

FITNESS



March/April 2016



SAID FARAJ

Bring It ON!
Hit Me with Your
Best Shot!

**Nutrition &
Fitness Tips**

The Gift of Yoga

**TIGHT
Overnight!**

**Natural Healing
Remedies**

Fitness at 40, 50,
& Beyond!

STACEY NAITO



HERBALIFE

24

NUTRITION FOR THE 24-HOUR ATHLETE

Herbalife 24
Performance
Nutrition
Empowering
Athletes
24-hours a day

Go to www.goherbalife.com/instantenergy for more information on Herbalife 24



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.



Photo by Robert Reiff

The Power in Believing!

Have you ever doubted yourself in reaching any of your health and fitness goals? I think we all have at least once in our life. It's a lot of work to be healthy, but then again, many things that are hard -- like your job, school, relationships, etc. -- are worth the effort. It makes you appreciate what you have and gives you a sense of accomplishment.

The optimist's life mission focuses on optimal health, wellness and success. Of course, you can't have optimum health, fitness, and wellness without consistent, proper exercise and nutrition. They are crucial factors to an emotionally and physically healthy lifestyle.

Please pay attention to the words you say, because they declare your beliefs. I just want you to be aware of how powerful your words can be. Now, all the words in the world can't help you without you taking action! Your action steps will also determine if you really have belief in your goal.

You become what you believe. I believe in saying positive statements--it reinforces your belief system. This is the mindset of optimism. It's no doubt that positive people attract other people and are a huge source of inspiration. It's infectious!

A vital aspect of a good, healthy self-image is being emotionally and physically fit. It makes a significant impact on your self-esteem. The better shape you're in, the better you feel about yourself. You are more effective and comfortable in your interactions with other people. As a result, people respect and admire you.

So, how in the world do we become the ultimate optimist when it comes to our health, fitness and wellness? First of all -- Make long-term goals! They will give you the direction and purpose you'll need. Without setting long-term goals, your quality of life will result in failure to succeed. If you visualize your goals in detail as you set them, you literally program them into your nervous system. You must write out each and every goal and your plan of attack. It's important to be specific with your goals. For example, *I'm going to be competing at my first half marathon on September 5th, 2016 at 8 AM.*

Most of all, you respect yourself. You know you made the sacrifice and had the self discipline to transform and maintain yourself. Once you believe that you can reach your goal, nothing will stop you from pursuing it!

As always, I absolutely love hearing from you! Your feedback is very important to us here at *FitnessX Magazine*. Feel free to drop me an email at katherineaguirre@fitnessX.com.

Inspiring YOU to Live Well...Naturally,

Kat Aguirre

Editor & Co-Publisher of *FitnessX Magazine*

Contents

March/April 2016

Page 18



Cover Models:

SAID FARAJ & STACEY NAITO

Cover Photographer:

B-HOUSE JONELIT



HEALTHY RECIPES

- 22. Thai Crunch Salad with Almond Ginger Dressing
- 23. Smoked Cheddar Stuffed Lentil Burger
- 25. Cranberry-Apricot Flaxseed Muffins
- 31. Blueberry Chia Kale Salad
- 35. Mango Berry Fruit Salad, Raw Chocolate Coconut Macaroons, Organic Green Energy

TRAINING

- 8. The Gift of Yoga
- 26. 3 Benefits of HIIT Training
- 28. Shoulder Supersets
- 30. Going the Distance
- 32. Tight Overnight!
- 36. Your Circuit Training Routine: Maximum Results in Under 30 Minutes!



FitnessX on the History Channel's "Million Dollar Genius" with David Weck



GOOD HEALTH

- 6. Nutrition & Fitness Tips
- 12. Beautiful Inside Out

INSPIRATION

- 14. Bring It On!
- 16. Natural Healing Remedies



Sparkle and Shine



Tessa Reno

FITNESS

HEALTH - FITNESS - WELLNESS
Magazine

March/April 2016

Visionary & Publishers

Katherine and BillyBow Aguirre

Editor-in-Chief

Katherine Aguirre

Assistant & Copy Editor

Taylor Anne Kinkade

Creative Director

Katherine Aguirre

Senior Designer

BillyBow Aguirre

Senior Staff Photographer

B-House Photography

Assistant Photographer/Photo Editor

BillyBow Aguirre

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.

@ fitnessxmag.qbstores.com



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

Sparkle and Shine



Toca Reno

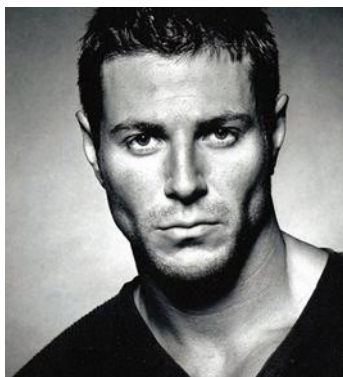
Toca Reno, author of *The Eat-Clean Diet*®

For improved digestion, add 2 tablespoons of raw Apple Cider Vinegar to 8 ounces of warm water, a pinch of sea salt and a shot of maple syrup.

Drink 20 minutes before each meal and wait for the warming feeling in your tummy.

When you feel it, you are ready to digest food better. It also helps improve anxiety due to high taurine levels.

Christian Boeving, american actor & fitness model



People always ask me what the secret is to staying fit and healthy and my reply is always the same...there is no secret, no magic pill, and no get rich quick scheme. First and foremost, to get in shape and STAY THAT WAY generally requires a lifestyle change. Giving up bad habits and replacing them with good ones is an absolute necessity. And believe it or not, you will be very happy tomorrow without those same bad habits you find yourself clinging to today.

Now, I did say there is no secret to shedding your unwanted pounds, but there ARE a few little things you can do throughout your day that will burn more calories-- taking up no extra time at all-- but can really help make a difference in both getting in or staying in shape! Here's one of them...while walking, try mixing up your steps. In other words, rather than walk in a straight line, zig zag. I'm not talking about zigging the length of a football field and zagging the same distance, I'm talking about simply 3 or 4 steps per zig and half that per zag, then vice versa.

After you do this for a couple of minutes change up the pace in which you're walking. Speed up for 15 seconds of a power walk then slow back down to a normal speed for the next 30 seconds. Believe it or not, most of the calories burned during walking happen while starting (acceleration) and stopping (deceleration). Walking at a normal (2.0 MPH) pace burns approximately forty calories every 15 minutes while walking rapidly burns approximately 94 calories every fifteen minutes. After doing this for a few minutes, go back to zigging and zagging. You will burn up to 20% more calories per day with this simple addition to your new or ongoing fitness lifestyle.

Christian Boeving IMDB: www.imdb.com/name/nm0091443/?ref_=fn_al_nm_1



Nea Dune, actress & professional model

- Forget processed foods, anything that contains corn syrup or sugar within the first 3 ingredients. Good fats are not your enemy!

- Dance and stretching is a perfect combo of strength and flexibility. I use pole dance fitness, aerial hoops, yoga exercises for a toned body!

Nea Dune IMDB: www.imdb.me/neadune

Joshua Senne, Fitness model

GOOD HEALTH

As a doctoral student in sports health and fitness, a certified personal trainer, and a fitness athlete, I can say that staying fit and maintaining a healthy diet come from preparation, consistency, and dedication. I make sure to count my calories daily, which can easily be done by preparing a meal plan ahead of time and following the daily plan by prepping meals. If one does not have experience in creating a meal or exercise plan, one can consult a registered dietician or personal trainer.

It is important to consult a professional with the proper credentials when starting a new diet or exercise prescription. Further, a healthy diet is relative to staying fit. While daily exercise encourages weight loss through the burning of calories, I would say that one's diet is the strongest contributor to weight loss (or gain).

My tip about my nutrition is to develop a well researched meal plan with a balance of macronutrients that pertains to one's goals. If one is trying to gain muscle, more calories may be consumed as opposed to someone who is trying to lean down, where less calories may be consumed. Ultimately, it's calories in vs. calories out.

If you burn more calories than you consume, you will trigger weight loss. If you consume more calories than you burn, you will gain weight. Therefore, depending on my goals, preparing and staying consistent with a daily meal plan and exercise plan, and staying dedicated to my fitness goals, is the way I stay fit and healthy. One final thought, it also helps to surround oneself with a supportive network of friends to contact for when one feels challenged to make unhealthy choices.



Laura Vallejo, actress

When it comes to staying in shape I get bored easy with the same activities, so I went back to what I love which is dance. Dance has helped me not only stay in shape but has given me tons of confidence and allows me to compete with myself on a daily basis. Because I am competing with myself and I hold myself accountable for my actions going to the gym to weight lift is not a chore anymore.

When it comes to nutrition I am a food lover and because of that I try hard to not overeat. I don't deprive myself of foods I love but when I sit down for a meal I make sure to envision whatever is unhealthy for me as a bonus for eating healthy. So by the time I get to the unhealthy part I'm already almost full so I don't overindulge.

Laura Perez IMDB: www.imdb.me/lauravallejo



Rich Lee, actor, director & writer

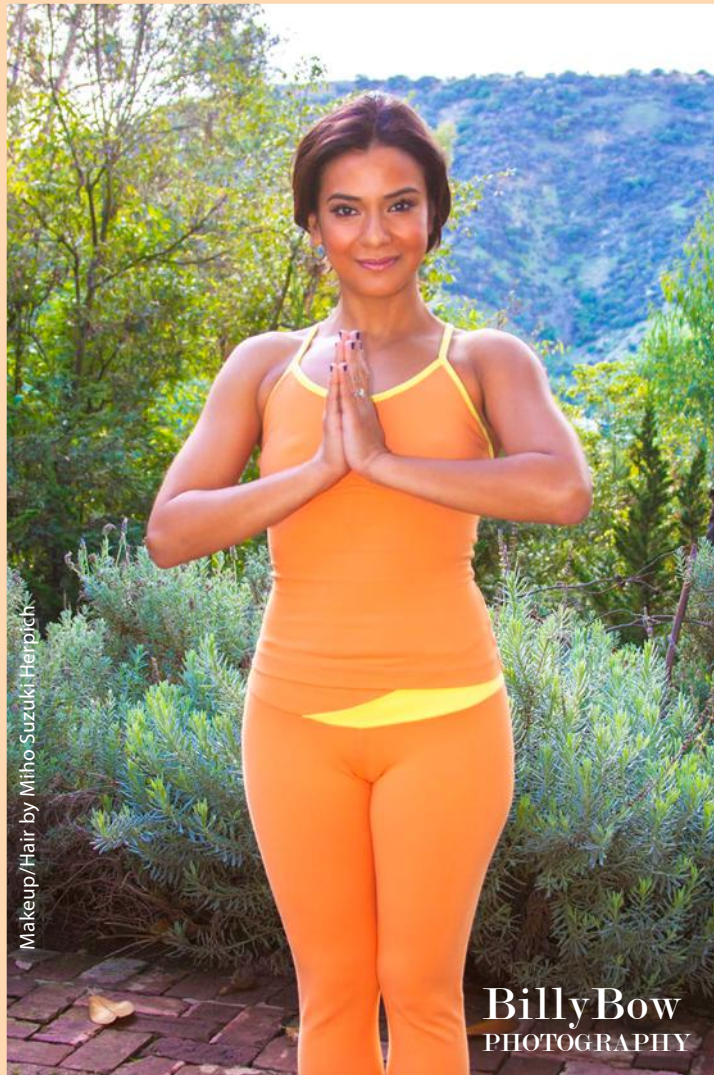
Drink plenty of water. I can't stress how important this is. I like to have a glass of water (room temp) first thing when I wake up. It really helps awaken the body and helps with flushing out your system.

Try to surprise your body. Mix up your exercise routines. Working out using the same machines, weights, or exercises will eventually lead to slower progress.

Rich Lee IMDB: www.imdb.me/richlee

The Gift of Yoga

by Shiela Bharwani



I discovered yoga while I was training to run the *2008 Long Beach Marathon*. I wanted to join a group of runners who can train and lead me to complete my first marathon and so I went online and found *Beach Runners*. They were a group of runners who trained people to complete marathons. I, signed up, drove all the way to Long Beach and ran with the *Beach Runners*. What I discovered on the first day was that the people running this team were yogis. So, as part of our training, after we completed each run, we would always end at the park and do yoga for half an hour. I have to admit that I was so stiff and really quite surprised at how inflexible I was. Each posture was uncomfortable and difficult and just was not happening. Yoga was just impossible, and at the time, unattainable. But what I noticed was that as the trainings progressed and the runs got longer and longer. Each time I paused, I would come to a walk and then stop and just stretch something. I would come down on the ground put my legs in front of me and try to stretch, twist or just bow into myself. Afterwards, I would pick myself back up and start running again. That's how I managed to finish my first marathon and my next and so on. I discovered then, that yoga was a great compliment to my running. That as long as I was stretching, I had better range of motion and that I didn't feel too tight. There was an ease in my stride. My hamstrings, calves and lower back weren't so stiff and sore afterwards.

After the marathon I went out and sought a proper yoga studio. I found one in Sherman Oaks. There's something to be said about finishing a marathon that somehow makes you feel that you accomplished something so great and that you now have it in you that you can accomplish anything. I was feeling pretty athletic at this point, and thought that I could take on an intermediate yoga class. Well, that was a humbling experience, to say the least! But I really did like how I felt afterwards, so I kept coming back.

I would continue on my yoga practice and would soon discover yoga's transformative powers. I was building strength through my practice inside and out. Using big muscle groups especially in standing postures, I was getting stronger but also, most especially, cultivating my will. Building an inner strength that would soon carry me through tough times. Yoga remained the one constant in my life. Keeping me grounded and centered amidst the chaos and turmoil of around me. Yoga allows me to gaze inwards and pay close attention and to tune in to myself. I honor my self daily with my practice. This is the gift of yoga.

1



URDHVA HASTASANA

On an inhale, extend your arms up towards the sky. Let your palms touch at the very top.



URDHVA HASTASANA (Modified)

On an inhale, lift your arms up towards the sky, reach up, lift up, gaze up.

2



UTTANASANA (Standing Forward Fold)

Exhale, fold forward and touch the ground.

3



ARDHA UTTANASANA (Half Forward Bend)

Inhale, lengthen your spine forward, lead with your heart, look ahead and take the tops of your thighs back.



ARDHA UTTANASANA (Half Forward Bend Modified)

On an inhale, lengthen your spine forward, lead with your heart. Place your hands on your knees.

4



**PALAKASANA
(Plank Pose Modified)**

Plant your hands down and bring your knees down to the ground. Navel is in towards your spine. Keep your arms steady and strong.



**PALAKASANA
(Plank Pose)**

Exhale, plant your hands down and step back into Plank pose (top of a push-up). Be sturdy in your arms. Bring your navel in towards your spine and take the tops of your thighs back, towards the sky.

5



**CHATURRANGA DANDASANA
(Four Limbed Staff Pose)**

On an exhale, bend your elbows close to the ribs. Squeeze your forearms towards one another.

6



**BHUJANGASANA
(Cobra Pose)**

Come to the tops of your feet, hug your shins towards one another. Place your hands under your shoulders and press the floor away, curling your heart forward and up. Broaden your chest. Bring your shoulders down and back. Hug your elbows towards one another.

7



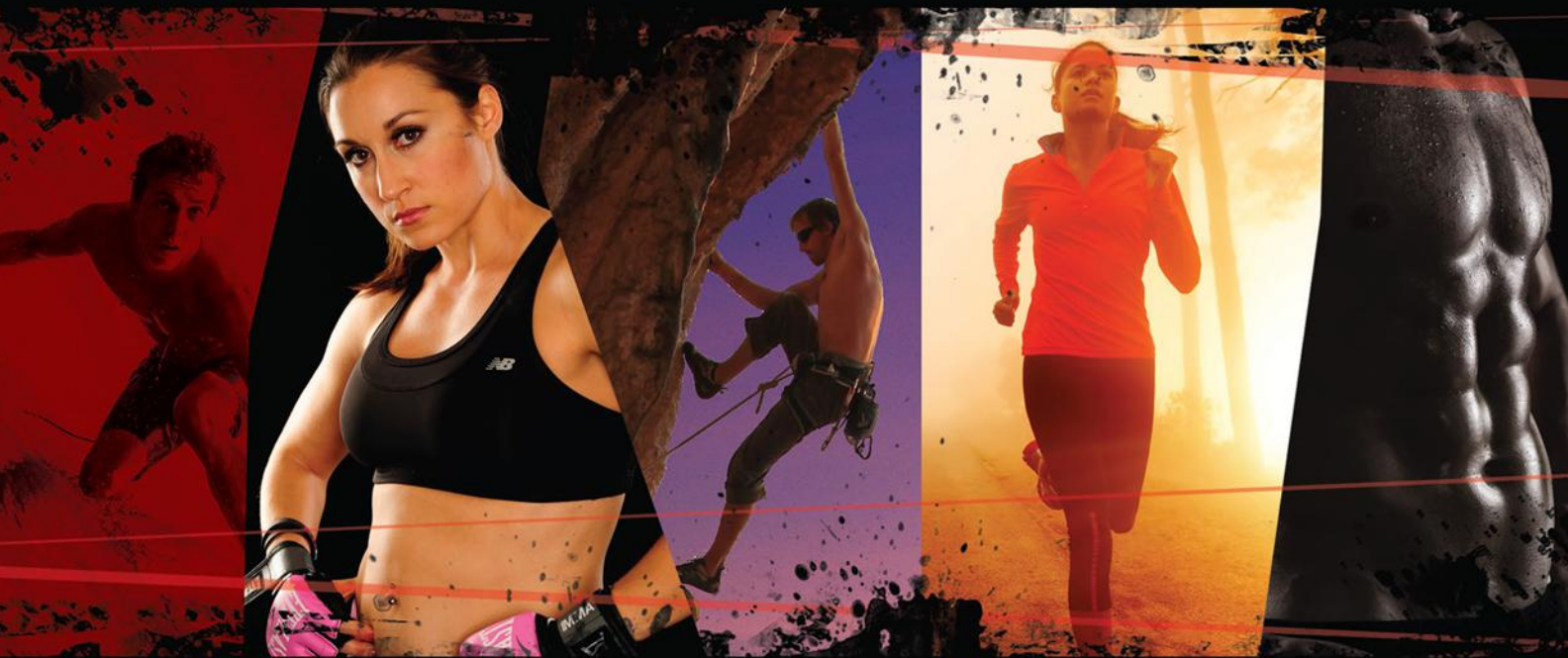
**ADO MUKHA SVANASANA
(Downward Facing Dog)**

Spread your fingers wide and root down your finger tips. Hug your forearms towards one another and widen the tops of your arm bones apart. Lift your sit bones up towards the sky. Take the tops of your thighs back. Bring your navel in towards your spine and release your heels down towards the ground.

SWAT™

FUEL

THE SUPPLEMENTS DESIGNED WITH THE WARRIOR IN MIND



ENDURANCE



BURN FAT



REBUILD



WHAT IS YOUR GYM MISSING?



JOIN THOSE WHO KNOW!

WWW.SWATFUEL.COM

IHRSA 2016
MARCH 21-24 • ORLANDO, FL USA
EXHIBITOR
BOOTH #2379

Beautiful

inside
OUT

By Jenna Lobos



THE NAKED TRUTH

Q
+

Dear Jenna,

I am a business women, who entertains clients often, which includes going out to dinner and lunches. I would like to cleanse my body and partake in a detox, is there a way of doing so, without going on an extreme juice or water fast, and still go out with my clients?

A

Dear Marilyn,

This is a great question! Although there can be some benefits to juice fasting, this does not always fit into a busy lifestyle. A simple and effective way to detox is through foods high in nutrients, this allows the body to detoxify itself naturally, the way it was meant to. Start with incorporating natural diuretics, such as kale, tomatoes, cucumbers, carrots, cabbage, melon and asparagus - these are great for ridding the body of excess fluid.

Purchase organic produce, whenever possible. Avoid the culprits; gluten, soy, dairy, and sugar, which can cause allergies. For your lunches, stick to lots of fresh vegetables and salads, which will keep your energy levels high. For dinner, you can add a non-toxic meal, such as roasted fish with kale or brussle sprouts. (Option: switch lunch and dinner) Tip: start your morning with one cup of aloe vera juice, 1 squeezed lemon, and 1 tsp. of *Udo'S 3-6-9 Oil Blend*. This will alkaline your body for the day, is great for digestion, and the healthy fats in the oil will slow down the absorption of any sugars that enter your blood stream. Make sure you keep hydrated with water, herbal teas, or aloe vera with lemon. Get plenty of rest, since your body has a difficult time getting rid of toxins when it is sleep deprived. I recommend keeping to this plan for 30 days, and then for 10 days each spring, summer and fall. This will keep your body clean and free of unwanted toxins. To your beauty!



JENNA LOBOS

Health & Wellness Coach

BEAUTYMARK ORGANICS

Natural health & beauty!

www.beautymarkorganics.com

What are some ingredients you should avoid placing on your skin? Do you have skin allergies or sensitive skin? Do you want to change your daily food habits, but need healthier alternatives? *Incorporate an organic and pure lifestyle from the inside out.* What we ingest into our bodies is just as important as to what products we place on our skin. The food we eat affect our moods, energy levels and overall well being. The products placed on our skin have a direct entry to our blood stream. Many items on the market today are loaded with toxins that cause hormonal imbalances, weight gain, fatigue, and much more. As a natural health practitioner, and following a 80% raw food diet, Jenna is an expert at what she calls "beauty foods". She will answer your questions on what foods to incorporate or what to substitute to provide you with ways to add living vibrant foods into your daily routine. A developer of her own organic, paraben-free skin care line, Jenna will answer questions on ingredients that should be avoided and how to become a mindful label reader. With a column that is dedicated to answering these crucial health and beauty questions, you will be educated and inspired to make simple, yet profound changes! To contact Jenna Lobos with your questions, email beautymarkgirl@gmail.com.

beauty essentials for a healthy body



MELON: Watermelon and muskmelon contain high levels of water, potassium and sodium that aid remove toxins and stimulates urine production.

CUCUMBER: It is a better source of sulphur and silicon. These minerals work to kindle the kidneys to wash out uric and unnecessary acid. It helps to stimulate the removal of fat, and loosens the fat from the cells.



TOMATOES: These have high water content and rich in Vitamin C that helps the metabolism and discharge of water from the kidney to swill down waste.



KALE: This is another salad food which contains water. It also holds iron and magnesium. It helps to wash out fatty cells.



CABBAGE: This is a source of sulphur and iodine. It helps to purify the mucous membrane of the stomach and intestines. In addition, it assists breakage of fatty deposits particularly around the abdominal region.



ASPAGUS: It includes asparagines chemical. This chemical removes waste from the body by breaking up the oxalic acid. It also affects the cells and break down fat.



CARROTS: These have an abundant source of carotene which velocity the metabolic rate of the body and remove fat dumps and dissipate.





Bring It On!

by Ursula Pong

Photo by Chris Soo

Looking far back into my childhood and teenage years, one could say that I was known as the scrawny kid who wasn't only skinny as a stick, but also vertically challenged. The kids in my neighborhood and at school used to call me the midget girl with the toothpick legs.

Fortunately for me, I never really had an issue with my body and I only have memories of being a happy and active kid. I do remember a time when my body size was an issue and that was when I tried out for the middle school basketball and volleyball teams in middle school. I was very passionate about basketball and volleyball. Unfortunately for me, these are two sports where being short was a disadvantage back in my day. When I showed up for try-outs ready to show my skills, the coach looked at me and said: "You're too short" and turned me away without even looking at my skills.

Needless to say, I never bothered picking up a basketball since then and even now as an adult, every time I see a basketball, all I can remember are the hurtful words from the coach. In just a brief moment, a coach/adult/teacher took away my passion for a sport. Luckily, I was strong enough to replace my passion for basketball with a passion for dance, gymnastics, and martial arts, but many other children that endured similar experiences never decided to choose alternative sports and gave up on sports altogether, which I always saw as a tremendous injustice towards

those children.

I eventually grew up from a short kid in middle school into an average sized woman with athletic skills to boot, thanks to my newly found passions which enabled me to grow into a professional cheerleader and dance captain for the *Canadian Football League, Toronto Argonauts*. This became my first experience as a role model for many aspiring young girls.

Remembering my lessons from middle school, I began to pursue a career as a P.E. teacher and have always gone the extra mile to help inspire kids to find enjoyment in fitness and sport and to empower them by helping each of them understand that they too have unlimited potential and should never let anyone tell them differently. This mission to inspire kids and change lives has kept me extremely passionate about my job and I now find myself at 53 years of age still taking this responsibility to heart just like I did when I started my career 30 plus years ago.

Living life with the intent to inspire others means that we need to live by example and I feel, even though I am 53 years young, that I still need to be in the best shape possible. This has not come without its challenges. Ten months after the birth of my little miracle daughter Kilani, whom I gave birth to at the age of 40, I was diagnosed with *Hashimoto's Hypothyroidism*, an autoimmune disease that treats your thyroid as a foreign body causing complete dysfunction of the thyroid.



Photo by Chris Soo

For someone who has been active most of their life, hypothyroidism is one of the worst things that could happen since the thyroid is our metabolic engine. Needless to say, I suffered greatly with chronic fatigue, weight gain and bouts of depression. I felt as if my body had been invaded by body snatchers and felt powerless in the process. I spent months watching my body and mind deteriorate as the autoimmune disease took over and with every passing day, I could see part of my old self disappear. You could say, I was in the worst shape of my life and I felt completely powerless and ready to give up.

Strangely enough, it was during those months that I began to develop an even greater appreciation for the powerless feelings so many other women out there must be feeling who, like me or even worse, have been deprived of the gift of graceful aging. It was this revelation that there are so many out there in need of inspiration and support that I made a very clear decision with myself.

I remember sitting at the dining table with my husband and daughter when I looked at them and said, "That's it. I'm done with this." I got up from the table, went to the gym and attempted my first workout with weights in many months. Every single repetition felt like I was pulling teeth and I remember breaking in to tears as I saw myself in the mirror struggling with such little weights with a body that just was not mine. It was during that workout, that I decided I would dedicate each strenuous and painful repetition to every other woman who was struggling like me. I made a vow that I would beat this once and for all, and if I did, I would make sure that I would do my best to help support and inspire other women around the world who are struggling just like me.

"Months went by, but with every work out, I felt as if I had taken charge of my disease and the disease was no longer in charge of me."

I slowly but surely regained my strength and began to follow a very strict anti-inflammatory diet that my husband designed for me; and after about six weeks I slowly began to see my old body again, which only fueled my desire to beat this disease even more.

Now, almost ten years later, with constant diligence and good medical care, I have not just fully reclaimed my body, but have surpassed my fitness levels and am proud to say that I am now fitter than when I was a professional cheerleader in my twenties. I am still that P.E. teacher who lives to inspire her kids and plan to always be that person, but in the process, I have also become a better and stronger woman from my experience and still strive to inspire others and be a positive source of support and change in their lives as they are dealing with their own struggles in life. I have since competed in four international figure competitions in my fifties and have even competed in a 3-round boxing match to raise money for charity, which was against a woman about 15 years younger, who succumbed to the power of life experience.

Now, every day, my mantra is: "Bring it on life, hit me with your best shot!"



Natural Healing Remedies

The Rx: Mint



The Target: IBS, headaches

The Dose: 1 cup of tea daily

Chewing on peppermint can freshen your breath, but there's another reason you should try the herb. The menthol in peppermint helps prevent muscle spasms, one of the reasons peppermint oil effectively treats irritable bowel syndrome. The oil is also useful for relieving headaches. Rub some on your temples or wrists and breathe in the minty scent.

Botanist James A. Duke, PhD, author of *The Green Pharmacy Guide to Healing Foods*, recommends brewing mint tea for any type of pain. Pour boiling water over peppermint leaves and steep until the tea is as strong as you like. Add wintergreen leaves for an extra pain-fighting boost; a compound in wintergreen called methyl salicylate blocks the enzymes that cause inflammation and pain. "You could call it herbal aspirin," he says. A final squeeze of lemon will help you extract as many pain-reducing chemicals as possible from the plants.

The Rx: Salmon, Herring, Sardines



The Target: Achy back, neck, joints

The Dose: Two to three 3-ounce servings weekly

Eating fish low in mercury and high in omega-3 fatty acids can help relieve back pain. In a healthy back, blood vessels at the edge of spinal disks transport crucial nutrients to those disks. If blood flow is diminished, the disks lose their source of oxygen and other nutrients, and they begin to degenerate, says Neal D. Barnard, M.D., author of *Foods That Fight Pain*.

Omega-3s help by improving blood flow and tamping down inflammation in blood vessels and nerves. But for the full effect, you may need supplements. One study in the journal *Surgical Neurology* found that taking 1,200 mg or more of EPA and DHA per day could reduce both back and neck pain. And there are added bonuses: "Any amount of fish oil is beneficial for cardiovascular protection and mood elevation," says Joseph C. Maroon, M.D., the study's lead researcher. A study in the journal *Pain* found that people are more aware of their discomfort when they're glum. (An additional bonus: Omega-3s also may reduce brain shrinkage.)

The Rx: Cranberry Juice



The Target: Ulcers

The Dose: 1 cup daily

Ulcers are the result of a pathogen called *H. pylori*, which attacks the protective lining of the stomach or small intestine. Antibiotics are the usual cure, but you can help prevent ulcers in the first place by drinking cranberry juice, thanks to its ability to block *H. pylori* from adhering to the stomach lining. One study found that just under a cup a day for 3 weeks eliminated almost 20% of all cases of *H. pylori* infection—without drugs. But the juice becomes inflammatory when it's loaded with sugar, so grab a bottle of 100% natural cranberry juice. If it's too bitter, add water or a natural sweetener such as stevia.

The Rx: Cherries



The Target: Arthritis, muscle pain
The Dose: 45 daily

Compounds in cherries called anthocyanins—the same phytonutrients that give cherries their rich ruby hue—are powerful antioxidants that work two ways to tamp down pain. “They block inflammation and they inhibit pain enzymes, just like aspirin, naproxen, and other nonsteroidal anti-inflammatories,” says Muraleedharan Nair, PhD, natural products chemist at Michigan State University’s College of Agricultural and Natural Resources. One study in the *Journal of Nutrition* showed that people who ate a bowl of cherries for breakfast reduced a major marker of inflammation by 25%.

Other researchers found less muscle pain in runners who drank 12 ounces of tart cherry juice twice daily for 7 days before a distance run.

The Rx: Coffee



The Target: Headaches
The Dose: Two 4-ounce cups

Coffee isn’t just a morning pick-me-up. It’s good medicine. “Caffeine helps reduce pain by narrowing the dilated blood vessels that develop with headaches,” says Andrew Weil, M.D., founder and director of the Arizona Center for Integrative Medicine. And coffee delivers a one-two punch by reducing pain-promoting compounds and amplifying the effect of other pain relievers too. (But be warned: If you’re a java junkie, too much caffeine can have the opposite effect. When you quit, you can get withdrawal headaches. Coffee works as a headache reliever only if you don’t consume it regularly.)

The Rx: Ginger



The Target: Migraines, arthritis, sore muscles
The Dose: 1/4 teaspoon daily

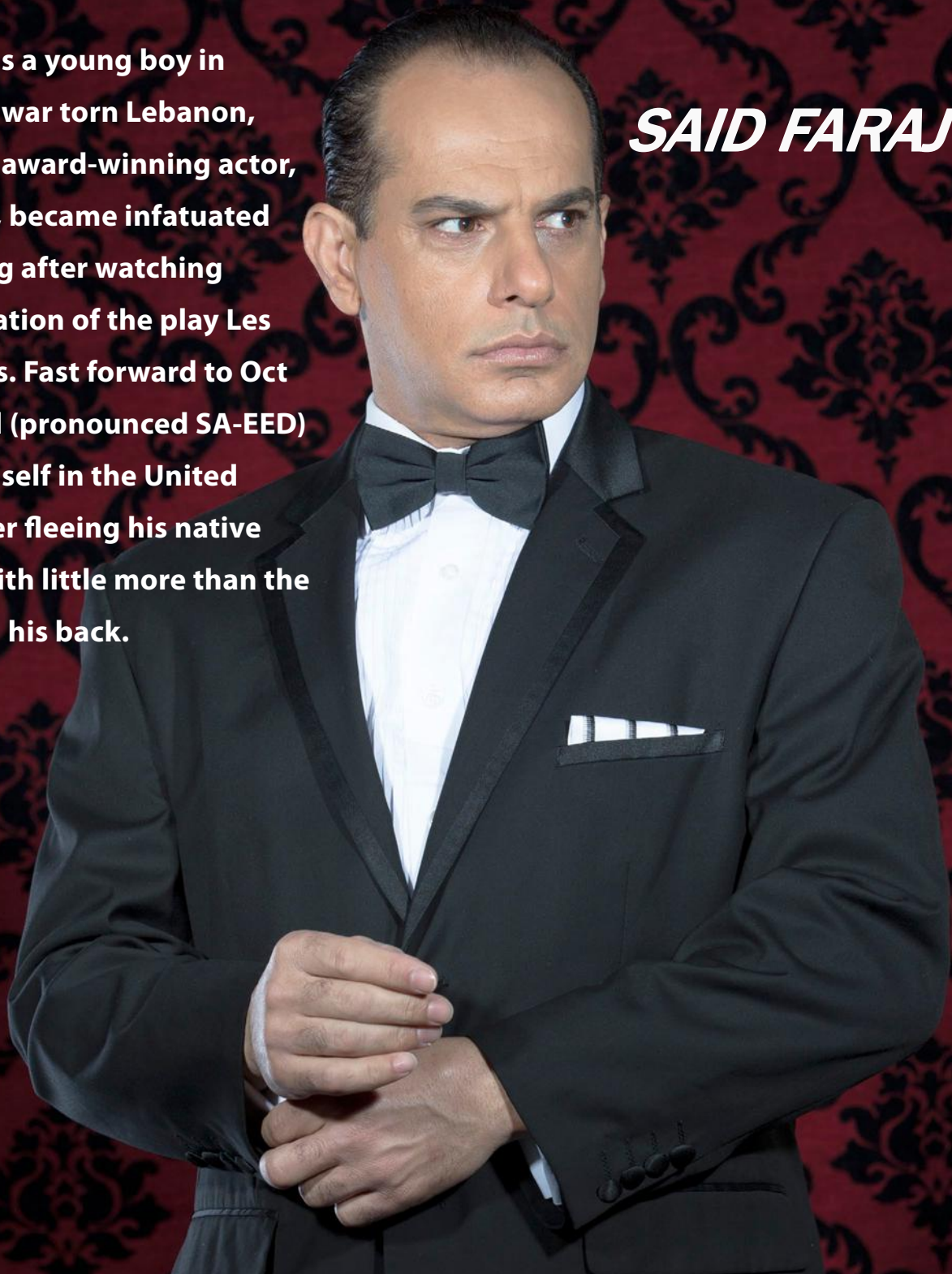
This spicy root is a traditional stomach soother, easing seasickness and nausea. It’s believed to work by breaking up intestinal gas and possibly blocking a receptor in the gut that induces vomiting. But there are good reasons to eat ginger even when you’re not doubled over. Another natural aspirin impersonator and anti-inflammatory, it can offer relief from migraines, arthritis pain, and muscle aches.

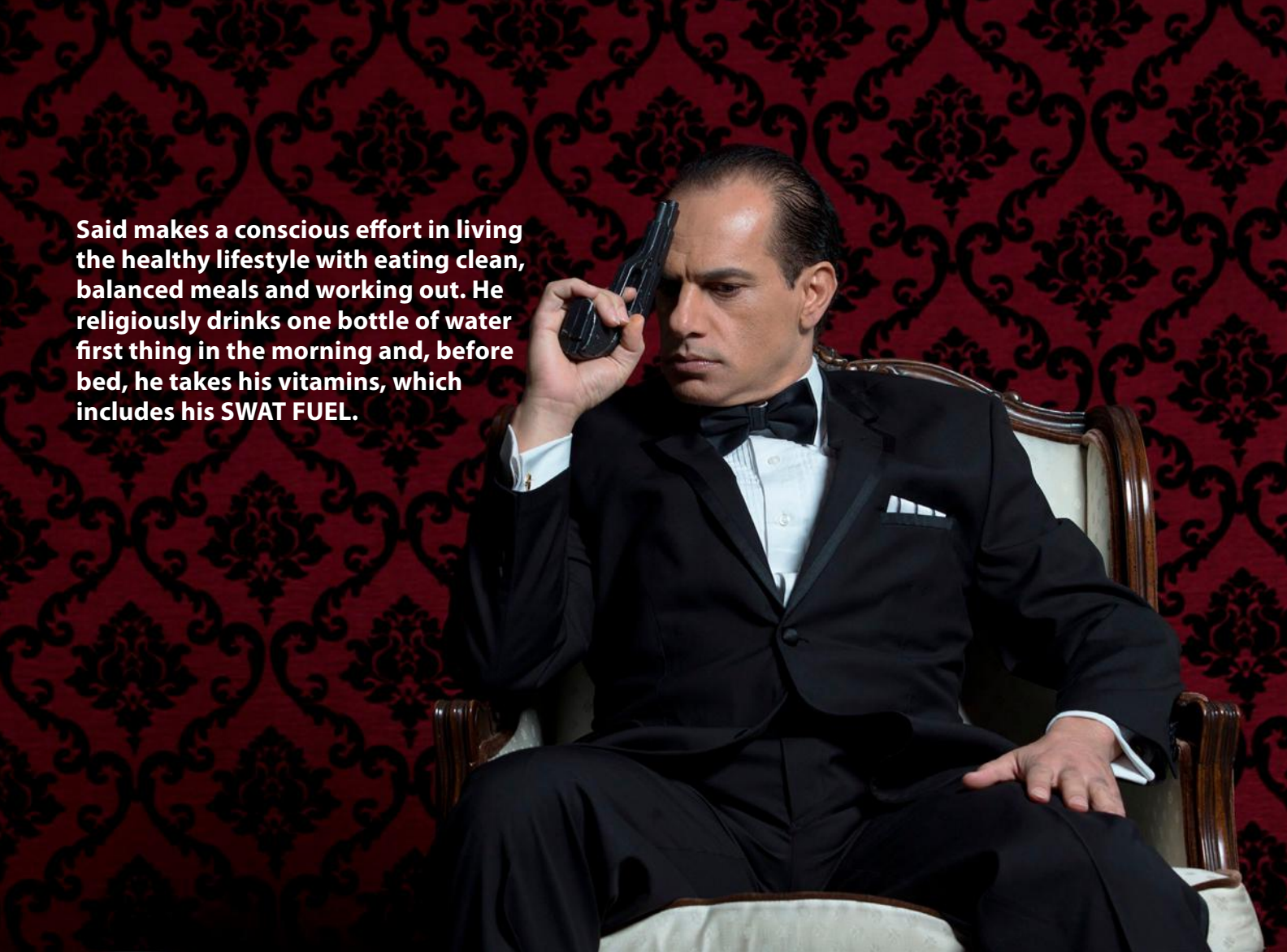
There are plenty of ways to include ginger in your diet. Add it grated into Asian dishes, smoothies, and juice. Or make ginger tea by placing sliced, peeled gingerroot in boiling water and letting it steep for 15 minutes. For ginger lemonade, combine grated gingerroot, lemon juice, and honey with ice water.

Disclaimer: Nothing contained in this magazine is intended to provide health care advice. Should you have any health care-related questions, please call or see your physician or other health care provider. Consult your physician or health care provider before beginning any nutrition program as you would any other weight loss or weight maintenance program.

As a young boy in war torn Lebanon, award-winning actor, Said Faraj, became infatuated with acting after watching the adaptation of the play Les Miserables. Fast forward to Oct 1983. Said (pronounced SA-EED) found himself in the United States after fleeing his native country with little more than the clothes on his back.

SAID FARAJ



A man in a black tuxedo and bow tie is seated in a wooden chair with a cream-colored cushion. He is holding a handgun to his forehead with a serious expression. The background is a red wall with a black damask pattern.

Said makes a conscious effort in living the healthy lifestyle with eating clean, balanced meals and working out. He religiously drinks one bottle of water first thing in the morning and, before bed, he takes his vitamins, which includes his SWAT FUEL.

To support himself, Said would accept menial jobs in the fast food industry. But in time he would enroll in several acting classes and workshops, perfecting his craft for the time when he would embark on his lifelong goal of becoming a full-time actor. The gamble paid off.

To date, Said has appeared in some of the most memorable films in American diaspora. These include: Green Zone (Matt Damon, Amy Ryan, Greg Kinnear); Ghost (Patrick Swayze, Whoopi Goldberg, Demi Moore); Bad Influence (Rob Lowe, James Spader); True Romance (Christian Slater, Patricia Arquette, Dennis Hopper); The Siege (Denzel Washington, Annette Bening, Bruce Willis); and more, working alongside a virtual Who's Who Among Talented Hollywood Directors, including Curtis Hanson, Sam Raimi, Tony Scott, Jerry Zucker, and Ed Zwick, among others. Television appearances include such hits as Intelligence; 24; Bones; ER; NCIS: L.A.; The Shield; The Unit; and more.

In 2012, Said reached another milestone when his production company, Cedar Films LLC, produced the short film The American Failure, which premiered at the 2013 Cannes Film Festival. The film marked Said's Producing, writing and directorial debut (he shares directing credit with Ameenah Kaplan) and would go on to win several awards, including Best Picture, Best Actor, and Best Director at various film festivals across the United States. Said serves as producer in the upcoming films Permanent Ink, The Resolve, Cross Purpose. Said Faraj IMDB: www.imdb.me/saidfaraj

A full-page photograph of Stacey Naito. She is wearing a black, form-fitting, sleeveless leather dress with a deep V-neckline and a matching black leather skirt. She has long, dark hair and is wearing a diamond choker necklace. The background is a dark red wall with a black, ornate, repeating pattern.

STACEY NAITO

Stacey Naito is an actress, model, physician, writer, and fitness trainer. She was born in Hollywood, California and has spent her entire life involved in some aspect of the entertainment industry.



Though Stacey is a board-certified physician and published medical researcher, her biggest passion is in fitness. Through hosting various fitness events, appearing in various video and television projects, and building her video channel on YouTube, she has been moving towards inspiring the over 40 segment of the population to live optimally.

Dr. Naito Trivia

- Stacey skipped a grade when she was only a few weeks into kindergarten and consequently graduated from high school at the age of 16.
- She holds a Bachelor's Degree in Exercise Science from Occidental College.
- Stacey participated in a Japanese-American beauty pageant when she was in her 20's, representing her region as Queen.
- Stacey is half Japanese.
- She is an IFBB Bikini Pro.

Stacey Naito's IMDB: www.imdb.me/staceynaito

THAI CRUNCH SALAD WITH ALMOND GINGER DRESSING



NUTRITION (per serving):

Calories 211, Fat 7g, Protein 13g, Carbs 22g,
Fiber 8g, Sodium 261mg

SALAD INGREDIENTS:

- 2 grilled chicken breasts, shredded
- 1 head napa cabbage cut into 1/2 inch strips
- 1 head romaine lettuce, cut into 1/2 inch strips
- 2 large carrots peeled and julienned (or buy a small bag of matchstick carrots)
- 2 bunches of green onions, thinly sliced, green part and all
- 1 large english cucumber julienned (or remove the seeds from a regular cucumber and julienne)
- 1 large bunch cilantro, chopped
- 2 cups cooked, shelled edamame
- 1 cup peanuts (I prefer raw)
- 1 cup almond ginger dressing or store-bought organic Asian Dressing of your choice
- 1 cup crispy wonton strips

PREPARATION FOR SALAD:

- 1) Place all salad ingredients in a LARGE mixing bowl and toss to mix.
- 2) Portion out the amount of salad you'd like to serve and pour Almond Ginger Dressing over the salad. Mix to coat. Toss gently with crispy wonton strips, if using. Serve immediately!

ALMOND GINGER DRESSING INGREDIENTS:

- 1/2 cup raw almond butter
- 1/2 cup whole raw almonds
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons fresh lime juice
- 1 thumb of fresh garlic
- 1 1/2 tablespoons lite soy sauce
- 2 tablespoon agave or maple syrup or 2 packets of Stevia
- 1/4 cup Rice Wine Vinegar
- 1/2 cup water (use as needed)
- 1/2 teaspoon (scant) cayenne pepper
- Pinch of crushed red pepper flakes

PREPARATION FOR ALMOND GINGER DRESSING:

- Place all ingredients into a blender or food processor. Process until smooth. Taste and adjust seasonings.
- Ready for immediate use or refrigerate for up to five days.



SMOKED CHEDDAR STUFFED LENTIL BURGER

NUTRITION (per serving):

Calories 211, Fat 7g, Protein 13g,
Carbs 22g, Fiber 8g, Sodium 261mg

INGREDIENTS:

- 1 cup water
- 1/2 cup lentils, rinsed
- 1 bay leaf
- 1 tsp Extra Virgin Olive Oil
- 1/2 medium onion
- 1 medium carrot
- 2 oz smoked cheddar cheese, grated
- 1/4 cup breadcrumbs
- 1 tsp fresh thyme, chopped
- 1/2 tsp Salt and Pepper, each
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/8 tsp cayenne pepper
- 1 egg
- Ezekiel 4:9® Sprouted Whole Grain Burger Buns

PREPARATION:

- 1) Put water, lentils and bay leaf in a small pot and bring to a boil over medium heat. Reduce heat to low, cover and simmer about 20 minutes, until the lentils are tender. Discard bay leaf. Smash lentils with a potato masher and set aside to cool.
- 2) Heat Extra Virgin Olive Oil in a small skillet. Puree onion and carrot together and fry in the skillet for about 5 minutes, until they are soft. Set aside to cool.
- 3) In a medium bowl, mix cheese, breadcrumbs, spices, herbs and eggs. Add lentils and onion-carrot mixture. Refrigerate for about 30 minutes.
- 4) Shape into four patties and fry in a cooking spray-coated skillet over medium heat. Serve with your favorite burger toppings.
- 5) Serve on Ezekiel 4:9® Sprouted Whole Grain Burger Bun, lettuce, slice tomatoes and condiments.

INDIVIDUAL MEATLOAF

recipe by Adrienne Van Lew - CPT, Firefighter, & FitnessX Magazine Writwer/Model

INGREDIENTS:

- 1-lb lean ground turkey
- 1-lb lean ground beef
- 3 egg whites
- 3 large eggs
- 1 cup milk
- ½ cup bread crumbs or panko
- ½ cups grated Parmesan
- ½ tablespoon Italian seasoning
- ½ tablespoon salt
- 2 garlic cloves minced

PREPARATION:

- 1) Top with light sugar ketchup or no sugar ketchup.
- 2) Preheat oven to 400 degrees.
- 3) Mix together all ingredients in a bowl.
- 4) Scoop into a muffin tin or brownie pan, until slightly overflowing. They shrink down a lot!
- 5) Bake for approximately 25 minutes. Top with ketchup and serve. Enjoy!

NUTRITION: (4 Servings) 1 Serving = Calories 230, Fat 6g, Carbs 17g, Protein 24g , Sodium 225mg

BREAKFAST BURRITOS

recipe by Lena Long, FitnessX Magazine Writer/Model

NUTRITION: (Serving Size = 1 Burrito) Calories 250, Fat 10g, Carbs 25g, Protein 16g , Sodium 135mg

INGREDIENTS:

- 1 low-Carb Low-Fat Soft Taco Tortilla
- 6 tbsp. Liquid Egg Whites
- 2.5 oz Extra Lean Ground Turkey Breast
- 1/4 cup Diced Onions, Raw
- 1/4 cup of Sliced Avocados, Raw
- 1/3 cup Diced Green Peppers
- 1/3 Diced Tomatoes, Raw

PREPARATION:

- 1) Cook the turkey, onions, avocado, and bell peppers.
- 2) Scramble the eggwhites in a pan that has been sprayed with cooking spray.
- 3) Remove the eggs, then spray the pan again and place the tortilla in the pan.
- 4) While the tortilla is cooking, place the scrambled eggs, chopped onions, green peppers, and turkey on top.
- 5) Wrap the tortilla around the mix and enjoy!

CRANBERRY-APRICOT FLAXSEED MUFFINS

NUTRITION: (Makes 2 servings, Serving Size = 1 muffin)
Calories 190, Fat 1g, Protein 5g, Carbs 26g, Sodium 120mg

INGREDIENTS:

- 1 tsp vanilla extract
- 1 tsp baking soda
- 3/4 cup skim milk
- 1/4 cup rolled oats
- 1/4 cup cranberries; fresh or frozen
- 1/4 cup dry apricots
- 1 tbsp flaxseed
- 3 tbsp Smart Balance Light Butter (flaxseed oil)
- 1/4 tsp salt
- 1 1/2 tsp baking powder
- 2 egg whites
- 1/2 cup all-purpose flour
- 1 cup whole wheat pastry flour (Bob's Red Mill)
- 2 tbsp Stevia blends

PREPARATION:

- 1) Preheat oven to 400 F.
- 2) Combine flour, oats, stevia, baking powder, baking soda, and salt in a bowl.
- 3) In a separate bowl, mix together milk, vanilla, egg whites, cranberries, apricots, and flaxseed.
- 4) Stir the wet ingredients into the dry ingredients until the dry ingredients are moistened. Do not overmix the batter.
- 5) Pour batter into non-stick or paper-lined muffin cups. Bake for 20 minutes or until the muffin tops are lightly browned and a wooden toothpick inserted into the center of a muffin comes out clean.

STRAWBERRY CHEESECAKE ICE CREAM

NUTRITION: (Makes 4 servings,
Serving size = 1 1/3 cup) Calories 227,
Protein 25g, Carbs 27g, Fat 9g

recipe by Caithleen Heffernan, FitnessX Magazine /Writer/Model

INGREDIENTS:

- 2 cups Greek Yogurt, low fat
- 1 1/2 cups 1% cottage cheese
- 1 tbsp. vanilla extract
- 2 cups fresh strawberries, chopped
- 2 tbsp. honey

PREPARATION:

- 1) In a blender, add yogurt, cottage cheese, vanilla, strawberries and honey. Blend well until smooth.
- 2) Add the blended ingredients to your ice cream maker following the manufacturers instructions.
- 3) Leave it to churn for approximately 25 minutes.
- 4) Serve right away and freeze any leftovers. Enjoy!

3 Benefits of

HIIT Training

by SJ Nieuwma, CPT

What if I told you that you can burn more fat, build lean muscle and save time in the gym by doing less cardio? Well, with HIIT (High Intensity Interval Training), you can! High intensity interval training is a type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover.

This type of training has been used by athletes to improve performance, but it's also been shown to benefit the average exerciser. HIIT not only helps performance, it also improves the ability of the muscles to burn fat.

In the hustle and bustle of today's jampacked schedule, our once firmly adapted fitness routine can go straight out the window.

With the pressure to meet all of our daily requirements to our families and jobs, our goals get the back seat. Well, grab a hold of your fitness goals because I'm going to explain some amazing benefits of HIIT that will get you back on track or on a new road to fit!

Photo by Eva Simon

1 BURNS FAT

Are you guilty of spending a lot of time running nowhere on the treadmill? Listen to this-- Exercise physiologists used to believe that "steady state" cardio was superior for fat loss because relatively more fat is used by the body as fuel at lower exercise intensities than at higher intensities. The "Fat Burning Zone" shown on most cardio equipment as only 60%-65% of max heart rate is really a myth and is NOT optimal for burning fat. This is what drove lots of women to spend hours on the treadmill a week! Yes, you burn more fat relative to glycogen when going for a walk, but what we care about is total fat burn. At higher intensities, you are burning far more fat, even though the fat/glycogen ratio is lower. In addition, HIIT allows you to exercise at very high intensities for a much longer period of time than steady state, so you burn more fat.

2 SAVES TIME & MONEY

The beautiful thing about HIIT training is it can be done in the comfort of your own home, outside or even at a hotel while traveling. The exercises that can be performed during HIIT are endless. All you need is your body weight to get in a good workout with no equipment required. Exercises like, Running, biking, jump roping, and rowing all work great for HIIT, but you don't need any equipment to get it done. High knees, pop squats, or anything plyometric like jumping lunges work just as well to get your heart rate up fast! Perfect for those who can't get to a gym. With HIIT, you will be working harder than you normally work, but for about a quarter to a half of the time. Twenty minutes of this hard core training will leave you sweaty. If you are used to performing 60 minutes of cardio you save 40 minutes and get double the benefits!

3 PRESERVE HARD EARN MUSCLE

Anyone who has been on a diet knows that it's hard to not lose muscle mass along with fat. While steady state cardio seems to encourage muscle loss, studies show that both weight training and HIIT workouts allow dieters to preserve their hard-earned muscles while ensuring most of the weight lost comes from fat stores. Especially when adapting a lower calories diet, our bodies can experience a negative responses which is loss of muscle as well as fat. This ultimately lowers the person's metabolic rate which is not ideal for someone looking to burn fat. HIIT workouts along with weight training have been shown to preserve muscles mass ensuring that most of the weight loss comes from fat stores. You aren't spending enough time to breakdown muscles fibers while performing HIIT. Another huge bonus- The more muscle we have, the higher the metabolism.

There are many more positive benefits that come from Interval training, the list goes on. Benefits range from a healthier heart to increasing lung power, increased metabolism and even agility. No matter what training routine you are in currently, give HIIT a try, you won't be disappointed with the results!

Shoulder Supersets

Toned and sculpted shoulders top the list of the many benefits you will receive from doing the right women's shoulder exercises. Another advantage is that developed shoulders automatically make your hips and waist look smaller. Besides helping you maintain good posture, it also allows you to wear a more extensive variety of clothes; and look much better in them. Many women want to work on their shoulders, but clueless in what exercises to perform. Shoulder muscles are primarily comprised of the front, rear, and side deltoids. To shape them effectively, you need to work all 3 parts evenly using a variety of equipment. Supersetting is an excellent way to achieve the look you want!

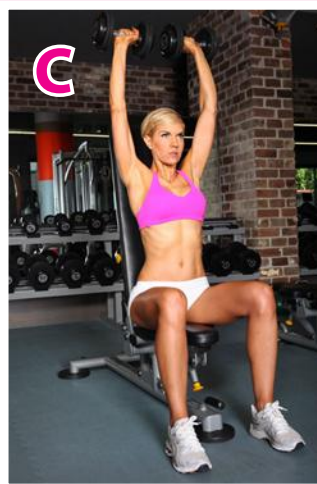


1

FRONT, SIDE, & REAR DELT SUPERSET:

Arnold Press & Rear Delt Raise

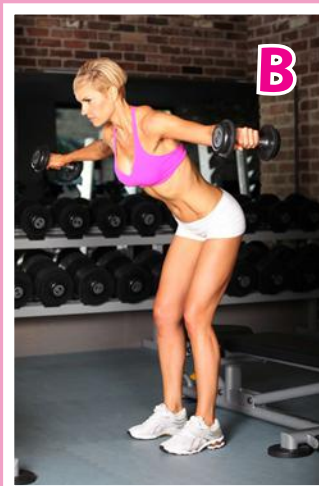
Perform 3 supersets of 15 Seated Arnold Presses, then 15 Dumbbell Rear Raises (Rest 1 minute between each set)



Seated Arnold Press

This is a compound movement that targets the whole shoulder, and also uses the smaller muscles around the shoulder joint for stability.

- (A) Hold your dumbbells directly in front of your shoulders. Make sure your palms are facing you.
- (B) Press dumbbells up and over your head. Turn your wrists at the same time so that your palms face away from your body at the top.
- (C) Reverse the movement back to starting position.



Rear Delt Dumbbell Raise

This is an isolation movement that heavily targets the posterior deltoid muscle.

- Stand with feet shoulder width apart and soft knees, holding a plate or dumbbell in each hand.
- (A) Keep abs tight and back flat, and bend at the waist until your upper body is close to parallel with the floor.
- (B) Keeping the back of your hands facing up and elbows slightly bent, slowly raise both dumbbells towards the ceiling until they reach shoulder height, then lower.

2

FRONT & REAR DELT SUPERSET: Front Raise & Reverse Machine Fly

These two moves target the anterior head (front raise) and posterior head (rear flies) of the deltoid.

Perform 3 supersets of 15 Front Plate Raises, then 15 Rear Delt Machine Flies (Rest 1 minute between each set)

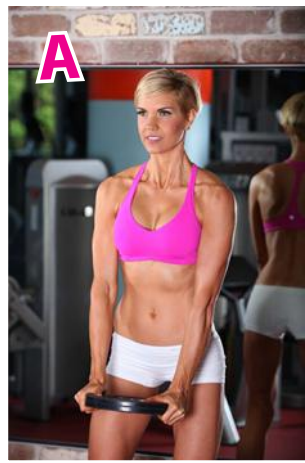
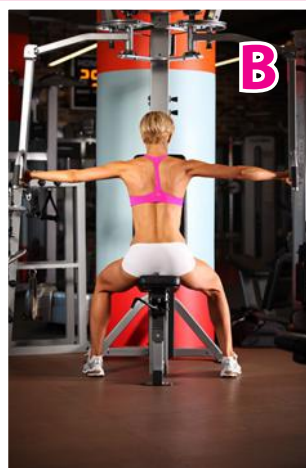
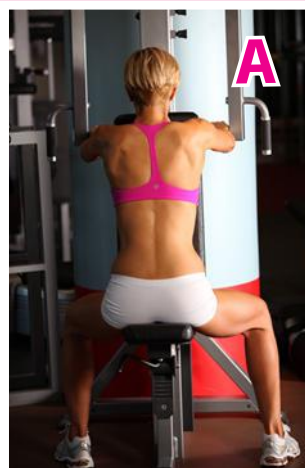


Plate Front Raise

- (A) Hold a plate or dumbbell in both hands in front of your body with your feet shoulder width apart.
- (B) Slowly raise plate towards the ceiling, keeping your elbows straight until it is above head height then lower.



Rear Delt Machine Fly

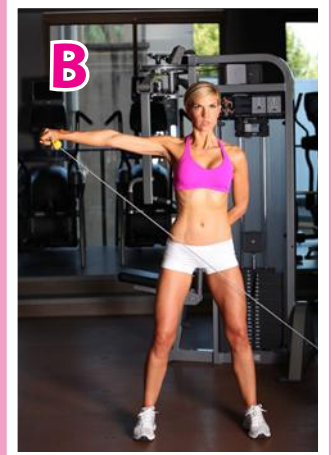
- Grip top bar (palms down) with good body alignment. Squeeze together (retract) shoulder blades. Keep elbows and forearms parallel to the floor throughout entire exercise.
- (A) In a controlled motion, keeping elbows up, pull bars out and back as far as possible.
- (B) While maintaining the controlled motion, return to starting position.

3

LATERAL DELT SUPERSET: Lateral Raise & Upright Row

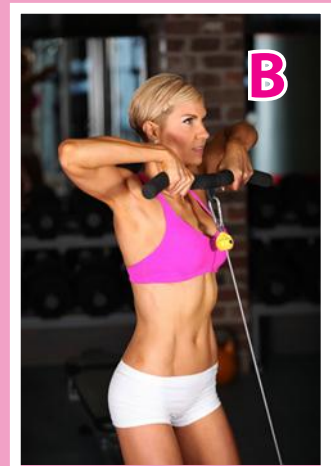
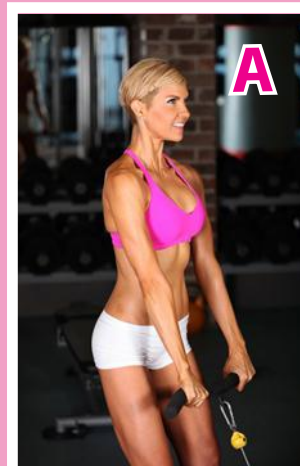
These two cable moves target the lateral head. Be sure to keep the hands at least shoulder width apart in the upright row to avoid the trapezius doing all the work.

Perform 3 supersets of 15 Cable Lateral Raises (each side), then 15 Cable Upright Rows



Cable Upright Row

- (A) Stand facing a low cable with a straight bar and feet shoulder width apart
- (B) With hands shoulder width apart, keeping elbows high, row the bar up until your elbows reach shoulder height, then lower.



Cable Lateral Raise

- (A) Stand side on to a low cable (Left side closest) with feet wider than shoulders. Hold the cable with the right hand in front of the body.
- (B) Leading with little finger up, raise the cable to just above horizontal. Then return to starting position.

GOING THE DISTANCE!

When to Retire Your Gym Shoes by Monique Kabel

You know it's time to toss out the old faithful gym shirt when it looks more like a garage rag than a tank top. You also know when those small holes start appearing in your gym shorts, and it has seen better days, it is probably time to replace them. But did you know, that your gym shoes also need to be given a good once over every 6 months or sooner, depending on the mileage you put on them.

Replacing gym shoes is easily overlooked. Because we typically only wear our gym shoes while in the gym, we expect their life span to last a lot longer than any other shoe worn every day. Even though realistically, they are the pair of shoes we all own that take the hardest beating.

I recently started experiencing severe foot pains during my daily cardio sessions. After some investigation, I decided to take a hard look at my gym shoes. I remember over a year ago, going to a local sport's store and purchasing a reasonably priced pair of cross trainers. The salesman ensured me that they would be comfortable in all the different styles of training I would be performing in them. From heavy squats, walking lunges and even running.

What he had failed to mention, was that any shoe used for training, should be replaced once every 6 months or 300-500 miles, to prevent any kind of impact/stress-related injuries.

The normal force of impact for a runner is about 2.5 times the bodyweight with each footfall. Impact increases with fatigue and speed. Improper muscle adaptation to activity is related to most types of injuries and stress fractures, and also various knee problems.

Thickness in the heels can be especially harmful. Studies have shown that heels greater than 1/2 inch can cause significant dysfunction in the muscles which control the Achilles tendon, and even the quadriceps muscles at heel strike. Also, in one study this results in a 2.4 % decrease in one's VO2max, which is significant, and goes to show how something so small can change can impact the whole body.

Bad shoes can cause problems in the metatarsal joints as well. These problems are very common in athletes, the result of wearing shoes, most commonly ones that don't fit the properly. Over time, hammertoes, bunions, and other problems develop as the bones and joint become permanently changed.

With all that being said, there are ways to prevent damage your feet. When shopping for your fresh set of gym shoes stay aware of the following:

You should not have to "break in" a shoe before it fits perfectly. It should not have to "stretch out" to fit. Shoes should feel completely comfortable when you first put them on.

Always measure both feet while standing on a hard floor. Most people do not measure their feet when buying new shoes, even though their size may have changed. Our feet get larger with age because they spread out, especially in woman.

Allow time to find a proper fitting. It may take you a few pair of shoes or a few different stores to find the right shoe.

With this information, you should be able to gain some perspective on what a vital role our feet really do play. As athletes, we tend to be harder on our own bodies than the average person. In turn, we should take better care of them. Our feet carry us through life; they literally take us everywhere we need to be. We should treat them with some TLC!

Out with the old...in with the brand new shoes!

Model: Adrienne Van Lew

Billy Bow
PHOTOGRAPHY

Blueberry Chia Kale Salad



Photo by James Patrick

Created by The Fit Mom Diet Team Kim Miller and Shannon Dougherty www.FitMomDiet.com

Serves 4

Salad Ingredients:

- 3 bunches of kale, stemmed and chopped
- 1 cup fresh blueberries
- 1/3 cup dried cranberries or unsweetened dried cherries
- 2 medium carrots, peeled and shredded
- 1/3 cup chia seeds, toasted
- 1/3 cup sliced almonds, toasted
- 1 tablespoon chopped fresh mint leaves
- Ginger Soy Vinaigrette (see recipe)

Directions for making salad:

1. Combine kale, blueberries, carrots, dried cranberries, chia seeds, almonds and mint in a medium bowl and toss well.
2. Drizzle with the vinaigrette and toss again.
3. Season to taste with salt and pepper. Serve salad immediately.

Ginger Soy Vinaigrette Dressing Ingredients:

- 2 tablespoons soy sauce or Bragg's Amino Acid
- 2.5 tablespoons rice wine vinegar
- 1 tablespoon water
- 1 teaspoon minced fresh ginger
- 1 teaspoon honey
- 1 tablespoon sesame oil
- 2 tablespoons peanut oil
- Salt & Pepper to taste

Directions for making Ginger Soy Vinaigrette Dressing:

Combine all dressing ingredients and whisk together until blended.

Tight Overnight!

Workout designed by Christine Le Monde, Level III Certified Master Trainer



Location: Gold's Gym, Venice

Billy Bow
PHOTOGRAPHY

This 5-section, multi-joint circuit incorporates high-intensity intervals while sculpting your arms, chest, shoulders, abs, back, glutes and legs.

HERE IS THE WORKOUT:

Do 10 reps of each section of the circuit. Repeat up to 10 times or for 40 minutes. Whichever comes first.

1. Sissy Squat to Lie-Back
2. Crunches with Chest-to-Sky Plate Press
3. Squat pulses with plate
4. Superman Burpee with Pull-Back
5. Box Jumps

When this workout feels like a breeze, gradually increase the weight of the plate (or kettlebell) you are holding.

Workout gloves: G-Loves www.g-loves.com

Hair/MUA: Crystal McDermott

1 SISSY SQUAT TO LIE BACK

Stand with feet shoulder-width apart holding a weight plate in front of chest. Then sit back into a squat and slowly drop hips down on the bench or floor while you lower your body down. Move your arms overhead, then move your arms forward as you push through your heels to stand back up to starting position.



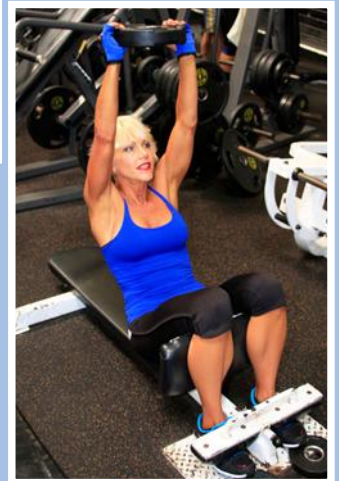
Note: If you don't have a Sissy Squat apparatus, a Turkish Get-Up with a kettle bell works nicely. Just make sure you do an equal number of rounds on each side of the body.

2 CRUNCH WITH CHEST-TO-SKY PLATE PRESS



Lie on your back on the bench or floor holding a weight plate, ball or dumbbell above your chest with your arms straight. Crunch up, reaching the weight plate/ball or dumbbell as far toward to the sky as possible. Squeeze your abs and hold the top position for two seconds.

Tip: Keep your tailbone in contact with the bench or floor throughout the entire exercise. Also, do not crunch forward. Instead, attempt to reach upward toward the ceiling, which will cause better abdominal muscle recruitment.



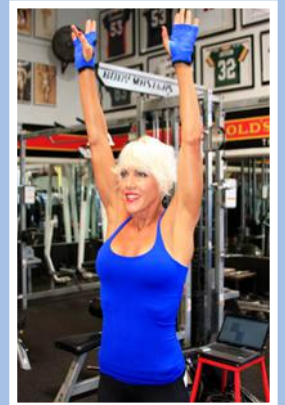
3 SQUAT PULSES WITH PLATE

Standing upright with feet hip-width apart, maintain good posture. Keep chest up, back flat, hands holding plate in front of chest and look forward. Squat down until knees reach 90 degrees, then just pulse the movement at this lowered position.

Tip: Make sure to keep your heels down on the floor concentrating on your body weight going through your heels. Keep knees back behind toes.

4 SUPERMAN BURPEE TO PULL-BACK

From a standing position, squat down as you kick your feet back, you go all the way down to your chest and break into a superman hold by squeezing your upper back, butt, and hamstrings. In that position, pull your elbows back (squeezing the shoulder blades together) towards the torso with palms facing down and hold. Then pop back up like a normal burpee and lift hands up over head.



5 BOX JUMPS

Stand with feet shoulder-width apart. Sit back into a quarter squat as you swing arms back. Then explosively jump (while swinging your arms forward) onto the box with a soft landing. Hold your position on top of the box, then jump back down.



Mango Berry Fruit Salad

Ingredients

- 2 mangos - peeled, seeded, and diced
- 1 cup reduced fat raspberry vinaigrette salad dressing
- 8 cups mixed torn salad greens
- 1/4 cup chopped cilantro
- 1/4 cup sliced red onion
- 1/2 cup fresh raspberries
- 1/2 cup fresh blackberries
- 1/2 cup fresh strawberries, halved
- 1/2 cup fresh blueberries
- 1/2 cup toasted hazelnuts
- 4 ounces freshly grated parmesan cheese

Directions

1. Place 1 mango and the raspberry vinaigrette dressing in a blender, and blend until liquefied.
2. In a bowl, toss the remaining mango, salad greens, cilantro, and onion. Drizzle with the dressing mixture. Top each serving with equal amounts of raspberries, blackberries, strawberries, blueberries, and hazelnuts. Sprinkle with parmesan cheese.

Nutrition Information

Serving size: 6; Calories: 280; Fat: 12.8g; Saturated fat: 1.2g; Unsaturated fat: 11.6g; Carbohydrates: 33g; Sugar: 5.9g; Sodium: 357mg; Fiber: 5.9g; Protein: 11g; Cholesterol: 17mg



Raw Chocolate Coconut Macaroons

Ingredients

- 1 banana
- 1/4 cup almond butter
- 1/4 cup coconut oil
- 2 tbsp maple syrup
- 5 tbsp raw cacao powder
- 1 1/2 cups unsweetened shredded coconut
- 1/2 tsp vanilla extract (optional)

Directions

1. Cover a flat baking tray with some baking parchment.
2. Mash the banana in a large bowl. Whisk in the almond butter, coconut oil, maple syrup and vanilla if using to form a paste.
3. Add cacao powder to mix, one spoonful at a time, stirring well.
4. Stir in coconut, making sure all mixture is well combined. Form the mixture into 12 mini "macaroon" shapes, and place on top of the baking parchment.
5. Leave in the fridge for at least an hour to fully set. If you can't wait that long, 10 minutes in the freezer is just as good!

Nutrition Information

Servings per recipe: 14; Serving Size: 1; Calories: 110.3; Fat: 8.4g; Saturated fat: 7.4g; Unsaturated fat: 1g; Carbohydrates: 8.3g; Sugar: 3g; Sodium: 7.3mg; Fiber: 5.9g; Protein: 1.6g; Cholesterol: 0mg



Organic Green Energy Booster

Ingredients

- 1 cup fresh pineapple, chopped
- 2 cups spinach, washed and still damp
- 1/4 cup parsley, washed and still damp
- 1/2 lemon
- 1 medium green apple
- 1 Tbsp ginger, peeled and chopped

optional:

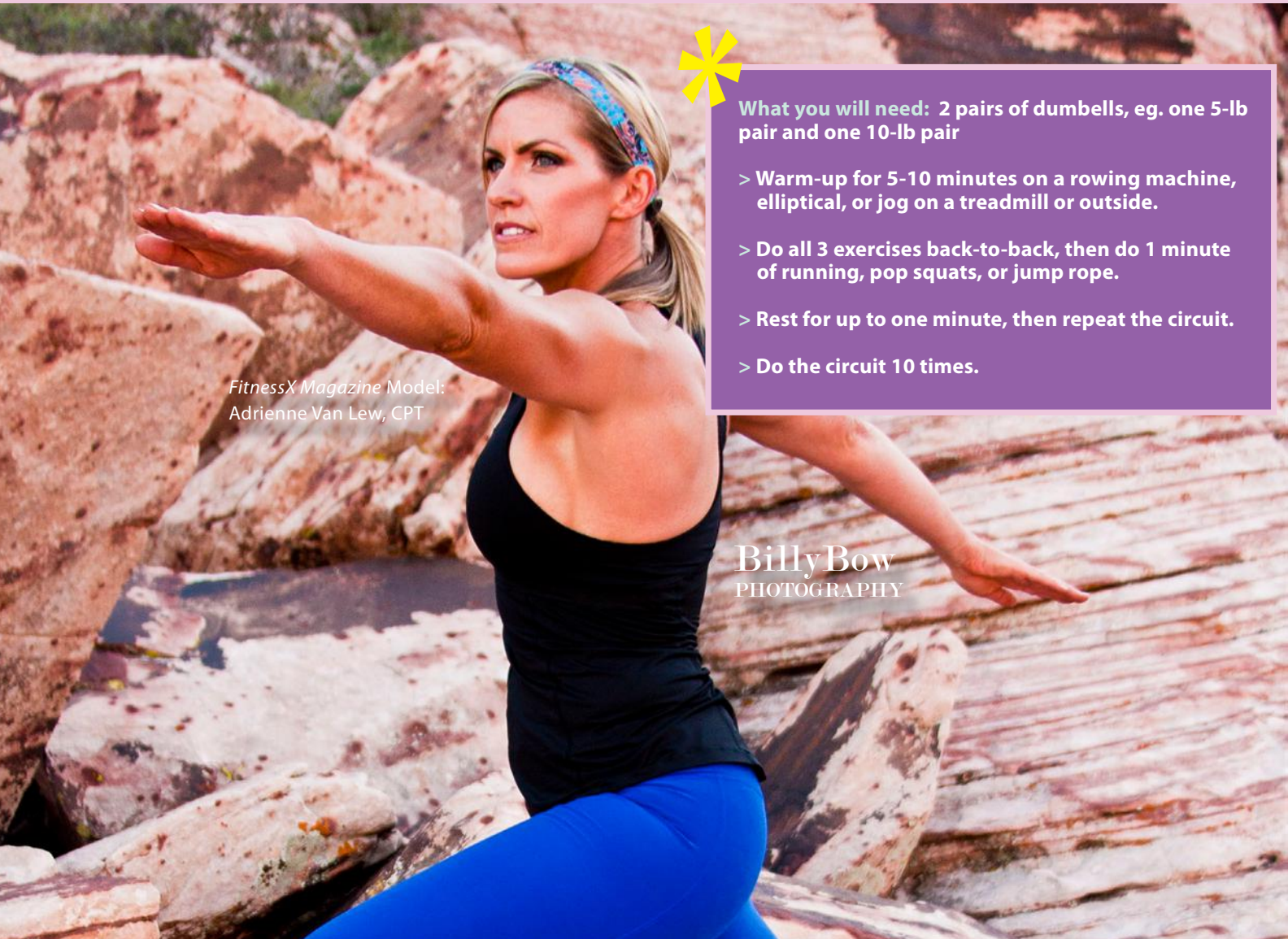
- 2 Tbsp mint leaves
- 1/2 grapefruit, peeled and de-seeded
- 'Lighter Version' mix with 1 cup ice cold coconut water

Directions

1. Juice the lemon and set aside. Avoid juicing the seeds due to bitter taste.
2. Slice green apple into chunks. Seeds can be juiced here.
3. Juice all the greens first. Then juice the fruit.
4. Add your lemon juice to the juicer last to juice it through, or simply pour in your lemon juice. If you are going for the 'lighter version' add your 1 cup of coconut water.
5. Pour and drink immediately, or pour into a sealable container for later consumption.

Your Circuit Training Routine:

Maximum Results in Under 30 Minutes!



FitnessX Magazine Model:
Adrienne Van Lew, CPT

What you will need: 2 pairs of dumbbells, eg. one 5-lb pair and one 10-lb pair

- > Warm-up for 5-10 minutes on a rowing machine, elliptical, or jog on a treadmill or outside.
- > Do all 3 exercises back-to-back, then do 1 minute of running, pop squats, or jump rope.
- > Rest for up to one minute, then repeat the circuit.
- > Do the circuit 10 times.

BillyBow
PHOTOGRAPHY

Unless fitness is your job, nobody has hours a day to spend in the gym. Circuit training is the perfect workout for the time-crunched fitness fiend. Studies at Baylor University and The Cooper Institute have suggested that circuit training is the most time efficient way in which to improve cardiovascular fitness and muscular endurance. The core objectives of circuit training are to increase muscle strength, endurance, flexibility and coordination. It has been proven to kick your fat-burning furnace into high gear. In fact, you'll torch more calories in 20 minutes than you would in an entire hour on the elliptical reading a magazine. Plus, the afterburn effect will have you torching calories for up to 48 hours after your workout ends.



1

Advanced Upper Body Exercise:
RENEGADE ROWS

Start in a push up position with your hands wrapped around two light dumbbells. Keeping your abs braced and your mid section as rigid as possible, row one dumbbell up to your ribcage. Once you have slowly lowered the dumbbell back to the starting position perform a single push up before alternating to the other side. Repeat and complete 15 reps.

2

Advanced Lower Body Exercise:
STATIONARY LUNGE WITH BICEP CURL

Stand with your left foot forward, right foot back, and one weight in each hand. Keep your shoulders down, abs in, and elbows tucked close to sides of waist. On the inhale, bend knees to lunge straight down as you curl the weights in towards shoulders. On the exhale, straighten legs to push back up and lower weights down. Repeat with 15 reps, then switch legs.



3



Advanced Upper Body Exercise:
PLANK TWIST OVERS

Get into high plank (push-up) position, then lift one hand off ground and keeping that arm straight bring it around, up overhead and reach over as far as you can towards the other side, then reverse the movements bringing your arm back to the ground. Repeat on the other side by lifting the other hand and swinging that arm around, up overhead and over towards the other side and then bringing it back to the ground keeping arm straight throughout movements. Continue in this manner alternating arms for each rep. Do 15 on each side.



Billy Bow

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

FITNESS
HEALTH - FITNESS - WELLNESS
Magazine



HERBALIFE®

To be a Health Coach or place an order,
go to www.goherbalife.com/instantenergy.
Email: instantenergy@fitnessX.com
with your questions



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

Herbalife24 Rebuild Strength

After working out, a blend of free amino acids, whey and casein protein help rebuild muscle over a multi-hour period.

Herbalife24 Prepare

Adequate oxygen reaching working muscles enables performance. Prepare's nitric oxide (NO) precursor system supports oxygen delivery to working muscles. Creatine supports the fast-twitch muscle contraction required for explosive athletic movement.

For more go to: www.goherbalife.com/instantenergy.



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

A healthy meal with up to 20 vitamins, minerals and essential nutrients. 9g of protein and healthy fiber help support weight management.



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.