

Fit Body by Sasha June Newsletter Volume 1, Issue 3

Striving to empower clients with knowledge of wellness and fitness to achieve a greater lifestyle and body transformation



Your guide to healthy grilling this summer!

Turn down the heat

When meats are subjected to high heat, it can cause them to contain carcinogens. Heterocyclic amine (HCA) forms when the proteins in pork, poultry and fish are cooked at a high heat setting. This can be prevented by reducing the heat and using a meat thermometer! Beef and pork should be removed from the grill once it has reached 160 degrees F. Chicken breasts and hotdogs should be removed once it has reached 165-170 degrees F.



Ask The Trainer

The question of the month is "If you only have 20 minutes to exercise what's the best workout to do?" - Sandi Carson; mother of a two year old and lawyer.

Sandi received a free workout for emailing her excellent fitness question. If you've got a fitness question your wishing to have answered email them to Sashadraper@verizon.net and check our newsletter to see if you've been chosen.

So 20 minutes is all you've got to put into your workout follow this

Marinate it first

Marinades are simple and can make meats much more flavorful! Use an acid-based liquid (wine, vinegar, citrus juice, tomatoes), a dash of healthy fat (olive oil), and whatever seasonings you prefer. You can also toss in fresh oregano, rosemary, parsley and thyme as a replacement for salt to keep the sodium low. Chopped onions and garlic also serve as a great way to turn up the flavor.

Serve with a side of salsa

Using an assortment of fruits and vegetables to make salsa can create a tasty topping for grilled meats or fish. Chop up and mix mangoes, peaches and chilies. Allow the mixture to sit in the refrigerator while you grill. Then serve with your food.

Think Veggie

Vegetables are usually grilled directly over the flame or in foil packets. Using foil generally works well for small or unconventionally shaped vegetables. Just to name a few: cut-up onions, brussels sprouts, baby carrots, green beans, snap peas and cherry tomatoes. Put your vegetables on a large section of foil and season with salt and pepper to taste. Lift the edges and add 1 tablespoon of water. Raise the sides so they meet and

program to achieve a total body strength and cardiovascular workout.

0-2minutes -March in place add high knees and jumping jacks to begin to warm up the large muscles of the body.

2-4- Squats (butts & legs) Squat with your back against a wall or to a chair for 20- 30 reps rest 15 seconds.

4-6-(arms, chest, core) Pushups or modified pushups with a stability ball for support or drop the knees and butt to the floor. 25reps

6-8- Alternating lunges (butt & legs) 20-30 reps each side

8-9- Run up a set of stairs, jump rope or a line on the ground side to side.

9-10- Deadlifts holding a set of hand weights with palms facing thighs, slightly bent and back straight. Bend forward from hips. Stand up pushing through hips. Do 20 reps.

10-11 - Dumbbell press (shoulders): Stand with feet

fold them over twice, leaving a little room for steam to escape. Fold the ends twice and seal packet like an envelope. Place the packet on the hottest part of the grill for 10 minutes, flip halfway through for thorough cooking of the veggies.

The larger vegetables that can be placed on the grill are: eggplant, portabella, corn, mushrooms, red peppers, green peppers, tomato halves and yellow squash. Brush the vegetables with olive oil, salt and pepper them and place them on the hottest part of the grill. Grill 4-5 minutes per side, until fork tender.

Think Seafood

Seafood kabobs make a great side for a summer meal. Soak the bamboo skewers in water for 10 minutes so that they don't burn on the grill. In the meantime, drain and blot canned beets and canned potatoes. Sprinkle them with salt and pepper. Toss the beets, potatoes, and scallops or shrimp with olive oil and minced garlic. Thread onto skewers alternating scallops, shrimp, potatoes and beets until you fill the skewer. Grill for 10 minutes turning twice.

Clams and mussels are outstanding on the grill as well. To clean the clams and mussels, scrub them with a stiff brush

shoulder width apart, knees slightly bent, back straight, dumbbells at shoulders, palms forward. Push arms overhead; lower. Do 15 reps.

11-13 -High intensity Burpees, Mtn. climbers, Jumping Rope or Jumping Jacks

13-14- Bent over Row (shoulders + back) Hold dumbbells, palms facing in. Bend knees slightly and hinge forward from hips, back straight.

Pull elbows up to ribs keeping arms close to sides; lower do 20 reps.

14-15 Plank 30 seconds and basic crunch 20 reps (core)

15-17 Bicep curl for 25 reps

17-19 Tricep dips facing away from a bench or coffee table support the body by holding yourself on your palms and heels only. Lower your body until 90 degrees in the bent arm is achieved. Press back up to a straight arm. 15 reps rest 10 sec 15 reps

19-20 jumping jacks and Burpees

All the exercises can be found by using the Google search engine to see pictures and full descriptions. If

under cold running water. Use sharp scissors to remove the "beard" from the mussels (white hairs sticking out from one end). Put the clams and mussels in a bowl of cold water. Sprinkle in 1 tablespoon of cornmeal and 1 tablespoon of salt and let stand for one hour. Drain the shellfish, rinse and drain again. Place the shellfish on the hottest part of the grill and cook them until the shells open. This will be about 5-7 minutes.

Easy Grilling Tips

1. Before preheating the grill, brush grates with olive oil.
2. When using an indoor grill (Foreman grill) keep in mind that the food is cooking from both sides, so cut cooking time in half.
3. Allow your food to cook for several minutes prior to flipping. Flipping too soon or too often can cause your food to stick.
4. Do not press your food down while it cooks! Doing so forces out the tasty juices.
5. When you remove meat, fish and poultry from the grill, let them sit for 5-10 minutes before slicing. This will let the juices resettle in the food.
6. A clean grill means better tasting foods. After cooking, brush grates with a metal grill brush to remove debris.

you have any further fitness questions, I'm always available to you by email.

Latest and Greatest With Fit Body

-New Intern, Alise McDonald is a graduating senior at Towson University. A former Tiger gymnast she knows all about exercising and wants to help others feel their very best. She is very passionate about exercise and really wants to incorporate fitness and wellness into her life professionally.

Group exercise classes being offered! Call or email to sign up!

-**Dangerously Armed**

-Strong, Sexy, Sculpted Arms

\$40/hour

8am Fridays

- **Coed Boot Camp**

\$25/Class

6:15pm Tues/Thursday

- **Cross Training Class**

\$45/hour

Strength and conditioning for the whole body

9am Tuesdays

What I'm Listening To! Podcasts from Underground wellness> Free on I tunes

10 Common Mistakes That Will Trip Up Your Workout

1. Reading On The Treadmill

2. Stretching Before Your Workout

-the most important time to stretch is after your workout. If you must stretch before you exercise, you should use moving stretches or dynamic movements that mock those of the activity you plan on engaging in.

3. Forgetting To Stretch After Your Workout

- After using your muscles, it is best to stretch them so that they can return to a relaxed state of tension. Stretching the main muscle groups increases blood flow and circulating to reduce muscle soreness, and helps attain better posture and alignment.

4. Drinking Cold Water During Your Workout

-room temperature water better

7. Refrigerate leftover food as soon as possible.

Recipe Of The Month

1-1 ¼ pounds of mahi-mahi or other white fish

¼ cup orange juice

2 tbsp reduced-sodium soy sauce

3 tbsp honey

1. Combine all ingredients in a glass baking dish just large enough to hold the fish in a single layer. Place the fish in the dish, turning to thoroughly coat.
2. Cover with plastic wrap and refrigerate for 30-60 minutes, but no longer (if left in for more than 60 minutes, the fish will begin to break down). Turn the fish over 2 or 3 times.
3. Remove the fish from the marinade and put it on the grill. Use a hinged grill basket with long handles to prevent the fillets from falling apart when you flip them over. The basket can be placed directly on the grill. The fish is done when it is white not clear or translucent

hydrates the body than cold water. This is because our bodies have to use energy to warm the water in order to absorb it.

5. Doing The Same Thing Each Time

-Our bodies become very efficient at utilizing the least amount of energy possible to perform the same movement. If you are a walker, increasing your speed and incline, or switching routes, can be enough to keep your body guessing. For weight training, try a variety of exercises that target the same muscle groups.

6. Skipping a Workout

- Just 10 minutes of exercise can have an impact on the body, so try to sneak it in whenever you can! Try parking your car further away at the grocery store and carrying all your groceries to the car. Keep in mind that every little bit counts!

7. Working Out Everyday

-Your body needs rest and recovery time in order to be at its best. Try just stretching or doing yoga one day.

8. Thinking 10 minutes Isn't Worth It

-It is a proven fact that incremental exercise contributes to a healthy lifestyle and helps reduce the risk of cardiovascular and other diseases.

9. Thinking You're Too Old To Exercise

-You are never too old to reshape your body

10. Training For A Marathon To Lose Weight

-Weight loss and marathon training should not be grouped together.

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