

FITNESS

June/Dec 2016

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FIT
Now!**

Time to
BOOST
Your
METABOLISM!

**Nutrition &
Our Youth**

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ARMED!
Fight
FLAB
with **2** Moves!

Just what the
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Herbalife 24
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Nutrition
Empowering
Athletes
24-hours a day!



Herbalife24 is the first comprehensive performance nutrition line empowering athletes 24-hours a day.

Herbalife24 research is based on the latest proven science and formulated by Herbalife scientists, some of whom are elite athletes in their own right and experts in nutrition. We know that being an athlete is a lifestyle, and understand the needs of a 24-hour athlete.

As science evolves, so will Herbalife24. We are committed to delivering dynamic solutions with comprehensive 24-hour nutritional support for athletes.

Herbalife24 products serve a nutritional purpose and contain all-natural colors, flavors and sweeteners. And since this 24-hour performance nutrition line was developed with the professional athlete in mind, every product is third-party tested for banned substances.

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 the 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.



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 three times a week, lose five pounds with 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 successes until it's hard to believe you had trouble finding that motivation before.

2) Write It Down

A 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!



June/Dec 2016

Cover Story - page 18

Cover Models:

Sandra Gonzalez & Felipe Moreira

Cover Photographer:

B-House Jonelit

Healthy Recipes

34 Baked Veggie Egg Bites

35 Chicken & Rice Bowl

36 Baked Salmon & Asparagus

37 Mint Chocolate Chip Shake



Good Health

6 Nutrition & Fitness Tips from Hollywood Personalities

13 Better with Age with Dr. Stacey Naito

16 The Adverse Effects of Overeating Nuts

17 Salmon: Just What the Doctor Ordered

27 Pumping Iron: With Your Muscles and Your Heart

33 Boost Your Metabolism

38 Nutrition & Our Youth

Training

8 The Lebert Equalizers™ Back to Basics Workout

14 Top Training Gadgets

24 2 Moves to Tighten and Sculpt the Abs & Glutes

30 The Top 12 Reasons Women Should Strength Train

32 Fight the Flab! Get Real Results with These Arm Moves!

39 Extended Rest Between Weightlifting Sets Could Help Muscle Growth



Inspiration

23 Gariela Serrano: "The Overcomer"



FITNESS

HEALTH - FITNESS - WELLNESS
Magazine

June/Dec 2016

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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.

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FITNESS
Apparel Store



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.

Nutrition & Fitness Tips

from Hollywood Personalities



Kenyon Glover Actor, Producer & Stuntman

You can gain less weight from a serving of pasta simply by putting it in the fridge. The drop in temperature changes the nature of the noodles into something called “resistant starch,” meaning your body has to work harder to digest it. Cold pasta is closer in structure to natural resistant starches like lentils, peas, beans, and oatmeal, which pass through the small intestine intact and are digested in the large intestine, where—well, it gets kinda gross from there on out. A study in the journal *Nutrition & Metabolism* found that adding resistant starch to a meal may also promote fat oxidation. Suffice it say, colder noodles=hotter you. But you’ve got to eat it cold: Once you heat the pasta up again, you destroy the resistant starch.

I stay fit basically by eating the right foods, and exercising 3-4 days a week. But it’s important to work out the right way with the proper technique. It’s also good to have that accountability person to hold you accountable to make sure that you are keeping on track and doing what you are supposed to be doing. Whether it’s a personal trainer, fitness coach, family member, best friend or what have you. And the most important thing is to STAY CONSISTENT.

Kenyon Glover IMDb: http://www.imdb.com/name/nm2583725/?ref_=fn_al_nm_1

Becca Buckalew, Actress & Professional model

Maintaining fitness isn’t easy. Overall fitness supersedes how you visually look, you have to stay hydrated, monitor calories in/out and make sure you’re at a deficit by the end of the week, get adequate sleep, and when you’re working out make that time count. At the end of the day, if you’re not challenged and don’t feel the burn, then you’re not truly working out. I’m a boxer, I’ve learned this the hard way.

Becca Buckalew IMDb: http://www.imdb.com/name/nm6435469/?ref_=fn_al_nm_1



James Chillingworth, Actor & Comic

When it comes to nutrition, I try to eat a balanced meal and don’t overdo it on carbs. I do like to drink beer as well, so fitness is a must! I try to work out several times a week, and also tend to mix it up. On some days, I’ll do cardio on the Elliptical machine for 20 minutes and then hit the weight room increasing the weights until I max out for 45 minutes. On other days, I do the same, except I do 20 minutes on the Ergometer first. I also try and play either soccer or ball hockey for at least an hour a week!

James Chillingworth IMDb: http://www.imdb.com/name/nm6425163/?ref_=fn_al_nm_1



Sofia Streisand, Actress of Performing Arts

I'm a yoga instructor (as well as an actress) and I'm crazy about healthy eating. I'm sure there's hardly anything you haven't heard about nutrition and staying fit. But I have a collection of personal little tips that have helped many people to stay fit.

My secret and most unusual tip for staying slim and fit (and it actually works!):

Like many girls I just can't live without chocolate. I've discovered a way to satisfy my chocolate/desert-hunger with just a tiny piece. My secret is to take sweets as a separate meal and take it with a huge cup of hot water (it could also be tea or coffee - not too hot obviously). Let the tiny piece of your favorite desert melt in your mouth while drinking. The flavor becomes much more intense (when the drink is hot) and lasts longer. The amount of water tricks your hunger: you feel like you just had a big desert.

So these are my rules to stay fit:

- 1) Staying fit is a lifestyle. You should stick to it forever. Listen to your body needs and adjust your lifestyle slowly.
- 2) Choose sport that you can enjoy doing regularly. And never give up.
- 3) Don't torture yourself, allow yourself little weaknesses as long as they are really small.

Sofia Streisand IMDb: <http://www.imdb.me/sofiastreisand>



Carly Peeters-Actress, Singer, Model

With the many appearances I have to do as Miss Junior Teen California, I have to be in shape so I can be a role model to other teens. I believe the key to both nutrition and fitness is making a decision to make healthy choices. As a 15-year-old, I am surrounded and constantly bombarded with junk food. When you decide to eat healthy, the junk food will not have power over you.

Eating healthy accounts for three quarters of your health and fitness. Personally, I follow a few rules when choosing what to eat. First, I avoid "white" foods - white bread, white rice, and potatoes - and I say no to fried foods. Second, I load up on my greens. You cannot ever over-eat veggies. Third, I keep my protein no more than the size of my palm and I only eat red meat no more than twice a week. Lastly, drink lots and lots of water. There are so many manufactured drinks now that offer all kinds of supplements in them, but there is no better drink than good fashioned water. It is always best to get your nutrients from real food rather than from supplements. So, when and how much sweets do I eat? Well, lucky for me, I don't like cakes and other sweet baked products. My go-to dessert is fresh fruits.

For my fitness regimen, I am a competitive equestrienne and I ride 4 days a week. On top of that, I am also in show choir and we dance for an hour whilst singing five days a week. Then, I go to the gym and put in at least a half hour of weight training two days a week. To put it simply, find an activity (or activities) that gets you up and moving and do it as often as you can.

Carly Peeters IMDb: <http://www.imdb.me/carly>



Lebert EqualizerTM
Back to Basics
Workout!

By Marc Lebert

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!



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.



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.



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.

REPEAT: Pull-Ups and Equalizer™ Agility



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”.



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.

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.



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.

REPEAT: Pull-Ups and Equalizer™ Agility

REPEAT: Pull-Ups and Equalizer™ Agility



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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 problem 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?

The next issue's topic is on 'Revamping Your Diet'. Please submit relevant questions about nutrition to Dr. Naito at stacey@staceynaito.com.

TOP Training Gadgets

Fitness Trackers



Fitbit Blaze

The Fitbit Blaze looks more like a regular smartwatch, and has five times the battery life of the Apple Watch. It is aimed at style-conscious consumers with an appearance of a sophisticated smartwatch. It features Caller ID, calendar and text display functions, controlling the music on a paired smartphone, and of course an activity tracker with multisport options.

Style

Both wearables offer changeable bands, including higher-end options that allow both devices to transform from something you'd wear at the gym into a device that can easily be styled with business attire.

The option seems to be a winning one for Apple -- Tim Cook said as many as one-third of Apple Watch owners change their bands on a regular basis. At the iPhone event on Monday, Apple introduced a new lineup of bands made from woven nylon, new colors for the Apple Watch Sport and a space black version of its higher-end Milanese loop.

Charging

To charge the Fitbit Blaze, pop the screen out from the band, insert the device into a charging cradle and plug it into a USB port. Apple's process is more seamless, allowing users attach a magnetic charging cable to the back of the Apple Watch to gain power from either an outlet or a USB port.

Battery Life

The Fitbit Blaze has five times the battery life of the Apple Watch with as much as five days versus 18 hours without needing to charge.

While the Blaze won't have the rich app ecosystem Apple Watch owners enjoy, the wearable costs about \$100 less than the Apple Watch Sport, making it ideal for people who are just looking for a stylish wearable offering fitness and daily communication capabilities.



Apple Watch

The Apple Watch is designed to "be an essential part of who you are," according to Apple's website. It has all of the usual fitness tracking and can keep you on track for your appointments, advise you when you may need an umbrella or show you a text message from a friend, among other features.

Foam Rollers

RumbleRoller

Design

The surface of the RumbleRoller contains specially designed bumps that are firm, but flexible, much like the thumbs of a massage therapist.

Purpose

As you roll over the top of the RumbleRoller, the bumps continuously knead the contours of your body, gently stretching soft tissue (muscle and fascia) in multiple directions. This action erodes trigger points, helps restore flexibility, and brings quick relief to common types of muscular pain. By design, the RumbleRoller's bumps are firmer than muscle tissue, but much softer than bone, so they deflect out of the way if they contact your spine or other bony protrusions.

Through simple techniques, you can control the amount of pressure the bumps apply to your body. The bumps are closely spaced to one another (< 2" apart), so several of them simultaneously contact your body during most exercises. However, with a slight shift of your body, you can reduce your area of contact with the RumbleRoller, which increases pressure and provides deeper, more penetrating relief.



GRID Foam Roller

Design

The GRID Foam Roller is designed with proprietary distrodensity zones. This three-dimensional surface has a variety of widths to replicate the feeling of a massage therapist's hands.

Purpose

Its three-dimensional surface allows tissue to aerate while you roll, promoting the flow of blood and oxygen—the nutrients needed to repair muscles. The hard, hollow core hand-wrapped in EVA foam makes it firmer than traditional foam rollers, while its environmental design uses less foam than traditional foam rollers.

The GRID Foam Roller is compact and travel-friendly and backed by a one-year warranty. It is weight tested to support up to 500 lbs/225 kg static load.



The Adverse Effects of Overeating Nuts

As notorious as nuts are for being healthy, they also have a well-deserved rap for being ridiculously addictive, and most of us don't stick to the recommended daily serving size. Overindulging in nuts also can have adverse effects.

High Blood Pressure

Nuts are often served salted. This improves taste, but also adds salt to your diet. Too much salt can contribute to high blood pressure. Choose unsalted varieties, or try adding spices and herbs such as Italian seasoning or chili powder for a tasty, low-salt snack.

Weight Gain

Nuts are high in fat. Though most of the fat is unsaturated and beneficial in lowering cholesterol, high fat means high calories. The Harvard Medical School recommends that if you add nuts to your diet, you subtract an equivalent amount of calories elsewhere. If you don't, this healthy snack could help you pack on the pounds.

Digestive Issues

A common side effect, thanks to compounds in nuts called phytates and tannins, which make them difficult to digest and contributes to gas and bloating. If that isn't bad enough, eating too much fat—found abundantly in nuts—at one time can lead to diarrhea, says Alan R. Gaby, MD, author of *Nutritional Medicine*.

Hair Loss, Bad Breath, Brittle Nails

These are all symptoms of selenium poisoning, which is a rare but serious condition that you can get from eating too many Brazil nuts (all other nuts are safe). One serving of these nuts, or 8 whole pieces, has 10 times the recommended daily amount of selenium (55 micrograms). They're so rich in this nutrient, in fact, that some experts, like Joel Fuhrman, MD, director of research at the Nutritional Research Foundation, recommend eating no more than 4 a day—and even then, not every day.

HEALTH BENEFITS:

Nuts provide healthy fats to help fight high cholesterol and heart disease. The Harvard Medical School says eating nuts several times a week can lower your risk of developing heart disease. Walnuts, macadamia nuts, almonds and peanuts are all healthy choices.

PORTION SIZE MATTERS!

As with any food, moderation is key. A serving size of nuts is 1.5 oz or 1/4 cup



- 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



SALMON

Just What the Doctor Ordered

Have you ever heard of someone who had a heart attack and their doctor recommended them to include fish oil or omega-3 in their diets to lower their bad (LDL) cholesterol? Often recommended by doctors and with numerous research studies supporting its ability to reduce heart disease and prevent heart attack, salmon proves to be more than just a pretty pink fish! Salmon offers many health benefits due to its high omega-3 fatty acid component, which is responsible for helping to decrease bad cholesterol while increasing good (HDL) cholesterol. the resistant starch.

More Than Just a Fish

Studies have shown diets that include omega-3 rich salmon may decrease the risk of cardiovascular diseases such as stroke, high triglycerides, irregular heart rhythms, high blood pressure and heart attack. These benefits have been seen in just one serving of an omega-3 fatty fish a week with most of the benefits seen with 2-3 servings per week. Omega-3's also stand out for their anti-inflammatory benefits which support joint protection and decrease the risk for macular degeneration, and eye condition which can cause loss of vision (Reference 1). Research shows that the DHA (docosahexaenoic acid), considered to be an important fat in the human brain, found in salmon contributes to an increase in brain function and thinking while decreasing depression (Reference 1). In addition to omega-3 fatty acids, this functional food is packed full of vitamin's D and E, vitamin B12, tryptophan, protein, and selenium. Just four ounces of salmon has roughly two grams of omega-3s and an entire daily dose of vitamin D, which is more than what is found in most commonly eaten foods

Salmon and the Fit Lifestyle

As a fitness model and bikini competitor, salmon has proven to be a loyal friend when planning both a basic healthy meal plan and a competition diet. Salmon stores well in the fridge

as leftovers, freezes nicely in baggies and thaws very quickly when needed in a hurry. Salmon is a figure friendly main course that can be found at just about every restaurant. Just be sure to nicely ask your waiter if you can have it broiled, baked or grilled, with no sauce. Use lemon wedges, cocktail sauce or some olive oil to flavor the fish on your plate then mix into a garden salad for a complete meal. Japanese restaurants have raw or smoked salmon on the sashimi menu with no added ingredients. Add a few pieces to an order of steamed veggies or edamame to create a clean meal while eating out.

Quick Recipe

To keep costs down, purchase fresh fillets of salmon in bulk at warehouse stores such as Sam's Club or Costco. A quick broil is one of the tastiest and easiest ways to prepare this fatty fish. Preheat the oven's broiler (approximately 500 degrees), spray foil sheets with cooking spray and line with salmon cut up into square chunks. Coat the tops with McCormick's smokehouse pepper and some garlic powder. Broil for 15-20 minutes or until the tops are golden brown. Overcooking slightly will add a nice crisp to the fish and keep it from getting mushy and slimy. Serve the peppered salmon with freshly diced sweet onion on a bed of romaine lettuce with a side cocktail sauce (2 Tbsp sugar-free ketchup mixed with 1 tsp horseradish sauce).

References:

World's Healthiest Foods: Salmon. 2001-2012. www.whfoods.org

SANDRA & FELIPE

Destined for Love & the Healthy, Active Lifestyle!

“

Take care of your body. It's the only place you have to live.

”

~Jim Rohn



This Herbalife power couple, Felipe and Sandra, own the Be Healthy Club located in Pacific Beach in San Diego, CA.



SANDRA T. GONZALEZ



Sandra hails from the beautiful country of Spain. At the age of 30, her life has not been as easy as people think. She felt that her heavy Spanish accent has kept her from getting a job in the United States, even after earning two Bachelor degrees and nearly finishing her MBA in Finance.

“

Even when my English improved, some people found the perfect excuse to say they couldn't understand me or just ignore me. I've been told to go back to my country if I couldn't speak English well. I had no idea that in 2016 anyone should have to deal with this kind of ignorance. America was created by God for men and women to enjoy regardless of our differences, never to accept discrimination. I believe God created us all to be unique, so that we could complete each other.

I never saw people as 'white', 'black', or 'yellow'; I only see individuals with different intentions, different experiences, and very similar needs. When we allow such actions of discrimination of any type happen in front of our eyes and we don't do anything about it, we become the executioner. I love this quote by Martin Luther King, Jr.-- "I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

I will always be thankful to Herbalife because this company not only gave me a chance that many rejected, but also helped me to become a better person in every aspect of my life.

”

FELIPE M. MOREIRA

Felipe grew up in Brazil in South America and always believed in living the healthy lifestyle. He has a Bachelor's degree in Physical Education and a Master's degree in Obesity. Felipe always been picky about the food he ate and the supplementation he takes.

“

I had a very well paying job for a few years, until one day a friend invited him to an Herbalife event. That day changed my life. I knew it was meant to be for me to work with Herbalife, so I immediately decided to leave my job. Everybody told me I was crazy, but my mission was so clear to me that nothing else mattered. I lost a lot of friends, but I gained many more positive people that wanted to improve their lives and the lives of others.

Seven years later from the day I joined Herbalife, I am now on the Millionaire team with Herbalife as a result of helping thousands of people live the healthy, active lifestyle along the way.

For those of you that wonder if the products work, I am living proof of that, plus the millions of people that have been using the products and doing the business for the past 36 years.

”





Herbalife 24
Performance
Nutrition
Empowering
Athletes
24-hours a day!



Herbalife24 is the first comprehensive performance nutrition line empowering athletes 24-hours a day.

Herbalife24 research is based on the latest proven science and formulated by Herbalife scientists, some of whom are elite athletes in their own right and experts in nutrition. We know that being an athlete is a lifestyle, and understand the needs of a 24-hour athlete.

As science evolves, so will Herbalife24. We are committed to delivering dynamic solutions with comprehensive 24-hour nutritional support for athletes.

Herbalife24 products serve a nutritional purpose and contain all-natural colors, flavors and sweeteners. And since this 24-hour performance nutrition line was developed with the professional athlete in mind, every product is third-party tested for banned substances.

Gabriela Serrano: "The Overcomer"



Gabriela Serrano is no stranger to overcoming obstacles! She has made it her life's goal to live life with real purpose after dealing with hard lessons head on and succeeding.



“

You never know who you will change.

”

~ Gabriela Serrano

2 MOVES *to* **TIGHTEN & SCULPT** *the* **ABS & GLUTES**



Photo by BillyBow Photography

Summer is when most people try to look their best. Legs and abs are always on top of the list! You don't need to spend hours at the gym, just start with 20 minutes 5 days a week with these 2 moves. Make sure to always do a 10-minute warm-up and end with a cool down and stretching. Not only will you look great in a pair of jeans, but these exercises will also improve your overall strength, posture and balance.

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.

Forearm Plank



Balance on the forearms and toes with the body in one straight line, elbows directly below the shoulders. Keep your core engaged with back flat, hips tucked and your belly button sucked in towards the spine.

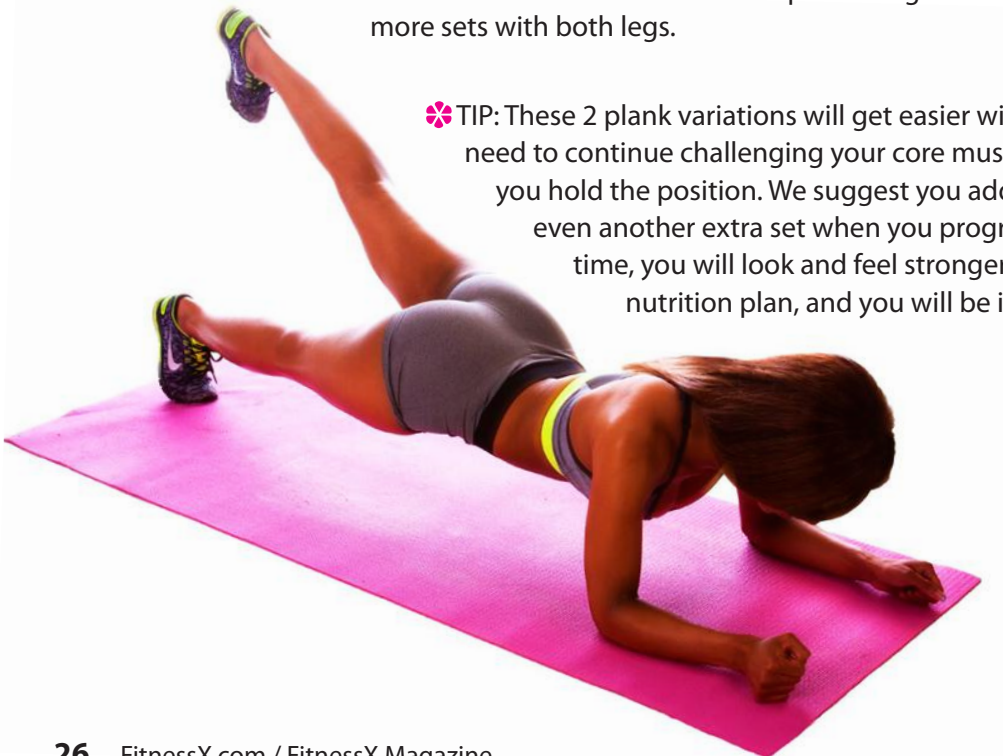
- ✿ Hold 20 to 30 seconds, then lower body on the mat and rest for 30 seconds. Repeat this core strengthener another 2 to 3 times.

Forearm Single-Leg Plank

This exercise is a progression of the Forearm Plank. Once you have successfully mastered it, you will want to challenge your core with this exercise. Remember to fully engage your core with back flat and body in one straight line.

- ✿ Lift one leg holding that position for 20 to 30 seconds, then lower body on the mat and rest for 30 seconds. Repeat lifting the other leg. Do 2 to 3 more sets with both legs.

- ✿ TIP: These 2 plank variations will get easier with consistency. You will need to continue challenging your core muscles by increasing the time you hold the position. We suggest you add another 10 seconds and even another extra set when you progress. In just one month's time, you will look and feel stronger! Couple that with a sound nutrition plan, and you will be in the best shape of your life!





Pumping Iron: With Your Muscles & Your Heart

Iron is crucial to the success of every bodybuilder and fitness athlete -- not only in barbell form but also in the competitor's diet. Iron is essential to making hemoglobin, the molecule on red blood cells responsible for the transport of oxygen. Every muscle building rep, ounce of sweat production, and metabolic interaction requires oxygen. A diet poor in iron can lead to pale, poorly formed red blood cells that don't carry oxygen well and may leave you feeling depleted, weary, and weak.

Symptoms of anemia include sagging athletic performance, brittle fingernails, difficulty breathing upon exertion, poor temperature regulation (you often feel cold), loss of appetite, hair loss, and feelings of low energy or apathy. Athletes are typically more in-tune with their overall body and health, so subtle signs such as weak reps, difficulty with previously manageable workouts or generalized declining performance during training may signal anemia. If you are noticing these symptoms, checking in with your health care provider is a smart move.

Ice craving (pagophagia) is common in people with anemia and other nutritional deficiencies; the reason is not clear and debated by medical professionals. A constant desire to chew ice is a classic but sometimes little-known association with anemia and is a helpful detail to share with your health care professional if you are suspecting a nutritional problem.

Sample Lab Tests

The blood test for anemia measures relative blood levels of hemoglobin (grams per deciliter of blood) or overall percentage of hemoglobin (hematocrit). Normally no fasting needed and the test can sometimes even be performed with a simple finger stick. Normal ranges for females: hemoglobin 12.0 to 15.5 grams of hemoglobin per deciliter and hematocrit:

34-44%. For males, normal range for hemoglobin is 13.5 to 17.5 (g/dL) and hematocrit: 38-50%. A separate test to measure to determine iron deficiency is a Ferritin level. This may be performed after it has been determined your hemoglobin or hematocrit are low, in an attempt to determine the true cause of anemia. For women, normal ferritin level is 11 to 307 nanograms per milliliter (standard units) or 11 to 307 micrograms per liter (international units). For men, a normal level of ferritin is 24 to 336 nanograms per milliliter (standard units) or 24 to 336 micrograms per liter (international units). *(Normal results vary according to source, information here courtesy of the Mayo Clinic. <http://www.mayoclinic.com/health/ferritin-test/MY00504/DSECTION=results>).*

At-Risk Populations/Causes

All athletes are at risk for anemia, but some populations are at higher risk than others. Iron can be lost in sweat, through decreased reabsorption in gut, via altered blood cell production in bone marrow, foot strike hemolysis, and via gastritis (inflammation of the stomach lining). Women are overall at increased risk for anemia, relating to monthly menstruation losses as well as for those who may not have a well-rounded diet. One study reiterated this by reporting low iron levels in 50% of female but only 2% of male athletes (Clin J Sport Med, 2004). Vegetarians may be at increased risk for iron depletion if iron is not deliberately included in their diet. Most vegetarian athletes are savvy at including iron-fortified foods in their diet, but without regular meat intake there is a continual risk of iron deficiency.

Athletes who are running high mileage or partaking in high impact cardio are at risk for blood loss via the intestinal tract due to physical jarring (small vessel bruising, leaking), as well as altered blood flow and distribution to the gut. Interestingly, stool samples of endurance runners have revealed small amounts of

blood in up to 30% of athletes. Endurance exercise by itself may contribute to increased iron losses; recent studies found long distance runners have significant dips in hemoglobin in the two weeks following a marathon. The cause for post-race anemia is debated; reasons have been attributed to fluid shifts as well as muscle and blood cell break down.

The cause of footstrike anemia (intravascular hemolysis) is thought to be the impact of the foot as it strikes the ground, breaking or destroying red blood cells. The actual incidence of this is debated, and often occurs as a secondary condition to baseline iron deficiency and intravascular hemolysis has been found in swimmers, cyclists, and athletes other than runners (*Med Sci Sports Exerc, 2006*). Additional contributing factors likely play a part such as muscle breakdown and free radical damage. Not all intravascular hemolysis is bad, as some degree may aid in muscle growth and recovery by delivering proteins for muscle healing.

A 2009 study compared iron supplementation vs. placebo in 200 female soldiers undergoing intense physical training. Results showed the soldiers who received the iron displayed improved moods according to survey and faster 2-mile running times than the placebo group (*Am J Clin Nutr*). The lifespan of red blood cell is 120 days; it takes a couple of months to make significant changes in blood levels. Prevention with a healthy balanced diet of foods rich in iron is superior to automatically resorting to supplements. Iron in particular can be toxic at high doses so the safest move is to visit your health care provider, and have your hemoglobin/hematocrit checked.

Symptoms of anemia include sagging athletic performance, brittle fingernails, difficulty breathing upon exertion, poor temperature regulation (you often feel cold), loss of appetite, hair loss, and feelings of low energy or apathy. Athletes are typically more in-tune with their overall body and health so subtle signs such as weak reps, difficulty with previously manageable workouts or generalized declining performance during training may signal anemia. If you are noticing these symptoms, checking in with your health care provider is a smart move.

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Treatment/Timeframe for Improvement

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The RDA recommendation for iron in women is 15 milligrams per day, and men are recommended 10 mg a day. Serious athletes likely need slightly more due to muscle damage and recovery needs. Iron absorption from any foods, whether plant or animal, is decreased if they are accompanied at meals by caffeine. Tannins in coffee, black tea and green tea inhibit iron absorption. Calcium and zinc also reduce the ability of the body to absorb iron. However adding fruit (citrus fruit in particular), to meals enhances iron absorption. This can be tricky for the dieting competitor who is taking a break from fruit.

Iron-fortified breakfast cereal, nuts and legumes, beans, lentils, spinach, and soybeans are good iron sources for vegetarians. Combining with other foods high in Vitamin C can aid in absorption and overall availability of iron in the body. Since iron absorption is significantly lower in vegetable sources (only 5% compared to 15% absorption in animal-sourced iron), coordinating iron-rich foods with those containing vitamin C may be important for vegetarians to consider. Cooking with a cast-iron skillet can be a helpful method to increasing iron as well without supplementation. Non-vegetarians can find readily available iron in lean red meat, oysters, clams, turkey, and other poultry (see tables below). Discuss your diet with your provider or a registered dietitian if you need more ideas needed on ways to increase iron intake with food.

Simple Tips to Increasing Your Iron Absorption:

- Include vitamin C rich foods with your meals.
- Avoid coffee, black or green tea, and calcium supplements with meals.
- Cook foods (especially acidic foods like tomato sauce) in cast iron skillets.

Too Much of a Good Thing

In 2010, researchers identified “iron overload” in 16% of one male athlete group. Signs of overload can include nausea, diarrhea, or constipation. Supplements should only be used if lab tests indicated need for iron replacement. Iron overload (Hemochromatosis) signs can include liver problems, nausea, vomiting, skin color changes, lethargy and other symptoms. It is important to mention -- iron overload or poisoning is particularly risky for kids; death has occurred in children who have ingested even 200mg of iron; it is important to keep iron supplement bottles tightly closed and away from children’s reach.

Summary

If you feel your training is lagging, evaluate your diet – Are you taking in the recommended amounts of iron? Consider meeting with your health care provider for a simple blood test to determine if you truly have iron deficiency. Iron-related anemia can typically be easily corrected with simple dietary changes. Automatic iron supplementation is neither necessary nor healthy and can even be toxic in some cases. Recognizing the symptoms of anemia and when to consult your healthcare provider are strategic to getting back into the gym and pumping iron!

FOOD sources of Iron (non-meat sources)	IRON (MILLIGRAMS)
Fortified breakfast cereal (1 cup)*	4.5 – 18
Pumpkin seeds (1 oz)	4.2
Blackstrap molasses (1 Tbsp)	3.5
Spinach, boiled (1/2 cup)	3.2
Soybean nuts (1/2 cup)	3.5
Prune juice (3/4 cup)	2.3
Red kidney beans, cooked (1/2 cup)	2.6
Bran (1/2 cup)	3.0
Enriched rice, cooked (1/2 cup)	1.4
Tofu, firm (1/2 cup)	2.0
Lima beans, cooked (1/2 cup)	2.2
Pretzels (1 oz)	1.2
Whole-wheat bread (1 slice)	0.9

FOOD sources of Iron (non-meat sources)	IRON (MILLIGRAMS)
Beef liver, braised (3 oz)	5.8
Lean sirloin, broiled (3 oz)	2.9

From: The American Dietetic Association's COMPLETE FOOD & NUTRITION GUIDE, 2nd ed. 2002.

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Photo by Eva Simon

The Top 12 Reasons **WOMEN** Should **Strength Train**

by SJ McShane

The importance of resistance training for women should not be underestimated. Although, many women still lack knowledge on why it is so beneficial, understand that the benefits of resistance training for women far outweigh those that just perform cardio. Yes, cardio is very important, but to incorporate weight training into your weekly fitness routine will add many benefits. Resistance training was once practiced solely by competitive athletes and bodybuilders but, due to the significant research devoted to the study on the benefits of resistance training, it has gained incredible popularity. With positive results coming forth from these studies, and an overflow of proven positive benefits, the word quickly spread. Now more and more women are realizing that resistance training is the answer to most all fitness related goals. Ditch the “weights are for men” mindset and let’s take a look at why it is so important for women to resistance train as well.

1 Get Lean without the Bulk

The misconception that if a woman strength trains they will look “manly” is false. The vast majority of women cannot build big muscles because of their genetic makeup. It is 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 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, 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 vs. 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 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 & Fights Depression

When training hard, our bodies release “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 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% in four months.

8 Reduce Risk of Heart Disease

The number one killer of women 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 and acts as an enforcement for the joints to help prevent injury as we age.

11 You will Look and Feel Younger

As we age, skin tends to sag and droop. Resistance training not only will firm up your muscles but, 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 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 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 bodies have shown to improve internally and externally at any age.

Are you convinced yet? With all the amazing benefits that resistance training provides, right now it should be hard for you to not run to a set of weights and start lifting. No matter your fitness goal, resistance training can help you reach it, from beginner to advanced, it’s for us all!

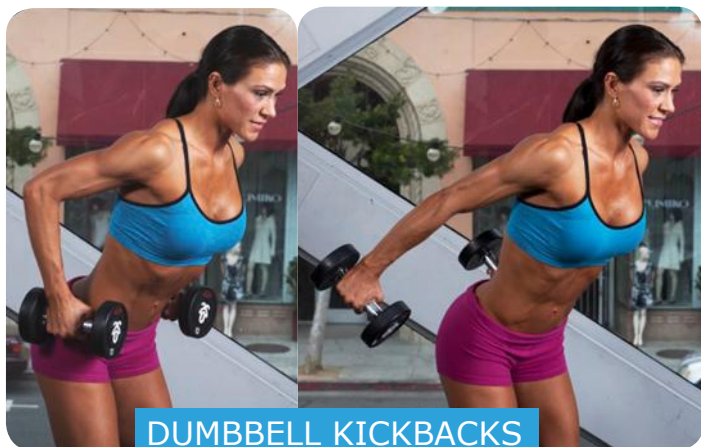
Photos by BillyBow Photography



Fight the Flab!

Get Real Results with these Arm Moves!

Lifting with free weights, like the dumbbells, incorporate the stabilizing muscles that enable you to perform the movements and may be more effective in producing overall muscular strength and power gains. If you don't have time to hit the gym, make sure you have a pair of dumbbells at home and use these 2 moves into your fitness routine! Your arms will be stronger and leaner and looking their best in your favorite sleeveless top!



DUMBBELL KICKBACKS

A Start off standing with your feet shoulder width apart, knees bent at around 25 degrees, your hands holding dumbbells with your elbows bent at 90 degrees.

B Bend your body forward so that the dumbbells are parallel with your legs and then slowly lift the dumbbells behind you so that you feel a stretch in your triceps. Hold this position for a count and then return back to the start.

C Return back with control to the starting position. Do 3 or 4 sets with 10-12 reps.

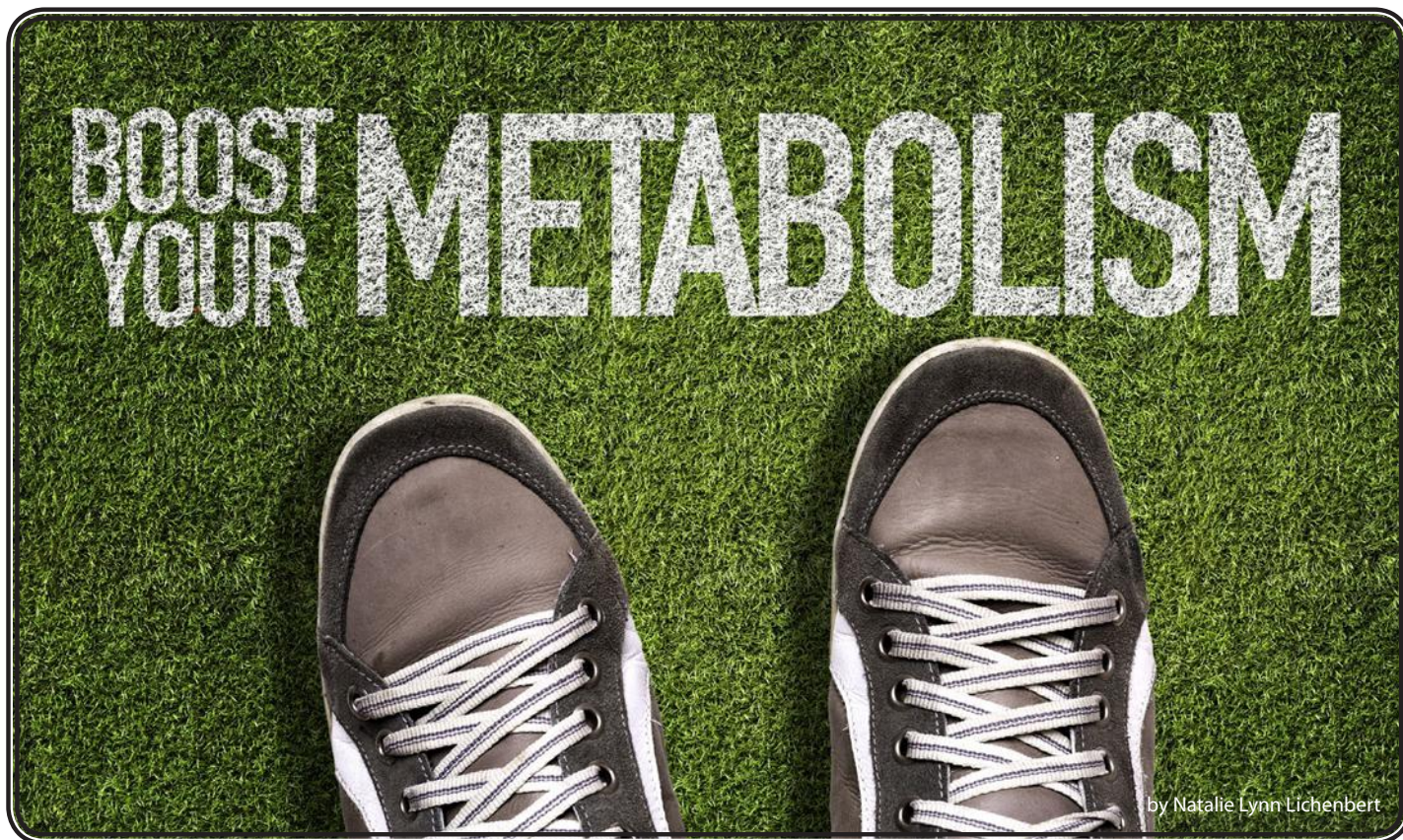


ALTERNATING HAMMER CURLS

A Start off standing up straight and grabbing a dumbbell in each hand with palms facing inward.

B While keeping your palms facing in, curl the dumbbell in the right hand up towards the left shoulder, isolating the right bicep and squeezing the muscle. Continue bringing the dumbbell up to touch the shoulder until you feel a stretch in your bicep and hold for a count.

C Return back to the starting position and repeat on left side. Do 3 or 4 sets with 10-12 reps.



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 pretty 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 particular 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!

Breakfast



Baked Veggie Egg Bites

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

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 orange bell pepper, chopped
- 1/2 cup chopped yellow onion
- 1 cup chopped broccoli
- 1 cup sliced mushrooms
- 1/3 cup crumbled feta cheese
- 2 tbsps 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

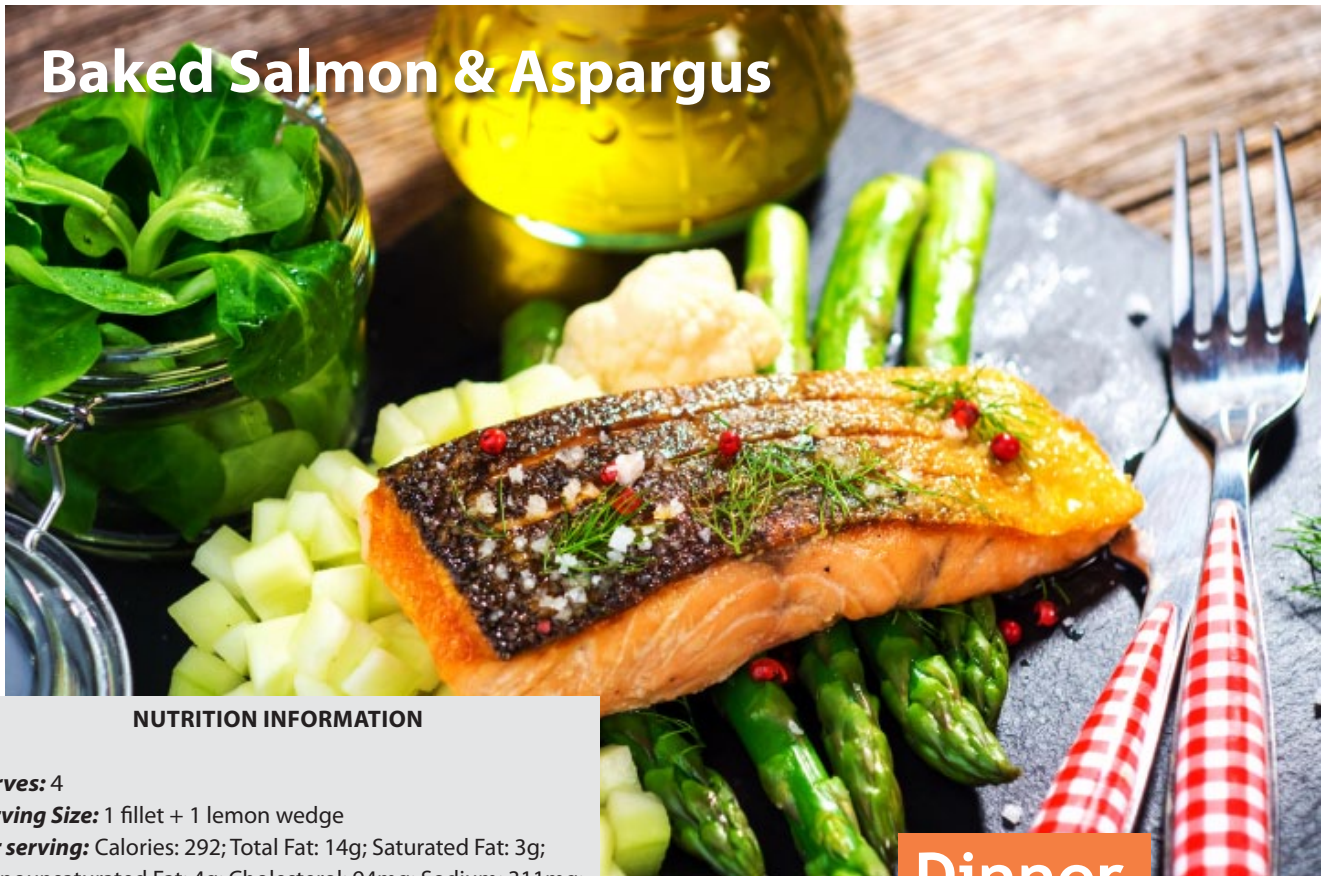
Chicken & Rice Bowl

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
- 1 tbsp honey
- 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

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 teaspoons 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.



Baked Salmon & Asparagus

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

Dinner

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
- 1/8 tsp sea salt
- 1 tbsp olive oil
- 1/2 tsp thyme
- 1/2 tsp black or seasoned pepper

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 crisp.

Mint Chocolate Chip Shake

❁ This is also a healthy meal!

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

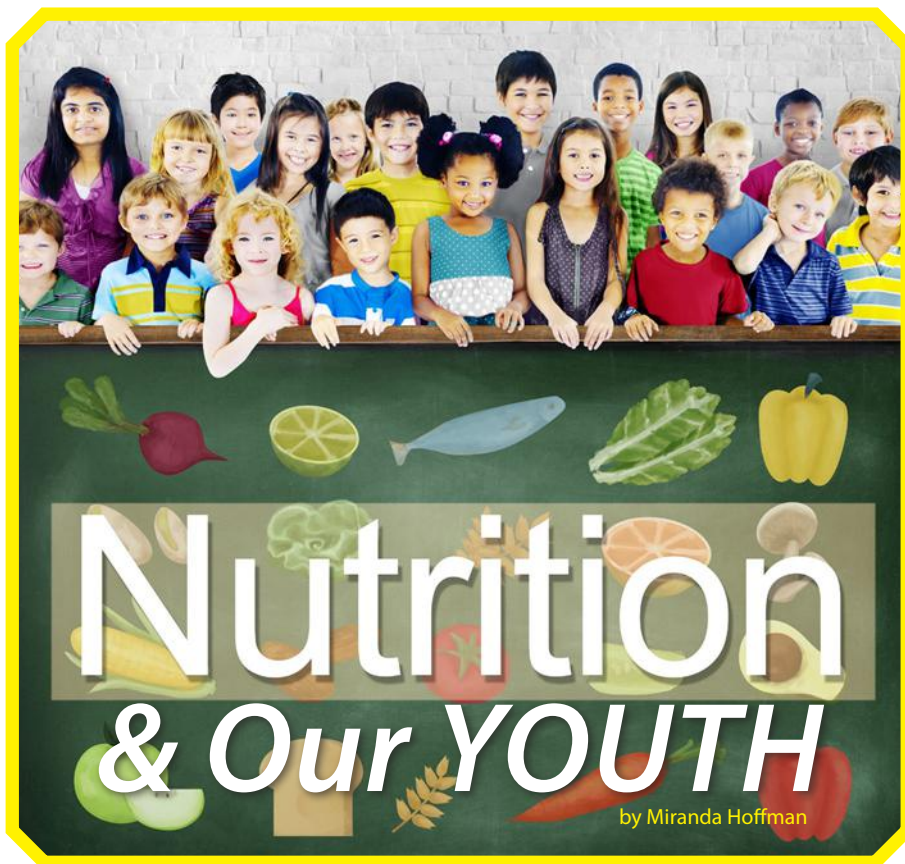
Directions

- 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!

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



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.

While many kids ARE active, they should still be eating healthy food to fuel their bodies and their activities properly. Unfortunately though, 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 proper 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 habits (that you are creating) do not change, they will more than 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."

Bad habits are hard to fix, good habits are easy to keep. So teach them how to live life the way they should their WHOLE lives. 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 bad 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 actually made with real food, like a small scoop of homemade ice cream 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 foods by offering them a variety of foods based on clean eating, including foods 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.



Extended Rest Between Weightlifting Sets Could Help Muscle Growth

Researchers from the University of Birmingham have found that extended rest intervals between sets of weightlifting could help with muscle growth.

The findings, published in *Experimental Physiology*, go against the conventional belief that favours shorter periods of rest. The study highlights that short rest intervals may actually impair the processes that control muscle growth.

Sixteen males completed resistance exercises interspersed by either one minute or five minutes of rest. Muscle biopsies were obtained at 0, 4, 24 and 28 hours post-exercise and analysed to determine myofibrillar protein synthesis (MPS) and intercellular signalling.

In the early part of recovery, the increase in MPS from resting levels was two-fold greater in those with longer rest periods. They saw a 152% increase, versus 76% increase in those with short rest intervals.

Dr. Leigh Breen, from the University of Birmingham, explained, "With short rests of one minute, though the hormonal response is superior, the actual muscle response is blunted. If you're look-

ing for maximized muscle growth with your training program, a slightly longer interval between sets may provide a better chance of having the muscle response you're looking for."

The team recommend that novices starting out on weight training programs should take sufficient rest, of at least 2-3 minutes, between weight lifting sets.

Dr. Breen added, "Over time, they may need to find ways to push beyond the plateau of muscle building that commonly occurs, and so may gradually decrease their rest periods. For experienced lifters, it's possible that they may not experience the same blunted muscle building response to short rest intervals, particularly if they have trained this way for a prolonged period and adapted to this unique metabolic stress. Nonetheless, similar recommendations of 2-3 minutes between sets should help to ensure maximal muscle growth in well trained individuals."

The research team are currently following up the investigation with a longer term study to see effects over a number of months, and further research into how individuals can maximise their training outcomes by manipulating variables, such as rest, in their training.

Story Source:

The above post is reprinted from materials provided by University of Birmingham. Note: Materials may be edited for content and length.

Journal Reference:

James McKendry, Alberto Pérez-López, Michael McLeod, Dan Luo, R. Dent, Benoit Smeuninx, Jinglei Yu, Angela E. Taylor, Andrew Philp, Leigh Breen. Short inter-set rest blunts resistance exercise-induced increases in myofibrillar protein synthesis and intracellular signaling in young males. *Experimental Physiology*, 2016; DOI: 10.1113/EP085647



Billy Bow

"INSPIRING YOU TO LIVE WELL... NATURALLY."

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Treat your body to a healthy, balanced meal in no time! Not only are these shakes easy to make, they're also delicious. With up to 20 essential vitamins, minerals and nutrients – and in seven flavors – weight management never tasted so good!

Key Benefits

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Ditch the coffee and soda for this refreshing and tasty alternative. Feel reinvigorated with this natural energy lift, our answer to fatigue caused by stress. It's delicious, instant and low in calories.

Key Benefits

Antioxidant and thermogenic benefits of green tea and botanicals.

Provides an energy boost and weight-management support.

Delicious, instant and low-calorie.