

Floor Y-T-I Raises

Together, these three exercises targets the muscles of your upper back that stabilize your shoulder blades--particularly the trapezius. They also strengthen your shoulder muscles in every direction.

Floor Y Raise



Lie facedown on the floor with your arms resting on the floor, completely straight and at a 30-degree angle to your body, so they form a "Y"
Your palms should be facing each other, so that the thumbside of your hand points up



Raise your arms as high as you comfortably can

Floor T Raise



Perform this like the Y raise, only move your arms so that they're out to your sides--perpendicular to your body with the thumbside of your hand pointing up.



Raise them as high as you comfortably can

Floor I Raise



This time, move your arms so that your body forms a straight line from your feet to your fingertips
Your palms should be facing each other, with the thumbside of your hand pointing up



Raise your arms as high as you comfortably can

Use This Move In Your Workout - Do 12 repetitions each of Y-T-I while lying facedown on the floor, without resting between movements. So you'll do 12 reps of the Floor Y raise, followed immediately by 12 reps of the Floor T raise, followed immediately by 12 reps of the Floor I raise. Rest 2 minutes, and repeat one time.

Source: <http://www.menshealth.com/fitness/exercise-week-10>



Mint and Sea Salt Foot Scrub

Ingredients

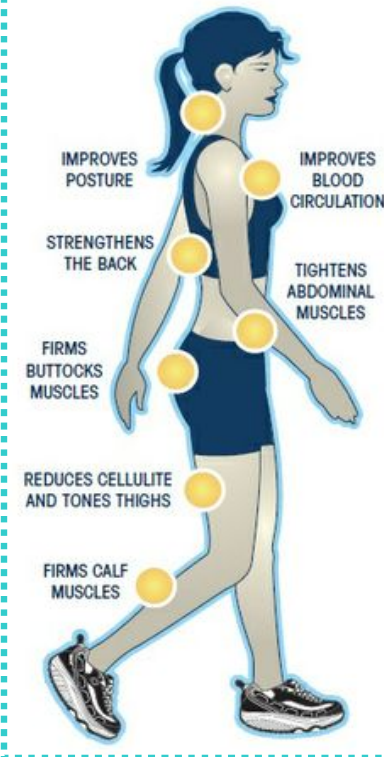
- * 1 1/2 cups sea salt
- * 1/3 cup sweet almond oil (substitute olive oil)
- * 3 drops peppermint essential oil
- * 3 drops spearmint essential oil

Instructions

Place the sea salt into a medium bowl. Slowly, add the almond oil, stirring as you pour. Add the essential oils and mix well. Store in glass jar.
Sit on the edge of your bathtub or in a chair with your feet in a large basin. Run the mixture over your feet, scrubbing well, making sure to get the heels and soles of your feet. Chillax for a few minutes and then rinse with warm water and dry.
Finish by rubbing some shea butter or coconut oil on your polished tootsies and put on a soft pair of cotton socks to help the oil absorb (and not make a mess on your floor or sheets)

Source: <http://empoweredstunance.com/mint-and-sea-salt-foot-scrub/>

THE BENEFITS OF WALKING



8 Benefits of Watermelon

- * **Boosts Immune System** *
- * **Helps in energy production** *
- * **Helps prevent cancer** *
- * **Rich in anti-oxidants** *
- * **Improves heart health** *
- * **Lowers blood pressure** *
- * **Improves eyesight** *
- * **Promotes weight loss** *

Source: <http://www.affinityhealth.co.za/health-benefits-of-watermelon/>

Anti-aging Smoothie

Wake up with the spicy heat of ginger, which plays nicely off the cool cucumber and cream, rich avocado.

The healthy fats in avocado are anti-inflammatory and help moisturize and boost your skin from within.

INGREDIENTS:

- * 6 inches cucumber
 - * 1/2 avocado
 - * 1 stalk celery
 - * Small squeeze fresh lemon juice
 - * Small handful of spinach
 - * 1 teaspoon grated fresh ginger
 - * Filtered water as needed
- Blend all the ingredients together, adding water as needed to achieve the desired consistency.
- Serve immediately.

Source: <http://thrivewiththeseasons.com/>



Happy Canada Day!
from All of Us at
FitnessWorks
for Women

JULY 2015
Newsletter



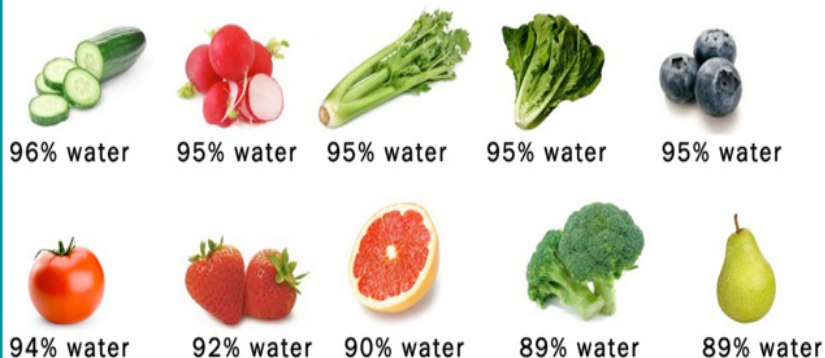
- 1 glass upon waking
- 1 glass after morning workout
- 1 glass when you arrive at work
- 1 glass with lunch
- 1 glass with afternoon snack
- 1 glass before you leave work
- 1 glass before dinner
- 1 glass before bed

Total: 8 glasses

HYDRATE



The Most Hydrating FRUITS & VEGETABLES



KEEP CALM AND STAY HYDRATED

Better Burger with Green Olives

Ingredients

- * 1 lb. lean ground turkey or beef (at least 90% lean)
- * 1/2 cup coarsely chopped pitted green olives
- * 2 tbsp. finely chopped fresh flat-leaf parsley
- * 1/2 tsp. ground cumin
- * 1/4 tsp. freshly ground pepper
- * Cooking spray

Directions

- Combine the turkey or beef, olives, parsley, cumin, and pepper in a mixing bowl and mix until well incorporated. Shape into 4 burgers.
- Spray a grill pan with cooking spray and preheat over a medium-high heat or prepare an outdoor grill. Cook for about 5 minutes on each side, until cooked through.
- Serving suggestion: Serve on whole-wheat buns, garnished with slices of tomato and lettuce, with ketchup and mustard on the side.

Nutrition: Serving size - 1 burger

Turkey: Calories 145; Total Fat 4 g; (Sat Fat 0 g, Mono Fat 1.5 g, Poly Fat 0.5 g); Protein 28 g; Carb 1.5 g; Fiber 0 g; Cholesterol 45 mg; Sodium 305 mg

Beef: Calories 155; Total Fat 7 g; (Sat Fat 1.5 g, Mono Fat 3.5 g, Poly Fat 1 g); Protein 22 g; Carb 1 g; Fiber 0 g; Cholesterol 60 mg; Sodium 305 mg

Source: <http://www.cookingchanneltv.com/recipes/ellie-krieger/better-burger-with-green-olives.html>

