

Editor's note

Welcome to our 1st edition of ***Fitness Lifestyle Solutions***, our new quarterly newsletter from Apex Fitness. With summer in full swing, we thought we'd "kick it off" with some helpful ideas to get everybody engaged in the "fitness lifestyle". In this issue you will find some great articles for fitness awareness, a sizzling summer recipe, and we've also included a very helpful **bodybugg®** tip for all our bodybugg users. So read on, enjoy, and here is to a healthier lifestyle.

Yours in health,



Jason S. Carter,  
Senior Director, Apex Fitness

## Taking an "all or some" Approach

Rick Wenner, Fitness Education Manager

It seems that the highs and lows of our fitness journey never end. We always start our programs with the best intentions, the highest motivation and the ideal plan for the optimal results. We methodically develop an exercise and diet routine which, if followed to a "T", will get us "shredded". The problem with this is that it is often too demanding based on our previous lifestyle. Too often we jump from "none to all out" in this "all or none" approach, and this leaves us eventually going backwards from "all to none". Sometimes, when it comes to developing a plan, less is more because "more" may be too tough to continue, and it may become "none" very quickly.

Calorie Burn	Activity (30 minutes)
30	Sitting on the couch watching TV
95	Stretching while watching TV
100	Household Tasks light
152	Playing with kids/Walking leisurely
200	Walking the dog
228	Mowing lawn
334	Light jog
438	Running at 7 MPH
480	Circuit Weight Training with cardio intervals

I propose that for many of us living with an "all or some" plan will keep us much more consistent. In reality, consistency should be the focus when starting out, not perfection. Every decision we make will affect our results, and we should constantly focus on "all or some" instead of "all or none". For example, let's say you were planning on a run that would have burned around 400 calories, but just did not have the motivation that day. Many of us in the "all or none" approach might just chalk this up as a lost day, get a snack, watch a Seinfeld rerun and say "tomorrow will be a better day".

In an "all or some" approach, you might skip the run, but go for a short walk and do some household tasks instead. Since you have your bodybugg on, you can do these activities until you burn say, 50% of what you would have burned on the run. While it may only be 200 calories, it is probably 150 more calories than you would have burned watching the TV, AND you will have avoided consuming an extra 200 calorie snack...win, win! Still want to watch TV, stretch while watching and burn another 60 or so extra calories.

The bottom line is "don't do nothing, always do something", and this will help you avoid the highs and lows of the fitness journey, and therefore be much more likely to have lifelong results.

## Grilled Summer Fruit



**Dietitian's tip:**

Summer is the best time to indulge in

yummy AND healthy desserts! Grilling fruit caramelizes the natural sugar and intensifies its sweetness. Balsamic vinegar with its sweet-yet-tart flavor is a wonderful complement.



**Ingredients** Serves 6

- 1 small pineapple, peeled, cored and cut into wedges
- 2 large mangoes, cored and cut in half
- 2 large peaches, cored and cut in half
- Nonstick, butter-flavored cooking spray
- 2 tablespoons brown sugar (continued on page 2)

## Putting YOU in Control

Michelle Ricker, RD

The first step in making any type of change occur, is to bring **AWARENESS** to the issue. Bringing awareness to what is going IN your body and what is going OUT could be the key to your success in weight loss. Knowing that 3500 cal = 1 pound of body weight, means logging food could put YOU back in the drivers seat!

Writing down everything that you eat will not automatically cause you to lose 10 pounds. What it will do is make you think twice about popping that innocent little piece of chocolate in your mouth as you walk by a co-workers desk, ordering French fries instead of a side salad with your meal or having seconds at dinner. It all adds up...and fast. There are a lot of studies done on the impact of documenting your food intake. Each of them has shown a significant weight loss difference versus those that do not keep a food log.

Start today. It's easy. Grab a piece of paper. Write it down: The TIME you put food in your mouth- eat or drink. The TYPE of food – example: Oatmeal, Orange Juice, Chicken, Cheese, Beer, etc. How MUCH you ate – ½ cup, 1 packet, 8 oz, 10 each, etc. Then you can get started calculating the calories. The bodybugg program makes that easy to do. If you don't have a bodybugg, try [CalorieKing.com](http://CalorieKing.com) or just guesstimate. Here's how:

Potato/Tortilla Chips 1oz =140 cal

Protein 1 oz = 30-70 cal depending on how lean the meat (a deck of playing cards size of meat, chicken or fish = 3 oz)

Fruit ½ cup = 50 cal

Vegetables ½ cup = 25 cal

Starch ½ potato, 1 slice bread, ½ c rice ½ c oatmeal = 80 cal

Fat 1 Tablespoon/golf ball size piece of butter, peanut butter = 100 cal

Hershey Kiss 1 kiss = 35 cal

Once you have an idea of how many calories you are eating in a day, it will make sense how little changes to your daily routine can make a huge impact on your weight. By reducing your current intake by only 250 cal/day, you could lose a pound every 2 weeks! A general rule of thumb is...

Females: consume 1500 - 1800 cal/day, Males: consume 2000 – 2500 cal/day

Happy Logging, Michelle

## Grilled Summer Fruit cont...

1/2 cup balsamic vinegar  
Mint or basil leaves, for garnish

### Directions

In a large bowl, combine the pineapple, mangoes and peaches. Spray generously with cooking spray. Toss. Sprinkle with brown sugar. Toss to coat evenly. Set aside. In a small saucepan, heat the balsamic vinegar over low heat. Simmer until the liquid is reduced in half, stirring occasionally. Remove from the heat.

Lightly coat the grill rack or broiler pan with cooking spray. Place the fruit on the grill rack or broiler pan. Grill or broil over medium heat until the sugar caramelizes, about 3 to 5 minutes.

Remove the fruit from the grill and arrange onto individual serving plates. Drizzle with balsamic syrup and garnish with mint or basil. Serve immediately. Enjoy!

### Nutritional Analysis (per serving)

Calories	120g	Monounsaturated fat	0 g
Protein	1 g	Cholesterol	0 mg
Carbohydrate	29 g	Sodium	5 mg
Total fat	0 g	Fiber	3 g

## Breakfast on the Run



Apex Breakfast Squares are nutrient rich meal replacements that are intended for breakfast but taste great any time. They work well as a meal replacement (each breakfast square has 15g of protein!!) as well as before workouts. Breakfast Squares provide an ideal ratio of protein, carbohydrates and fat in a form that is easily digested.

We've 5 different nutritious flavors - Banana Nut, Iced Cranberry, Iced

Oatmeal Cinnamon Roll, Oatmeal Chocolate Chip or Oatmeal Raisin, and each one contains only 220 calories. [Place an order now!](#)

 **bodybugg® Tip**

The average person underreports calories consumed by 20-40%. Inaccurate reporting will definitely affect your success with bodybugg. When in doubt – OVERREPORT WHAT YOU EAT!! [Click here](#) and learn a lot more about the bodybugg.

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