

Fitness



AdvantEdge

Newsletter #8-What Greater Gift Than That of Good Health?

Recipe of the Month

This "Mexican Casserole" is quick and easy with outstanding taste that can easily be adjusted and your whole family will enjoy it! (Plus it is one of our family favorites.)

2 cups Brown Rice

2 lbs. Lean Ground Beef

1 cup Salsa

1 cup Fat-free Cheese

1 can Black Beans (drain and rinse)

Cook brown rice. While cooking rice, brown ground beef. Drain and rinse the beef. Add into the cooked rice. Pour in one can of black beans, salsa, and fat-free cheese. Heat over a medium-low heat, and serve when cheese is melted.

Workout Timing

Questions have arose about workout timing after I wrote about frequency. What time of day are you available to workout, and when do you feel most energetic? If that means in the evening, then that is when you should workout, particularly for strength training. Cardio is most beneficial in the morning before eating, however if you can not do so, you should exercise in the evening but allow 3 hours after your last meal and once again, wait for one hour before eating your next meal.

Shoulder Workouts

The shoulder is a complicated joint of the human body because it is responsible for so many planes of motion (front, rear, up, down, and across). It is a "3 headed" muscle. Meaning it has 3 major muscles that control the movements. The front deltoid is called the anterior deltoid, the middle is the medial deltoid, and

the rear is the posterior deltoid. In order to work the shoulder well, you must work all three heads to prevent any imbalances. Front raises will work the anterior deltoid, side raises work the medial deltoid, and rear raises target the rear deltoid (as well as the back). Compound movements like a seated dumbbell press work mostly the anterior and medial deltoid.

10% Discount

All case purchases (12 bars or cases of cooler drinks) receive a 10% discount. We have new apparel from EAS and Muscle & Fitness from Small to XL for both men and women.

Holiday Season

From our families to yours, may you have the happiest of holiday seasons. We wish everyone happiness in their spiritual, family, social, and career paths.

Wes and Traci

Disclaimer

This information is designed to help you make informed decisions about your health. The information is not intended as a substitute for advice or treatment that may have been prescribed by your physician. You should always consult your physician before beginning any exercise program, or before adhering to the recommendations given. You are personally responsible for the way in which the information or recommendations given are perceived and implemented, and do so at your own risk.

Fitness AdvantEdge

Is located at 1005 6th Street. We offer customer service unparalleled by any other fitness center and focus on helping people reach their fitness goals. Call (515)382-9721 to discuss your plans to improve your health, lower your risk of many diseases, boost your immune system, improve your appearance, and increase your self-confidence.