend IDEA World every year.

Exhibiting at IDEA World is like being invited to the **most influential, powerful party** you've ever attended because everyone you meet has the ability to grow your brand. That's why 75% of exhibitors and sponsors return year after year for this unprecedented opportunity!

We invite you to reserve your exhibit space and explore all the available sponsorship opportunities that were created to give you **unique exposure to this key audience of decision makers** and influencers. Each year, sponsorships sell out quickly, so don't miss your chance to secure your spot and be part of this amazing influential community that has the power to **grow your brand in 2018 and beyond!**

We can't wait to see you there!

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TOP Training Gadgets

Fitness Gadgets



HAPIfork

Can't really manage your portions by sheer willpower? HAPIfork is a gadget that can help you reduce your eating pace. The sensors notify you through tiny vibrations when you're 'speeding'. It can also track your eating duration, the amount and intervals of 'fork servings' per minute. All your data can be tracked with the accompanying app and transferred with a mini USB. The 'brain' of the HAPIfork is hidden in the body but can be removed for safe washing. [\$99]
www.hapi.com/product/hapifork



MightySat Pulse Oximeter

This MightSat uses Signal Extraction Technology (SET®) to provide accurate oxygen saturation (SpO2) and pulse rate measurements when other pulse oximeters fail, such as during movement and low blood flow. This means that this is a great and portable tool for sports players and sports teams that travel to play. The data from the device can be exported and kept in the athlete's history for their reference or their coach's. [\$299]
www.masimopersonalhealth.com

Umoro One

This bottle is the greatest gift you could give to a gym addict. The bottle functions like any other bottle, but with a push of a button, it can release up to 1.5 scoops of your favorite whey protein mix. It's great for use in the gym during workouts and having that post workout drink right after without having to carry multiple bottles around. The 'ball' that holds the supplement in also acts as a mixer for those harder-to-dissolve powder drinks. The bottle comes in black or white and is sold at a very reasonable price. [\$26.99]
www.umoro.com/collections/shaker#one



More Gadgets



KUAI: The World's Smartest Multi-Sport Headphones

Smart headphones with sensors, voice feedback and training plans to help achieve your fitness goals. You've just found the world's only multi-sport headphones that automatically measure your body and performance during any exercise, providing customized live voice feedback and coaching from some of the world's top coaches, to help you achieve your fitness goals like never before. Without the need of any other device, Kuai gives instant voice feedback about your heart rate, speed, distance, calories and more. All effortlessly delivered to you by audio while listening to your favorite music and practicing any sport, including running, swimming, cycling, gym and more. All other headphones need to be connected to multiple devices and do not provide the information you need to achieve your fitness goals. Kuai will help you keep fitter, lose weight or train for your next race, with the help of its accurate sensor technology and downloadable training plans that automatically adapt to your unique body. Price [\$149] www.indiegogo.com/projects/kuai-the-world-s-smartest-multi-sport-headphones-sport-music#/

Emfit QS

Smart headphones wThe Emfit is a sleep tracker — but one designed with better athletic performance in mind, focusing on quantifying your overnight recovery data. (Think: How well did my muscles repair from yesterday's WOD?) Rather than slapping it onto your wrist, this non-invasive model is easily tucked under your mattress, from which it wirelessly transmits data to the paired app. It has a heart rate monitor that is so detailed it not only measures your beats per minute, but also your heart-rate variability, a measure of the time between beats. And since fitter people have higher HRVs, generally speaking, you'll be able to keep an eye on your own fitness levels while you're getting your own shut-eye. At \$299, it's not a steal, but we like to think of it as a thoughtful investment for the eight most important hours of your day.

What's Included

Emfit QS package includes: passive under-mattress sensor with 1,8 m (6 ft) long cord to keep electronics far away, analysis device with Wi-Fi connection (no phone needed), and power adapter (110-240 V) with 1,5 m (5 ft) cord with globally compatible (4) plugs. Web application includes as example: Total recovery, integrated recovery, whole night heart-rate-variability RMSSD, heart and breathing rates, sleep score, sleep time, nervous system balance, the three sleep classes classification including REM, resting heart rate, tossing & turning, movement activity. Short and long term charts. shop-us.emfit.com/products/emfit-qs



The Best Exercise In The World



HISTORY

Let's get into the history of the burpee. A physiologist named Royal H. Burpee developed the burpee in the 1930s by using it as a fitness test. He used the test as part of his doctoral thesis in applied physiology from Columbia University in 1940. It became popular when the United States Armed Services used it as a way to assess the fitness level of recruits during World World II. It allowed the military to quickly review agility, coordination and strength.

We learned more of this through Mr. Burpee's granddaughter, Burpee Dluginski, who has shared that her grandfather was a "fitness fanatic before the famous Jack Lalanne". What was important to Burpee, was to be able to measure the fitness level of everyday people. Around 1939, the invention and the official test of the burpee began with members of the YMCA in the Bronx, which is where Burpee worked.

5 REASONS To Do Burpees

ONE Burpees Are a Fully-Body Workout.

The burpee works Triceps, Core, Legs.

TWO Burpees Add Strength.

Whole-body aerobic-resistance training
Improved Skeletal muscle
endurance improved
cardiovascular Fitness.

THREE Burpees Can Be Done Anywhere.

HITT exercise including burpees is among the best ways to workout without equipment
Even short bouts of burpees exercises can lead to sustained fitness levels.

FOUR Burpees Build Definition.

Proper form is key to prevent injury
Once you master it, you can start to challenge yourself with increased speed.

FIVE Burpees Increase Endurance.

Calisthenics, including burpees, improve cardio benefits on par with cycling
Over time, you will be able to perform more of them because your body will have the ability to use this oxygen more efficiently.

Dumbbell Bicep Curls



Step 1

Hold one dumbbell in each hand. Stand with your feet approximately shoulder-width apart with your toes angled slightly outward. Space your feet out a little wider if it feels more comfortable.

Step 2

Keep your chest and torso upright and facing straight ahead as you push your hips backward and lower your body until your knees form a 90-degree angle.

Step 3

Push through your heels and return to the standing position, keeping your knees slightly bent at the top of the movement, refraining from locking, or fully straightening your knees.



Perform 12-15 repetitions of this exercise. If the last 3 to 4 repetitions are very difficult to perform, you know that you are working your leg muscles. Once you get to the level where this exercise is not challenging, increase the weight of the dumbbells you are using.



- Aids in regulating body temperature
- Protects body against dehydration
- Helps to maintain pH balance
- Increases metabolism and helps with breathing
- Helps prevent cardiovascular disorders
- Reduces ulcers and kidney stones
- Prevents constipation, migraines and heartburn
- Reduces risk of hip fractures and osteoporosis

THE SANDLOT TO STRUGGLE TO STARDOM

by Lauren Maya

Omar Kenneth Esmaeel, known professionally as Marty York, was born August 23, 1980 in Auburn, California to Deanna and Sam Esmaeel. York's mother ran an equestrian dressage school and York's father owned a Greek restaurant. As a child, York was involved in many theater productions at a local theater company, including Snow White and The Seven Dwarves, Rotten Ruck in Red Rock and Cheaper by the Dozen. The owner of the theater company immediately noticed York's natural comedic ability and acting chops at a very young age and advised his mother to take him to Hollywood to give acting a shot.

York's parents divorced, when he was 10 years old, and his mom eventually moved him to Los Angeles, and left his two sisters with his grandma in Northern California till she could find a stable place to live. While looking for a place to live, his mom enrolled him in Catholic school and at the same time she met a man who was one of the founding members, Donny York, of the 50's doo-wop band, Sha Na Na, who would eventually become his stepdad. York's aunt was out in Los Angeles at the time working for an

Photo by
BillyBow Aguirre



extra's casting agency and she recommended York's mom get him an agent. He was then pointed towards Media Artists group who saw his acting ability and signed him on the spot. His first audition would be for a Colgate toothpaste commercial where he would have to dance with a little girl. He was so scared with all the lights and cameras in the audition room, he hid behind the chair, but eventually came out and danced with the little girl that was also auditioning and nailed the part! The casting directors liked him so much they called him back without even auditioning to play a little Italian kid playing botchy ball in a Ragu spaghetti sauce commercial. After that, it was not smooth sailing. York's mom struggled financially often renting out 1 room in someone's house where York slept on the floor.

York's mother and stepdad eventually moved into a house together, and brought his 2 sisters up from Sacramento, so the family could be together again. At this time, York auditioned for a movie that would change his life--The Sandlot. The audition process was not easy. York originally auditioned for the role of "Bertram" who didn't fit York's physical characteristics, but the casting directors liked him so much and gave him a call back. He read again (this time another scene) and received yet another call back, where he saw thousands of kids who looked similar to him. His mom then received a call saying he had gotten the part of "Bertram". She broke down crying--they had moved out to Los Angeles from a small town, left everything they've known, struggled financially, and now York had made it. It was at this point, the

boys that were chosen so far needed to report to the baseball field to start practicing. While York was on the field learning the ins and outs of baseball, one of the producers of the film came on the field and told York's mom there was an issue and they needed to talk. They didn't feel York had the look of the character, "Bertram", but they had good news that there was another role in the film who had a bigger part named Alan "Yeah-Yeah" McClellan. They wanted him to read for that role, but said, "He needs to bring a ton of energy!" Before the audition, York's mom gave him a Hershey's bar to give him a sugar rush, he went in and got a standing ovation from the directors! From that point on, York embodied the character of "Yeah-Yeah".

After the film, York returned to school as the movie was shot over the summer of 1992. At the age of 12, York had starred in 2 national commercials and what is now known as one of the most famous baseball movies in American history. Following the success of The Sandlot, York appeared in guest starring roles in some of the most famous sitcoms of the 90's, including Saved by The Bell, a recurring role on Boy Meets World, Wings, Sliders,



and voiced many iconic 90's cartoons like Hey Arnold and Duck man. York's career continued to rise, but he was getting worn out having to balance school and acting, and it eventually took a toll that nearly took his life.

On the way to an audition from school in June of 1997, York had just recently got his driver's license and was driving to an audition when he fell asleep at the wheel on a 2-lane road near his house. York's Geo Metro slammed head on at 60 mph with a Ford Mustang and the impact forced the engine in his tiny car to shatter his legs. York was airlifted to Olive View hospital where the prognosis wasn't good. His mother rushed to the hospital and his father was told to come immediately as the doctors said there was a good chance he wouldn't make it through the night. Because of the massive impact, York had significant blood loss which required immediate blood transfusions to keep him alive. A priest joined the family and prayed with them that he would make it through the night. He had also suffered a shattered femur, a broken right hip, severe nerve damage to his right ankle and a concussion so bad that he was left in a coma for 3 days. He eventually awoke, but learned he would need multiple surgeries so they could save his leg from being amputated, as well as years of physical therapy. York's legs had atrophied from being bed ridden for lengthy period, so he relearned how to walk again. After about 2 years, York had somewhat recovered, but his career would never be the same again.

York would, at this point, learn the downside of Hollywood with the old

COVER STORY

adage, “What have you done for me lately?” From the time of his accident to recovering, it took him a little over three years. Hollywood did not care—they had moved on—and he had a tough time finding an agent. It was at this point, he decided to leave the game and go back to school to get a college degree. He couldn’t figure out what he wanted to do (go to law school or become a teacher) and, at this time, the internet was just being born for commercial use, York saw an article online about one of his old cast mates, Mike Vitar, “Benny the Jet” becoming a firefighter, so he decided to go to school for that. He passed all the classes, even the EMT course, but when he took the CPAT (Certified Physical Ability Test), he found it extremely difficult with the damage he endured from the car accident. He felt hopeless and decided to return to school and try another route. At this time, he saw a magician in Venice Beach performing some tricks and was intrigued to learn Sleight of Hand. He joined the Magic Castle in Hollywood and started performing for crowds. Also, during this time, York met a girl, who became his assistant, and she moved in with him at his

mom’s house. He started noticing his mother becoming distant from the family, she would fight with his stepdad and leave for weeks sometimes. The constant fighting in his family caused York to have a rocky relationship with his then girlfriend, and up until then, York had never questioned what happened to all his acting money. He then found a notice in the mail about a joint account his mother had started, linked to him with thousands of dollars in his name, that she was hiding. He immediately had his lawyer freeze the account. When his mother found out, she broke down his door and kicked him out.

From that point on, York moved from one place to another, sleeping on couches or his car and doing Sleight of Hand at restaurants to afford minimal food. Also, his then girlfriend had broken up with him. He later found out she was dating another guy. Without money for food or a solid place to live and no home, York’s life was spiraling out of control. During this time, he sat in his car on Thanksgiving day with no home or family and watched another family celebrate Thanksgiving through a window he broke down.

He realized that no one was coming to his rescue and he had to take his life back on his own. He remembered some of the weight training he learned from his physical therapist after his car accident, so he strolled into a gym with no money and told the person at the front desk who he was, and they let him train for free. He had no idea what he was doing, until he met a guy that started teaching him about nutrition and form. He then got hired at a local mortgage company as a loan officer and was able to afford food and a place to live. He started building muscle and things started changing in his life. York trained 4 days a week and ate every chance he got—mostly a protein-based diet from steak and potatoes to bulk up. He still yearned to have his family back and he went to arbitration with his mom to recover his acting money and repair the broken relationship. After it was over, York held his mom and cried.

York felt blessed to have his mom back in his life, but now had a distrust for women after finding out his mom had stolen from him. For many years thereafter, he got caught up in the Hollywood nightlife drinking and partying almost nightly. While still trying to juggle going to the gym, He then met another girl, who eventually became his girlfriend, and they started going down a rocky path as well, drinking nightly. One night, there was an altercation at a Hollywood nightclub, where another girl York knew came up and gave him a kiss on the cheek, which led to his girlfriend at the time, attacking the girl. The bouncer asked York and his girl to leave. As they drove home on the 101 freeway, his girlfriend—who was



Marty York & Lauren Maya



drunk and angry---struck him in the face with her high heel shoe multiple times accusing him of cheating, which led to him almost swerving into another car on the freeway. Fearing for his life, York struck her back. When they got home, she started yelling at the top of her lungs, cussing him out at 2 in the morning. The next-door neighbors heard the commotion and called the cops, but when they showed up, they deemed York as the aggressor, even though his then girlfriend told the cops how she was hitting him in the car.

After the arrest, York would make media headlines on numerous satire websites like TMZ for weeks to come and, at this point, he realized he did not want to leave this kind of legacy or life anymore. York decided to leave the “party friends and girlfriends” lifestyle and soon met a girl who would change his life for the better. He had never been a follower of God or even understood the Bible, but his new girlfriend would teach him, and they started attending church regularly together. York also regularly attends the gym 3-4 days a week eating healthier and training harder. In 2013, York celebrated the 20th anniversary of The Sandlot by traveling back to Glendale, Utah, where The Sandlot still exists, and where they aired the movie on the field with thousands of fans showing up. He also traveled to numerous baseball stadiums all over the U.S. In the same year, York made a resurgence in his career by shooting 3 national commercials including a Tecate beer commercial, a 7up commercial with Chelsea Handler, and an Old Spice commercial which he starred in (YouTube - Executive Spray

Tan Parties).

In 2017, York’s 26-year-old sister passed away from a long-time heroin addiction. He now speaks at sober living homes to help the youth overcome opioid addiction and show them the devastating effects it can have on families. York continues to act and model, and is an advocate of health and fitness. In 2018, York will be celebrating the 25th anniversary



Marty York

Actor

of The Sandlot and has signed with a promoter traveling to Comic Cons and sports memorabilia shows signing autographs across the USA.

Marty York is a living testament to the old saying, “Never give up” and “If you’re going through hell, keep going!” At 37 years old, he has lived a life well beyond his years, but he has stated the best is yet to come!

Gain Flexibility

with a **STRETCH PARTNER**

to Improve Posture, Minimize Injuries
& Improve Performance! by Natalie Lynn Lichtenbert

FitnessX Models: Natalie Lynn Lichtenbert & Nicole Moneer Guerrero

Photos by Alex and Carolina Gonzalez

Let's face it, every day we are getting older. And I don't know about you, but I want to be as dynamic as I was in my youth! Being flexible is something we don't even think about in our youth, yet hopefully are taught as we begin to learn dance, sports or just through our general PE classes growing up. And funny, as I have gotten older, I've begun stretching more. Ever notice that if you take a couple of days off you are tighter? Oh, that's no fun! And as we age, our flexibility seems to decrease even faster!

Being flexible helps us to keep proper posture, to have more movement and prevents injuries when we make sudden, quick movements. Less aches, less pains and the ability to just get going! Stretching with a partner can be more effective than doing it alone because allowing for deeper stretches with a deepening of kindred souls. It's a great way to start the day...together!

The following are 5 easy stretches that will help maintain flexibility in some of our most commonly abused areas...the groin, hip flexors, back and chest.



Butterfly leg together, hold hands and one pulls to stretch one person gently and then reverse the action.

One person lies down on their back while the other person lifts one leg up and presses gently on the leg to the outer side of hip. Hold stretch for 30 seconds.

BACK



Holding hands, step away from each other while still holding hands, bending towards one another as you stretch out your upper and lower back.

FULL BODY



Breathe in and welcome the day! Back-to-back, hold hands and lean bodies outwards getting in a full body stretch and breath!

CHEST



Sitting back to back, link your arms together. One person should lean forward while the other person stretches out their chest.

Stretching together warms up your body and awakens it to each new day. The health benefits are equal to if not more important than cardio and strength training. Stretching with your friend or partner is a great way to start the day, renewing friendship, happiness and emotional integrity. Stretch to be sprightly...for longevity! ✂



ABOUT THE AUTHOR: Born a dancer, Natalie Lynn Lichtenbert started her active career in ballet, tap, jazz, modern and hip hop dance styles. Also, being very active in sports, she participated in cheer, swimming and soccer. Natalie currently keeps up her health and mental attitude while being a nationally recognized model, personal training, working as a photographer, continuing her fitness career, acting and following her environmental endeavors. She holds a Bachelor of Science in Medical Technology with extended studies in Molecular Pathology. She currently resides in Chicago, Illinois. Photo Credit: Mike Williams.

Zercher Sandbag Good Mornings



The Zercher Good Mornings forces your arms to work harder just by holding the sandbag in place. This is a great hamstring, back and arm exercise.

Set Up: Start with very light weight and add additional weight gradually to allow adequate adaptation. Throughout the lift keep the back straight. Knees will have to bend more with those with less hamstring flexibility. Knees can be kept bent throughout movement.

Movement: Keeping back straight, bend hips to lower torso forward until parallel to floor. Bend knees slightly during descent. Raise your torso until hips are extended. Repeat.

BillyBow Photography
OmniSport: Fitness and Performance



Exercises by: Julie Lowery
 FitnessX Magazine
 Oct 2012 Cover Model

Makeup/Hair by: Hope Zarro
 Workout Gloves: G-Loves

Zercher Sandbag Squats



The *Zercher Sandbag Squat* is a great exercise for squatting mechanics, especially for beginners. It reinforces a hip dominant action (rather than knee dominant), and challenges both your posterior chain and core.

Set Up: The *Zercher Sandbag Squat* is performed by holding the sandbag horizontally between your forearms and biceps. Make sure your feet are about shoulder width apart with toes pointed forward.

Movement: Bringing the hips back, and make sure that you keep your chest out and squeeze your shoulder blades. Also, make sure to maintain an arch in your lower back throughout the lift. Drive the load up by squeezing the glutes and pressing through the heels.



BillyBow Photography
 OmniSport: Fitness and Performance

TRU NEWS

MISSION

TRUNews is the world's leading news source that reports, analyzes, and comments on global events and trends with a conservative, orthodox Christian worldview. Our vision is to build a global news network that provides a credible source for world news, events, and trends while giving respect and honor to Christians of all major denominations – Evangelical, Orthodox, Anglican, Catholic, and Protestant. We believe Christians need and deserve their own global news network to keep the worldwide Church informed, and to offer Christians a positive alternative to the anti-Christian bigotry of the mainstream news media.

www.trunews.com



TRUNews HISTORY

The ministry was launched by Rick Wiles in September 1998 in Dallas/Ft. Worth, TX. During the first nine months, Rick traveled across America speaking to audiences about the moral decline of the USA and its eventual consequences. In particular, he warned of an economic collapse and war on American soil

if the nation continued to rebel against God's commandments. He appeared as a guest on numerous radio and TV programs. A Dallas/Ft. Worth radio station suggested he start a radio program. The first broadcast was on May 24, 1999. The original name was America's Hope. The message was simple: Jesus Christ is America's only hope. As Rick honed his skills

as a "citizen reporter," the radio program quickly became known for its coverage of important news not heard on mainstream news channels – and for Rick's in-depth interviews of important newsmakers. The program was briefly titled American Freedom News. In time, it became obvious that Rick Wiles was the best source available for TrueNews.

The logo for TRU NEWS, with 'TRU' in white on a blue background and 'NEWS' in black on a white background.

The logo for PRAZOR, with 'PRAZOR' in white on a red-to-blue gradient background, and 'POWERED BY FLOWING STREAMS' in smaller white text below it.

PRAZOR is Christian Media Platform Featuring Music, Talk and Teaching. Just like Pandora, Prazor offers all the Christian Music for FREE.

PRAZOR launches with several stand-out features, including 50 specific genres of Christian music. Each of these music channels have been carefully curated for Christian content and musical style. Categories of music include Pop, Country, Urban, Rock, Inspirational and World formats. Within each category are multiple streams designed to meet the particular taste of any music fan, and is designed to be shared with family and friends. Launched in 2016 with the mission, PRAZOR is free to its users. Free to download, free to upload. For us this is a faith ministry. God raised this project up by faith, and He will sustain it by faith. PRAZOR is a gift from God to the Body of Christ." www.prazor.com

RICK WILES

Like David vs. Goliath, Rick Wiles is a citizen reporter who decided to take on the Big News Media. Starting with a \$7,500 donation in May 1999 to launch the first radio program, Rick's faith in God and steadfast determination has overseen the growth and development of Trunews into an internationally recognized source of credible news and information in a world where nothing seems to make sense anymore. Rick's professional career was in media marketing and advertising sales. Throughout his early years, God's hand silently guided him to be employed in the latest new media. While in his early 20's, Rick's first media job was with a new FM radio station in the days when AM was still king.

In 1980, he blazed a path as a pioneer in local cable television advertising when CNN and ESPN were new start-up channels on cable TV. As a sales manager, he launched one of the first cable advertising interconnects in the nation. He was hired in 1984 by the Christian Broadcasting Network as the first National Cable Marketing Manager for the new CBN Cable Network which later became the Family Channel. In 1995, Paul F. Crouch hired Rick as the Marketing Director for Trinity Broadcasting Network where Rick repositioned the TBN brand inside the cable industry – and played an important role in negotiating the early contracts to launch TBN on DirecTV, DISH, and the former PrimeStar DBS systems. Rick resigned from TBN in September 1998 after receiving a dramatic call from God to fulltime ministry.

DOWNLOAD the TRUNews MOBILE APP on Apple and Google Play!

On Sunday evening, October 16th, Pastor Rick Wiles delivered a compelling and challenging message to congregants of Flowing Streams Church in Vero Beach, Florida. In the message entitled "America in the Valley of Decision", Pastor Wiles outlines the how our nation finds itself in the choice between two ideals: to follow after God, or to deny God and face His righteous judgement.

Using references from the Old Testament prophets to the Book of Revelation, Pastor Wiles details the cyclical nature of history, and the consistent nature of man in finding itself time after time after time in pursuit of God, and then in rebellion to Him. Has America received its final warning to repent and turn back to him? Or will God allow an invasion from a foreign power like Russia in order to bring about a change in it's hardened heart?

<https://www.trunews.com/article/rick-wiles-america-in-the-valley-of-deciOur>

TRUNews Beliefs

GOD

We believe in one God, existing eternally as Father, Son, and Holy Spirit; the Creator of heaven and earth.

BIBLE

We believe the Holy Bible is the inspired Word of God, inerrant and complete.

DOCTRINE

We believe in the Apostles' Doctrine, the faith which was once delivered unto the Saints. It is the ancient doctrine believed everywhere, always, by everyone in the Early Church. We confess three creeds: Apostles' Creed, Nicene Creed, and Athanasian Creed.

JESUS CHRIST

We believe that Jesus Christ is the only begotten Son of God; that He came to earth as God in human flesh; and that He is the only way to God the Father. We believe that all people who repent of their sins against God and believe on the name of Jesus Christ as Savior shall be saved for eternity.

HOLY SPIRIT

We believe that all Believers in Jesus Christ shall receive the indwelling Holy Spirit. The Holy Spirit convicts of sin, empowers for service, comforts and consoles, leads in truth, guides through wisdom, reveals things to come, and imparts spiritual gifts as He chooses for the glory of God, the edification of Believers, and as a testimony to the unsaved.

CHURCH

We believe that every Believer in Jesus Christ – all nationalities, races, ethnic groups, and Christian religious denominations – are members of the Body of Jesus Christ, the one, holy, universal, and apostolic Church.

SACRAMENTS

We believe Holy Communion (also known as the Thanksgiving Feast and the Eucharist) and Water Baptism are the two sacraments Jesus Christ divinely instituted in His Church.

MATRIMONY

We believe that God established marriage as a divine institution, and is a holy covenant between God and one man and one woman.

TIGHTEN & SCULPT THE GLUTES

Photos by BillyBow Photography

Dumbbell Squat



Step 1

Hold one dumbbell in each hand. Stand with your feet approximately shoulder-width apart with your toes angled slightly outward. Space your feet out a little wider, if it feels more comfortable.

Step 2

Keep your chest and torso upright and facing straight ahead, as you push your hips backward and lower your body, until your knees form a 90-degree angle.

Step 3

Push through your heels and return to the standing position, keeping your knees slightly bent at the top of the movement, refraining from locking, or fully straightening your knees.

Perform 12-15 repetitions of this exercise. If the last 3 to 4 repetitions are very difficult to perform, you know that you are working your leg muscles. Once you get to the level where this exercise is not challenging, increase the weight of the dumbbells you are using.





Better with Age

with Dr. Stacey Naito

"What's Stopping You?"

The focus of this column is on common physical and mental roadblocks which prevent some people from reaching their fitness goals.

Hi Dr. Naito,

I am a 32-year old mother of two small children and I also work full time. Before I had my kids, I used to have plenty of time to go to the gym, but now it seems impossible to find the time to exercise at all. I also can't seem to follow a healthy eating plan when my kids are begging for things like macaroni & cheese and tater tots! Do you have any advice on how someone like me can get fit (I have about 20 pounds I want to lose)?

Thank you,

Melissa R.

Hi Melissa:

Thank you so much for contacting me! I can only imagine how busy you must be with raising two small children and working a full time job. The pace of today's society is incredibly hectic, but here's the irony: healthy habits and routines enable us to function more efficiently, so we end up getting more out of our day to day lives simply by adopting those habits.

The fact of the matter is that even though you now have children, you can and should make the time for regular exercise. You don't need to eat the same foods your children eat either. There are plenty of healthy meals and snacks which you can prepare for yourself and enjoy while the kids are indulging in their favorite foods.

I know it can be easy to make rationalizations like, "I'm too tired to exercise tonight", or, "a couple of quick meals through Taco Bell isn't really going to throw me off my diet", because such rationalizations usually develop into regular patterns which sabotage your fitness efforts. By making excuses, you throw roadblocks in your own way and keep yourself in a rut. Once you have developed a routine, even if it is unhealthy, it becomes predictable, comfortable, and difficult to change. The prob-

lem is that unhealthy habits have a negative impact on your health and well-being.

Here are some tips for you to follow to put you on a path to success:

- Remember your GOALS – Write down specific goals so that you have a blueprint of how you will achieve success, and make sure to review those goals regularly to make sure that you stay on track. You can post your goals onto your refrigerator door so that you have a constant reminder of what you want to accomplish.
- Have a VISION – I love vision boards and motivating images, because they provide tangible visual goals. There may be a certain celebrity who has the type of body you long for, or you may have an image from your own younger, slimmer days when you felt great about yourself. If so, put images which inspire you to forge ahead on your bathroom mirror or refrigerator door to motivate you.
- Make food your ALLY – Since we both know that fast foods will be tempting for you, avoid visiting restaurants which serve that type of food. Pack your food for work instead of buying something at the food court or vending machine. Remove tempting foods from your

kitchen, and replace them with healthy foods.

- Encourage your children to eat nutritious foods with you. If you have to serve macaroni and cheese and tater tots, try to limit those foods to 1-2 times per week, not only for your health and sanity, but for their health as well.
- Have a SUPERMAN BAG – If you pack what I like to call a Superman (or Superwoman) bag with gym essentials (sport bra, leggings, socks, shoes, gloves, towel, water bottle) and keep it in the trunk of your car, you can hit the gym either during your lunch break or on the way home from work. Take the energy you would put into making excuses and just go to the gym! Also be sure to schedule your workouts into your daily regimen so that they take priority in your life.
- Build a SUPPORT NETWORK – Chances are that you have people around you (spouse, family members, coworkers) who completely believe in you and want to see you succeed. Let them know that you have fitness goals, and ask them to encourage and motivate you.

If you make an investment in yourself by being consistent with your exercise and meal habits, you will be rewarded with greater balance in your life and better health. Don't you deserve that?

LOSE FAT NOW! ASK ME HOW!

by SJ McShane

Before you go on, you should have a simple understanding of the process your body goes through when dropping the pounds. Fat (along with protein and carbohydrates) is stored energy, plain and simple. Calories are the unit that is used to measure the potential energy in fats, carbs, and proteins. Your body will convert fat to usable energy through a series of chemical processes, and any excess energy (calories) that you don't need will be stored away. To lose weight (fat), you must expend more energy (or calories) than you take in.

When you are using more than you are taking in, your body draws on stored fat to convert it to energy, which makes the fat cells shrink. It doesn't disappear; it simply changes form, like water to steam. While this is the basic process, you also have to take into account genetic and environmental factors. How well the above process takes place does vary from person to person.



1 Get Lean without the Bulk

The misconception that if women and men strength train, they will look “manly” is false. The vast majority of women cannot build big muscles because of their genetic makeup. It’s highly unlikely to convert fat into muscle, or muscle into fat, as each cell is unique from the other. Women have 10 to 30 times less of the hormones their male counterparts possess that cause muscle hypertrophy (growth). Added muscle tissue boosts the metabolism to give you the toned look women desire.

2 Gain Strength

You will be far less dependent upon others for assistance in your daily life by increasing your strength. Simple tasks like lifting your child, carrying groceries, and even cleaning your home become much easier. Research studies conclude that even moderate weight training can increase a woman’s strength by 30 to 50 percent. Research also shows that women can develop their strength at the same rate as men. You will also avoid injury as your maximum strength is increased, while daily tasks and routine exercise will be far less likely to cause injury.

3 Fat Loss

Resistance training increases lean muscle tissue. The more lean muscle you have, the higher your metabolism will be. It takes more energy (calories) for our bodies to harbor muscle versus fat. The increase in resting metabolism, created by resistance training, causes our bodies to burn calories at rest, not just during a workout session. For women and men of middle age, this is particularly important. Strength training can help avoid that predictable metabolic sluggishness that often occurs at that stage in life. The same goes for “yo-yo” dieters whose metabolism have suffered due to lack of proper caloric intake. Thus, the true secret to keeping extra unwanted pounds off is not to eat less, but to add in resistance training.

4 Significant Athletic Performance

Gaining strength through resistance training not only helps one to lift more actual weight, it helps even the top athletes to perform their specific sport more efficiently. Studies show that golfers can significantly increase their driving power, cyclists are able to continue for longer periods of time with less fatigue, and skiers have improved techniques and reduced injuries.

5 Gym Membership Not Required

All you need is a set of dumbbells and you can train in your home or outdoors. You don’t have to be at the gym to experience a burn. This is convenient for new mothers and for some who want to be in their own space as they train.

6 Boost Positive Attitude & Fight Depression

When training hard, our bodies release the “feel good” hormones by the name of endorphins. This is also known as a “natural high”. A Harvard study found that 10 weeks of strength training reduced clinical depression symptoms more successfully than standard counseling did. Women and men who strength train commonly report feeling more confident and capable as a result of their program, all important factors in fighting depression.

7 Reduce Risk of Diabetes

Sadly, this is a disease that is spreading like wildfire. Fortunately, resistance training can add some preventive protection. When studies were conducted on this topic, results showed that resistance training may improve the way the body processes sugar, which may reduce the risk of diabetes. Adult-onset diabetes is a growing problem for women and men. Research indicates that weight training can increase glucose utilization in the body by 23 percent in four months.

8 Reduce Risk of Heart Disease

The number one killer of women and men is heart disease. Strengthening your heart will help fight against future heart complications. Studies show that weight training can improve cardiovascular health in several ways, including lowering LDL (“bad”) cholesterol, increasing HDL (“good”) cholesterol and lowering blood pressure. When cardiovascular exercise is added, these benefits are maximized.

9 Decreased Risk for Osteoporosis

As we age, we experience bone loss. Lifting heavy weights over time not only maintains bone mass, but can even build new bone, especially in the high-risk group of post-menopausal women. Research has found that weight training can increase spinal bone mineral density (and enhance bone modeling) by 13 percent in six months. Of course, you will need proper calcium intake as well.

10 Protection for Joint & Ligament Injuries

Increasing our strength isn’t the only thing that gets stronger as you resistance train, your ligaments and connective tissue is also strengthened. You will experience increased joint stability that acts as an enforcement for the joints to help prevent injury as we age.

11 You will Look and Feel Younger

As we age, our skin tends to sag and droop. Resistance training not only will firm up your muscles but, your skin as well. Lifting weights is a great way to tighten and tone our bodies overall, and help guide us into aging more gracefully. The feeling of more energy, more strength and a fit physique also contributes to feeling younger.

12 It’s Not Too Late, You’re not Too Old

Whether you start training in your 20’s or even in your 80’s, your body will still reap the same wonderful benefits of resistance training. The only difference will be weight amount and intensity. It’s been shown that women and men in their 70’s and 80’s have built up significant strength through weight training, and studies now show that strength improvements are possible at any age. Women’s and men’s bodies have shown to improve internally and externally at any age.

To ORDER your FAT BURNING PACKAGE or have a QUESTION, Email getfitnow@fitnessX.com



4 EASY WAYS TO START YOUR VEGAN LIFESTYLE

Abstract *The experiences Vilma shares in this article will help you transition easily into a Vegan lifestyle. Sometimes, starting a vegan lifestyle can be a challenge. By sharing her experiences and providing the following 4 tips, this transitional mountain will seem easy.*

- 1. What is Your Reason?*
- 2. How does your life change?*
- 3. Why is it important to be informed?*
- 4. Research will make the transition easier!*

Sometimes starting a vegan lifestyle can be a challenge to yourself and possibly to people around you. My name is Vilma, and I would love to share my personal experience and advice on how to start a vegan lifestyle and tips to make it easier.

1 What is Your Reason?

I personally was very serious about my decision to run a vegan lifestyle. Why? I had clear, conscious reasons why I wanted to live as a vegan, and those reasons really mean a lot to me. So, the main reason why I wanted to start a vegan lifestyle was ethical – the value of life. If you want to be a vegan just because one of your friends or role model is, that will not help you. Well, theoretically, you could be a vegan in the beginning, but it may not last very long. To make a decision, you must have a strong motivation.

2 How Does Your Life Change?

Once you have decided to start a vegan lifestyle, it's time to prepare yourself for some major changes.

This step includes more changes mentally and being emotionally ready. To be honest, it wasn't difficult for me to start a vegan lifestyle, but just because I was a vegetarian beforehand, and I already rejected many animal ingredients like leather shoes or handbags, fur coats and many other products that are made from animals. It's very important to understand that the vegan lifestyle is not about eating vegetables all day. A vegan lifestyle is a philosophy of life, which cares about lives and the environment, and are full of love. So, it's not only about nutrition, it includes what you wear, what you buy and even where you go.

3 Why Is It Important To Be Informed?

When you decide to be a vegan, don't let anyone judge or criticize

you. Remember: your life, your rules. But, if you go to visit your friends or celebrate holidays, inform others about your new life changes or bring food for yourself. In this way, you will avoid any misunderstandings and you will not feel hungry. But don't forget, that you don't have to convince others to be a vegan, just share your favorite vegan meal with them!

4 Research Will Make The Transition Easier!

As I mentioned earlier, to be a vegan means to be a vegan in all situations of your life. I would like to share a few useful tips on how to make your transition to the vegan lifestyle easier:

- Do your research on how to eat a healthy and balanced plant-based diet. Of course, the best idea would be to visit a professional nutritionist, but these days the internet is full of credible information.
- Read labels. If you buy a new blouse or shoes, make sure it is not derived from an animal like silk, wool, or leather.
- Before going out, research vegan-friendly restaurants and grocery stores in your area. It will make your shopping trips a lot easier and will let you avoid any stress.
- Read more vegan books, visit vegan meetings, be active in vegan forums and meet other people who share the same lifestyle. They can help you to stay motivated and confident in your journey.



About the Author

I am Vilma Vaskeviciute. I was born in Lithuania, and now I am based in Greece. I studied at a university in the United Kingdom, and at the moment, I run my own vegan business. My favorite hobbies are traveling and dancing.

Website: www.trustedclothes.com/blog

BREAKFAST



NUTRITION INFORMATION

Serves: 6

Serving Size: 2 egg cups

Per serving: Calories: 137;

Total Fat: 8g; **Saturated Fat:** 3g;

Monounsaturated Fat: 0g;

Cholesterol: 192mg; **Sodium:** 411mg;

Carbohydrate: 5g; **Dietary Fiber:** 1g;

Sugar: 3g; **Protein:** 12g

Baked Veggie Egg Bites

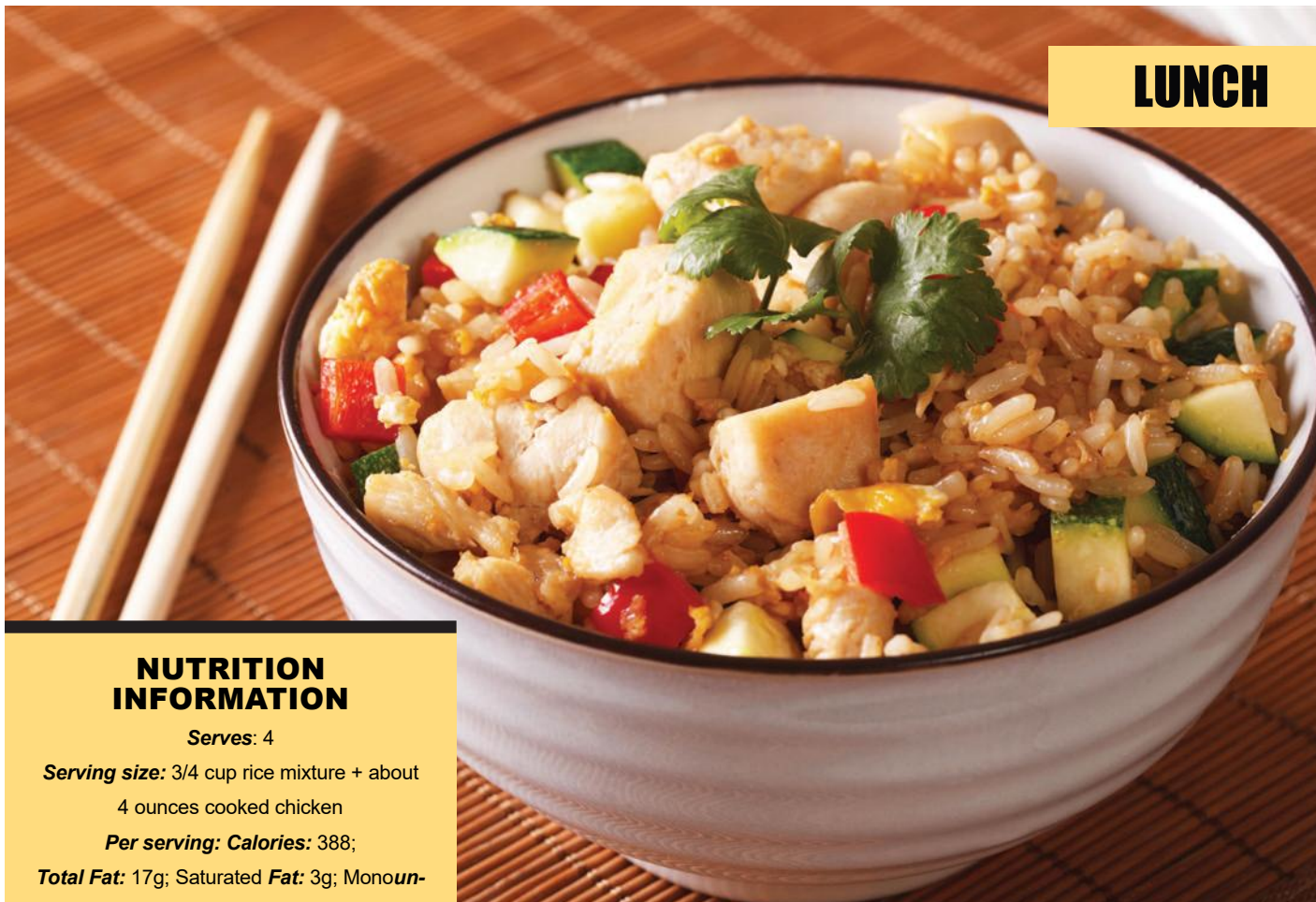
INGREDIENTS

- 6 large eggs
- 1 cup egg whites (or another 6 eggs)
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1 tsp coconut oil
- 1/2 oranger bell pepper, chopped
- 1/2 cup chopped yellow onion
- 1 cup chopped broccoli
- 1 cup sliced mushrooms
- 1/3 cup crumbled feta cheese
- 2 tbsp chopped fresh flat-leaf parsley

DIRECTIONS

- 1) Preheat oven to 375°F.
- 2) Coat 12-cup muffin pan with cooking spray, or line with silicone baking cups. (I coated the silicone baking cups with spray.)
- 3) Whisk eggs and egg whites in a large bowl. Season with salt and pepper.
- 4) Heat a skillet over medium with oil. Add chopped veggies. Cook 5–6 minutes, until they're a little soft and the onions are fragrant.
- 5) Add veggies to eggs. Add in feta and parsley, and mix well.
- 6) Use a measuring cup to pour egg mixture evenly into muffin cups, about 1/3 cup each. Bake for 17–20 minutes, or until the egg cups are no longer jiggly and a toothpick inserted in the center comes out clean. Allow cups to cool before refrigerating, or enjoy immediately.

LUNCH



NUTRITION INFORMATION

Serves: 4

Serving size: 3/4 cup rice mixture + about 4 ounces cooked chicken

Per serving: Calories: 388;

Total Fat: 17g; **Saturated Fat:** 3g; **Monounsaturated Fat:** 8g;

Cholesterol: 79mg; **Sodium:** 363mg;

Carbohydrate: 28g; **Dietary Fiber:** 3g;

Sugar: 9g; **Protein:** 30g

Chicken & Rice Bowl

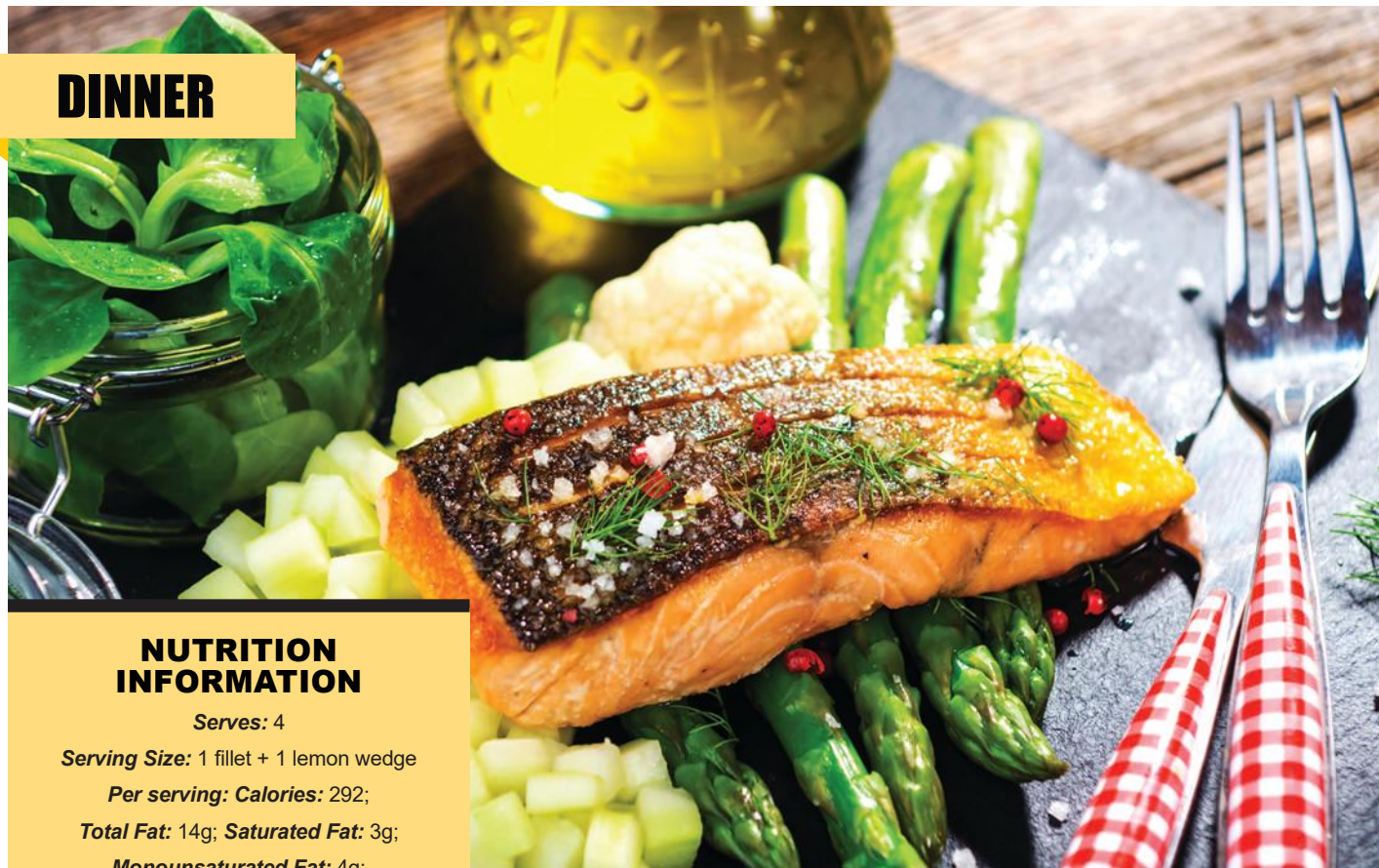
DIRECTIONS

- 1) Cook brown rice according to package directions.
- 2) To grill chicken, preheat grill to high. Place chicken breasts between two pieces of wax paper and, using a meat mallet, pound to 1/2-inch thickness.
- 3) Season chicken breasts with salt and pepper, and lightly rub with 2 tea spoons olive oil. To prevent sticking, lightly oil the grill grate before adding chicken. Cook chicken until firm to the touch, about 2-3 minutes per side. (Alternatively, you may bake or cook chicken in a skillet on the stovetop until firm and opaque throughout.)
- 4) In a large bowl, whisk together remaining 2 tablespoons olive oil, honey, lemon juice and Dijon mustard. Add cucumber, red bell peppers, onion, cilantro, and brown rice; toss to coat. Divide rice mixture into 4 servings (about 3/4 cups rice mixture). Top each with about 4 ounces grilled chicken. Leftovers will keep in the refrigerator for up to 5 days.

INGREDIENTS

- 24 oz uncooked, boneless, skinless chicken breast
- 1/2 cup uncooked brown rice (certified gluten free if necessary)
- Dash sea salt
- Dash pepper
- 2 tsp + 2 tbsp olive oil, divided
- 3 tbsp lemon juice (about 1 medium lemon)
- 1 tsp dijon mustard
- 3/4 cup chopped cucumber (1 medium cucumber)
- 3/4 cup diced red bell pepper (1 large red bell pepper)
- 1/2 cup diced onion (about 1/2 small onion)
- 1/4 cup chopped cilantro

DINNER



NUTRITION INFORMATION

Serves: 4

Serving Size: 1 fillet + 1 lemon wedge

Per serving: Calories: 292;

Total Fat: 14g; Saturated Fat: 3g;

Monounsaturated Fat: 4g;

Cholesterol: 94mg; Sodium: 311mg;

Carbohydrate: 4.3g; Dietary Fiber: 1.5g;

Sugar: 0g; Protein: 35g

Baked Salmon & Asparagus

SALMON INGREDIENTS

- 4 (6-ounce) salmon fillets (about 1 inch thick)
- Cooking spray
- 1 1/2 tablespoons finely chopped fresh dill
- 1/2 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper

DIRECTIONS

- 1) Preheat oven to 350°F.
- 2) Place fish on a baking sheet lightly coated with cooking spray; lightly coat fish with cooking spray. Sprinkle fish with dill, salt, and pepper.
- 3) Bake at 350°F for 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

ASPARAGUS INGREDIENTS

- 15 small asparagus spears, trimmed
- 1 tbsp olive oil
- 1/2 tsp black or seasoned pepper
- 1/8 tsp sea salt
- 1/2 tsp thyme

DIRECTIONS

- 1) Wash and trim asparagus and place in 8x8 glass baking dish.
- 2) Drizzle with olive oil, sprinkle with spices and roll in dish to coat.
- 3) Bake in preheated 425-degree oven for 15 minutes or until tender crispiness.

**NUTRITION
INFORMATION**

Serves: 1

Per serving: **Calories:** 200;

Total Fat: 4g; **Saturated Fat:** 0g;

Trans Fat: 0g; **Cholesterol:** 0mg;

Sodium: 435mg;

Carbohydrate: 18g; **Dietary Fiber:** 3g;

Sugar: 10g; **Protein:** 24g

DESSERT

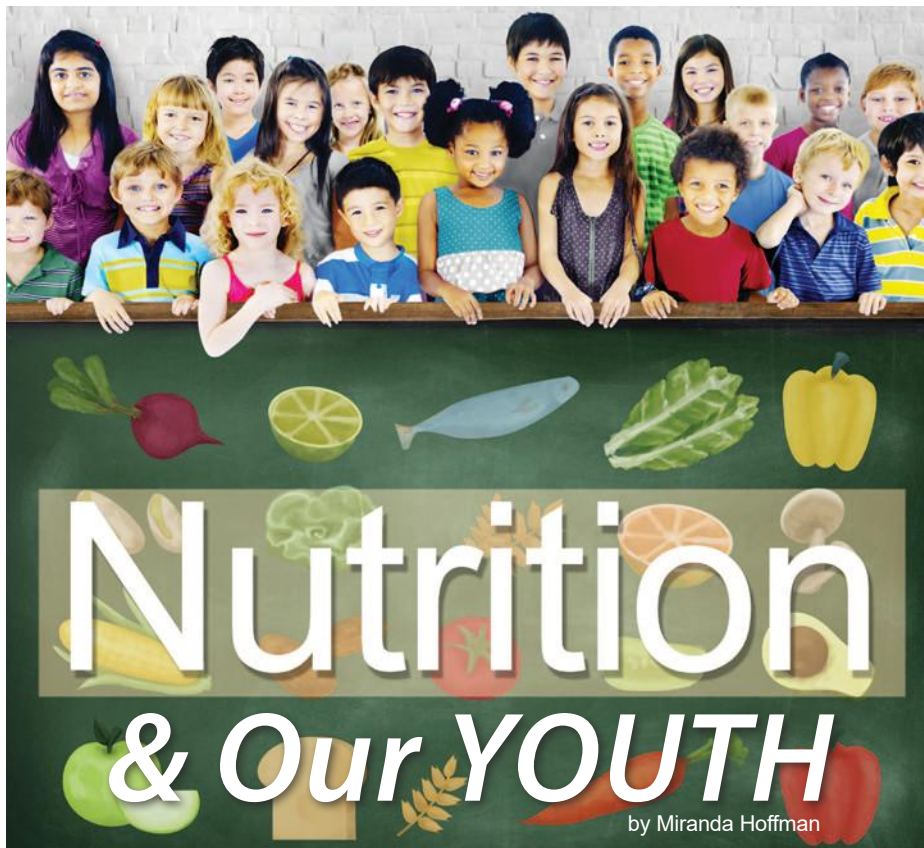
Mint Chocolate Chip Shake

INGREDIENTS

- 8 oz water
- 6 ice cubes
- 2 scoops Herbalife Mint Chocolate Chip Formula 1 Nutritional Shake Mix
- 2 scoops Herbalife Vanilla Protein Drink Mix

DIRECTIONS

- 1) Fill blender with 8 ounces of water and 6 ice cubes.
- 2) Blend the water and ice until it is a slushy consistency.
- 3) Take 2 scoops of Herbalife Mint Chocolate Chip Formula 1 Nutritional Shake Mix and 2 scoops of Herbalife Vanilla Protein Drink Mix and place it in the blender.
- 4) Blend for about 20 seconds, pour into chilled glass and enjoy this delicious, healthy shake!



While many kids ARE active, they should still be eating healthy food that fuel their bodies and their activities properly. Unfortunately, many parents believe that letting their kids play the Wii instead of outside or imaginative play is enough activity. It isn't. Kids need to run around, learn to be active, stay healthy, AND eat healthy. So, feeding them junk food, because you think they will just burn it off doesn't work. Even if they are truly active, their bodies need nutrients to keep them healthy, boost their immune system, and keep their blood sugar levels even and their brains happy, which (yes!) helps them to behave better! Thinking that they should "enjoy" junk food now, while they can, is a "lose-lose" situation as well. First, their bodies will start to become unhealthy, possibly creating problems such as childhood obesity, diabetes, breathing problems, and even cancer. If they do not develop these problems early in life, and if their lifestyle habit (that you are creating) do not change, they will more likely to develop them later in

life. Also, by giving children too much junk food, you are setting them up for failure when it comes to making good choices as an adult. I always say, "The earlier you learn how to lead a healthy lifestyle, the easier it will be to stick with it the rest of your life because it is a GOOD HABIT."

Unhealthy habits are hard to fix, good habits are easy to keep. So, teach them how to live life the way they should their WHOLE life. An occasional sugary treat is okay, just like it is for the average person. Just choose those treats wisely, make them TREATS, not part of your everyday meal plan, and watch and feel you and your family become healthier. It will be hard to change any unhealthy habits you have already created, but in time you will look back and say, "How could I have eaten that stuff back then?" What used to be a snack of a sleeve of Oreos will eventually become one Oreo and then you're done. Or even better, you'll pick a treat that is made with real food, like a small scoop of homemade ice cream

Many of us constantly worry about what we eat, what we should and shouldn't eat, and what kind of foods might help us lose weight faster. How often do we worry about the food we feed our children, though? Most of us think that kids are so active that they will burn off the foods we give them, so it's okay to feed them junk. Others feel that they are kids and should enjoy the junk while they can. The list goes on, but the fact remains that these ideas are horribly incorrect and are affecting the health of our youth. For instance, when you build a home you make sure the foundation is strong or your home will not stand. The same is for your children. Their adult health is based on their childhood foundation.

and fresh fruit. You'll find that you will start to crave REAL food and so will your kids. Anything less will just make you sick. What you feed them today will determine not only their future health, but their taste buds, desires, and habits with food. What do you crave? Sweets? Salty snacks? Probably whatever your parents gave you the most. Help them to acquire a taste for real food by offering them a variety based on clean eating, including food from other parts of the world. Get inventive, have fun, and be creative with your kids and the food you eat. Those are the things you want them to carry on throughout their adulthood and to your grandchildren.

Bottom line, everyone creates their own lifestyle habits. Whether good or bad, any change is hard. Make things easier for your children and get them on a path to leading a healthy lifestyle now. It will stick with them forever and they'll thank you for it every time they get their annual health checkup and a positive report from their doctor.

Bam! That's how you should feel after your workout each time. But is it happening? Feeling sluggish? It's all about finding the best ways to boost your metabolism to get that fire inside rollin'! True, everyone is different and what works for one will not work for all, but I have found some tried and tested methods that I not only use with myself when I need it, but also with the clients I train.

Kick it Up with Cardio!

One of my favorite ways to really jumpstart my routine when my lifting gets stale, is to throw in some cardio between sets. I do this no matter which body part I may be lifting that day. For example, while working legs, I may do a set of step ups, then deadlifts, followed by two minutes of a quick elliptical session. After the two minutes, I repeat three more times before

moving on to two new leg exercises. It does get you jumping!

Fire Power Foods!

Scientists have said, "Fat Burns in the Flame of Carbohydrate". Yup! Carbohydrates are absolutely needed to get the metabolism breakdown of fat started. Carbohydrate breakdown in your body creates a key component that is necessary to start the breakdown of fat. Not eating enough carbs? Fat breakdown is halted and stored in your body instead. So, watch those carbs, but be sure to get enough so that your body functions properly! Too much protein, often eaten by bodybuilders, is also a surefire way to slow your system down. Your body can only process so much, so if excess is eaten, it will be stored as fat! Eating more protein does not absolutely mean more muscle! There's certain foods that have been touted to accelerate your metabolism...there's actually a good list on those! However, my favorites are water, ginger and green tea. So be sure to get your fill of these!

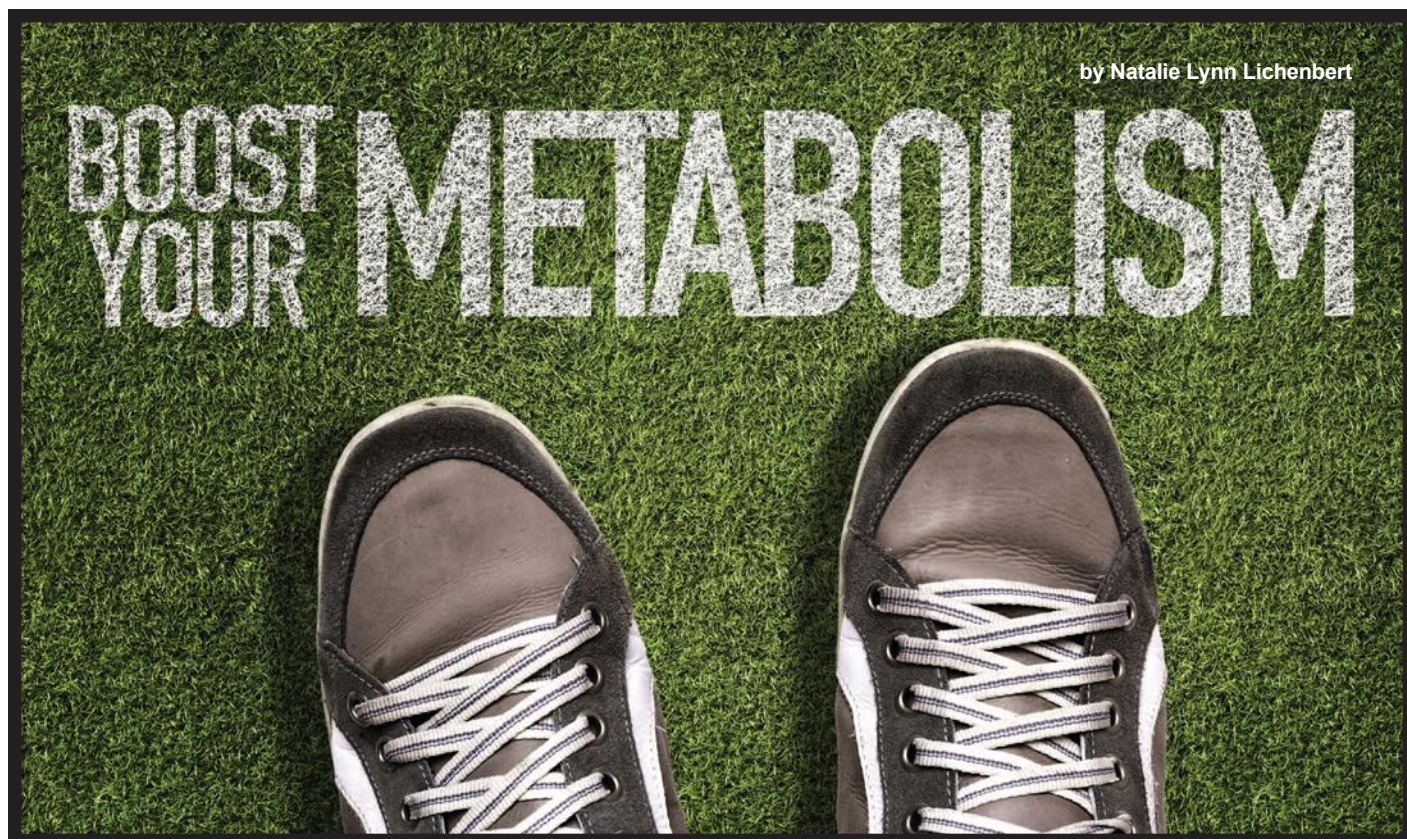
Build Up Your Internal Boost Power!

Yes, yes, yes! The more muscles you have, the more calories your body will burn each day, even while at rest! Muscles just in general consume more energy than fat, so the more you have, the more you burn.

Filling Your Life with Fantastic Friends!

A tried and true method of boosting your metabolism is to meet up with a friend and workout together. Challenging each other is a fun way to try a new workout, do more reps or to lift heavier weights! Sharing similar interests and goals is a great way to not only spend time together but to grow together. It's true. We all need a little kick sometimes to get ourselves going again. After all, no one can go 24/7, 365 days a year. A little burnout, boredom and just plain laziness can get to us all!

Take these simple suggestions to get yourself out of that rut...and into a fabulous new you!





Let's Talk!

Let's talk about the four pillars of the fitness lifestyle: nutrition, exercise, supplementation and spiritual wellness. The new year is upon us and many of us may have fallen short this year. The holidays did us under. You may have heard the saying __“The mind is willing, but the flesh is weak.” I have to say, I'm guilty too of this. Yes, the publisher of FitnessX Magazine does struggle, just like you! I had more cheat meals and should have spent more time in the gym.

Nutrition leads to good health. Whatever nutritional lifestyle you live by must be evaluated. What you put in your mouth is very important. It could be a matter of life or death. You need to buy good healthy food. When you shop, be sure to look carefully at the labels. Buy organic meats, vegetables, fruits, and both simple and complex carbohydrates. My wife, Katherine, and I like to shop at Trader Joe's and Whole Foods. We need to take the time to look at our nutrition, as it contributes to our overall health.

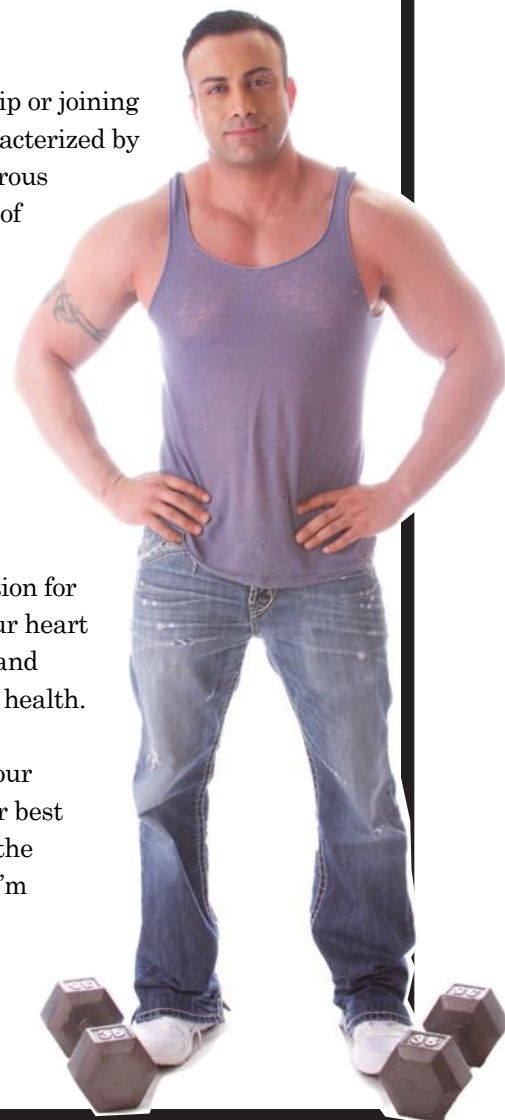
Exercise leads to a fit, healthy body. That means getting a gym membership or joining an exercise group. You need vigorous exercise. The word “vigorous” is characterized by involving physical strength, effort, and energy. Strength training and vigorous aerobic exercise is essential to be in good overall shape. Get into a routine of going to the gym and have a challenging workout.

Supplementation fills in the gaps. Supplements complete the deficiency by extending and strengthening the whole nutritional intake. It assists where your nutritional intake lacks. So, what supplements should your intake? Take a multivitamin three times a day, probiotics that fortifies digestive health, and a plant-based protein powder to supplement your caloric diet. Supplementation will help with a caloric deficiency.

Spiritual wellness fulfills the trinity: nutrition, exercise and supplementation for good health. True wellness leads to “Loving the Lord your God with all your heart and with all your soul, and with all your strength and with all your mind and loving your neighbor as yourself.” - __Luke 10:27. This is the true spiritual health.

I recommend having mentors in your life __ People who will help us with our health and fitness goals. It's all up to you to make them happen, so do your best in 2018. Effort is EVERYTHING! You get what you put forth in life. Take the ultimate challenge in 2018 and enjoy the outcome. You'll be glad you did. I'm praying and cheering you on to victory!

Inspiring YOU to Live Well...Naturally,
BillyBow Aguirre, Publisher of FitnessX Magazine



Marty York

Marty's favorite strength training exercises are:

Bench Press, Lat Pull downs, Incline Smith Machine Press



I met Marty York at a red carpet for “A Pink Christmas Celeb Benefit” at the St. Felix on December 8, 2011, in Hollywood, California. We met at the backstage party. Marty asked if I was a millionaire who could put him in a new movie. It was very flattering that he thought I was someone in entertainment industry. At that time, I was working on *FitnessX Magazine*. Now, Marty and I are working together after seven years. Marty York is now the 2018 *FitnessX Magazine* cover model. He lives and breathes the healthy lifestyle and is in the best shape of his life!

In 2013, York celebrated the 20th

anniversary of *The Sandlot* by traveling back to Glendale, Utah, where *The Sandlot* still exists and where they aired the movie on the field with thousands of fans showing up. He also traveled to numerous baseball stadiums all over the U.S. In the same year, York made a resurgence in his career by shooting 3 national commercials for Tecate, 7up with Chelsea Handler, and Old Spice in which he starred in (Youtube- Executive Spray Tan Parties).

In 2017, York's 26-year-old sister passed away from a long-time heroin addiction. He now speaks at sober living homes to help the youth

overcome opioid addiction and show them the devastating effects it can have on families. York continues to act and model, and is an avid advocate of health and fitness. In 2018, York will be celebrating the 25th anniversary of *The Sandlot* and has signed with a promoter traveling to Comic Cons and sports memorabilia shows signing autographs across the USA.

Marty York is a living testament to the old saying, “Never give up” and “If you're going through hell, keep going!” At 37 years old, he has lived a life well beyond his years, but he has stated, “The best is yet to come!”



Billy Bow

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Delicious, instant and low-calorie.



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Key Benefits

A healthy meal with up to 20 vitamins, minerals and essential nutrients.

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