



Get Out!

It's that time of year when springtime reinvigorates you, coaxing you to come out of hibernation and play. The days are getting warmer and the last thing you want to do is head to the gym for a workout on a gorgeous day. It's the perfect time to mix up your routine by taking your workout outside. After all, exercising outdoors can improve energy levels and decrease stress to a greater extent than working out inside.

With a little creativity and imagination, you can replicate almost any gym exercise outside, especially if you live near a park. Be creative by using park equipment for pull-ups, step-ups, push-ups and other body-weight exercises. Why drive to a gym to use a stair-climbing machine when almost any outdoor bleachers or staircase can provide the same challenge? Many parks have trails for running or walking that are much more enjoyable than running in place on a treadmill. If you have a bike, take it to an outside bike path for a workout.

Parks, fields, even parking lots are great places to do outdoor workouts. There are options for everyone—and you don't have to lug around a bunch of equipment, either. Maximize your time and space by incorporating simple, effective body-weight exercises that improve strength, speed, power and flexibility. Outdoor exercises are just as effective as indoor ones and even can be more fun, especially if you go with a friend or family member. Outdoor fitness can be a structured exercise program that takes advantage of natural terrain to get you in shape, or it can be as simple as a brisk walk around the block.

We all know that getting regular exercise helps prevent heart disease and other chronic illness, improves mood, reduces stress, improves sleep, and more. Make outdoor exercises part of your lifestyle. When it's a beautiful day, take advantage of the opportunity to exercise outside.



(Insert taken from an April 19th interview)

So what exactly are Essential Oils?

They are the inside, most powerful part of the plant. They are distilled from shrubs, flowers, trees, roots, bushes, fruit, rinds, resins, and herbs. Essential oils do for plants what our blood does for us. They are not a hipster trend! In fact there are over 1,100 direct and indirect mentions of essential oils in the Bible. Some of the oldest cultures on earth used essential oils. The Babylonians placed orders for Cedarwood, Myrrh, and Cyprus. The Egyptians used essential oils for beauty and embalming and they have the oldest recorded deodorant recipe made with essential oils. Pakistan and Rome used essential oils in the communal bath houses.

April 22, 2019

Upcoming Events

May 1st

Accountability groups

Space is limited

\$25 register @

beyondpersontraining.org

Thursday, May 2nd

Speed Networking

@ Elite Yoga Studio & Training

Center, 6pm-8pm

Tickets sold @

Elitemassage.biz/events-1

Sunday, May 5th

Mom's Day Out

Health & Wellness Vendors

Health Tips & Screenings

Education, Fashion & Beauty

@ Elite 1-4

FREE Event

Saturday, May 18th

Mom's Mini Retreat

@ Elite Yoga Studio 12-4

Catered Event

Jewelry Stamping

Essential Oils & Skin Care

Gentle Movement & Meditation

Register @

beyondpersontraining.org

ELITE
Therapeutic Massage
& Health Partners



Buffalo Chicken Stuffed Eggs

Ingredients

12 hard boiled eggs, peeled

3/4 lb. cooked, shredded chicken (you can grab a rotisserie chicken from the store to make this quick)

1/4 cup mild buffalo wing sauce

1/2 teaspoon kosher salt

1/2 teaspoon garlic powder

1/4 cup mayonnaise, regular or low-fat

2 tablespoons chives, chopped (for garnish)



Instructions

Cut the top third off of each hardboiled egg and scoop out the yolks and save for another use.

Mix the ingredients together for the buffalo chicken salad in a bowl.

Stuff the chicken salad into each egg, then garnish with chives and serve.

Nutrition Facts: serves 12, 36 calories per serving - Carbs .5g, Protein 3.9g, Fat 1.9g

Park Workout

Push ups



Pull ups



Dips



Squat Jump

Spit Squats

Step ups

Ab Crunches



Ab Tucks



Hanging leg raises

