



Variety is the Spice of Fitness:

The best way to avoid a fitness plateau is to continuously vary your workout routine. If you work out regularly, it's easy to fall into the habit of doing the same set of exercises every time. When you perform the same exercises repeatedly, they become easier over time. What started out challenging is no longer creating change because the body has adapted. If you don't change up your routine, your fitness level and your results will plateau. To maintain a healthy and challenging exercise routine, it's important to diversify your workouts with a variety of activities. Here are some of my favorites for adding some variety to a workout.

- **Airdyne & Rower:** Both are full body cardio workouts that involves a strength aspect as well. With both of these resistance is created by you; the harder you push and pull the more the fan will push back. This allows to you change resistance at your own pace.
- **Stepmill:** When you don't feel like going fast or hard but need to sweat and burn some calories, this is the place to go. Propelling yourself up as the stairs go down giving you no assistance in your movement unlike an elliptical or treadmill
- **Cable machines:** A variety of attachments and positions allow you to work from many different angles and directions. They are great for working iso-laterally, functionally and quick switch circuits
- **BOSU:** BOSU is short for 'both sides up'. It is used for balance training, core strengthening, and balance, as well as reflex improvement.
- **Kettlebells:** These can be used for a variety of exercises, including ballistic exercises that combine cardiovascular, strength and flexibility training. Because of the unique shape of the kettlebell, the center of gravity isn't the center which challenges the core continuously.
- **Medicine Balls:** As the body adapts to moving the weight of the medicine ball around more efficiently and with greater agility, it trains the muscles to coordinate speed with strength, velocity, and force. Plus, they are great for stress relief (slams) and partner exercises.
- **Resistance Bands:** One of the most simple fitness tools going, resistance bands are extremely effective for toning and strengthening muscles. Resistance bands can deliver a comprehensive, total-body toning workout that is gentle on the joints.
- **TRX Bands:** By simply leveraging your body weight to perform hundreds of exercises, you get a full body workout, while simultaneously working your core. These are also great for stretching.

February 25th, 2019

Upcoming Events:

March 10th - Back, Core & Pelvic Floor Workshop

March 17th – Meal Prep Party

March 22nd-24th – Weaving Wellness Retreat

Challenge of the Week:

Try a new style of workout, class or equipment

Here are some more fun things to add into your routine:

- Gliding Discs
- Jump Rope
- Intervals
- Muscle Roller Stick



Add some variety to your breakfast routine:

- 1. Avocado Toast with Egg:** 2 slices of whole-grain bread, lightly toasted, topped with smashed avocado and a sprinkling of salt and pepper makes for a flavorful and rich base. Top that with two sunny-side-up eggs for a healthy dose of protein, and you've got a well-rounded breakfast.
- 2. Peanut Butter Banana Smoothie:** Blend 1 frozen banana, 2 tablespoons peanut butter, 1 cup almond milk, and a few ice cubes Tip: Add a scoop of your favorite chocolate or vanilla protein for an extra protein boost.
- 3. Zapped Scrambled Eggs with Veggies:** Beat 2 eggs, throw in a microwave-safe container, add some bacon bits and a sprinkle of cheese. Zap the mixture for 30 seconds, stir, and cook another 30 seconds, or until eggs are solid.
- 4. Breakfast Burrito:** 2 egg whites, 1/4 cup black beans, 2 tablespoons salsa, and 2 tablespoons shredded cheese, and wrap in 1 small whole-wheat tortilla. Make a bunch, wrap in foil, and keep in the freezer for whenever the craving hits. Protein from the eggs and black beans keep you fuller longer, and the spicy salsa keeps things interesting.
- 5. Fruit and Yogurt Smoothie:** Blend 1 cup plain Greek yogurt with 1 cup frozen fruit (banana and berries work very well) with 1/2 cup liquid (milk, juice, coconut water—whatever you like). Freeze overnight and thaw throughout the day to enjoy in the afternoon, or blend up in the morning.
- 6. Overnight Oats:** This is the ultimate lazy-person breakfast. The night before, combine 1/2 cup milk, 1/2 cup rolled oats, 1 Tbsp Chia seeds, 1/2 a banana (mashed), 1/4 cup chopped nuts, and a sprinkle of cinnamon in sealed Tupperware container. By morning, you'll have delicious overnight oats! These can be heated in the microwave for 1-2 minutes if in the mood for something warm. Feel free to experiment with different flavor recipes
- 7. Egg and Cheese Cups:** Try making a pan of these egg and cheese cups at the beginning of the week and bringing one or two, depending on the size, along each day. I will also put a slice of ham at the bottom of the cup. Tip: If you use the individual silicone muffin molds, it makes the egg cups even more portable for on-the-go snacking.

