

Individual Fitness June 2019 UPDATES!



Long days and warm nights are finally HERE!

UPCOMING EVENTS

6/8 Girls on the Run 5K – Concord, NH

6/9 Paws on the Pavement 5k – Concord, NH

6/13 Run/Walk for Mental Health 5k – Manchester, NH

6/13 Lite up the Nite for Mental Health 5k – Manchester, NH

I don't know about you, but June is such an exciting month that fills me with energy and excitement.

One thing to be extra conscious of this month as we ease into the relaxation of summer is to NOT lose your routine.

I know it sounds lame, but routine is what will keep you on track with your health and fitness and never starting over again in the next season.

But of course, enjoy the heck out of your summer, eat ice cream, and bask in how amazing life truly is.

Jim & John Olson & The IF Team



We are so excited to announce [Ed Stewart](#) as June's CLIENT OF THE MONTH!

After decades of neglecting my own health and working in a relatively sedentary professional position, I found myself entering retirement with Type 2 Diabetes, high cholesterol and...[Read More](#)

4 Ways to Have a Fun Yet HEALTHY Summer!

First of all, ditching any type of “all or none” mindset is the most critical thing. Because that’s no fun for anyone...and it’s just not sustainable.

But here are a few things you can do to have an fun while remaining healthy:

1. **Don't forget sunscreen** – Go enjoy the warm sun on your skin after the cold of winter, but please, protect yourself. Not only can excessive sun cause cancer, but it also promotes serious aging – and we don't need any of that!
2. **Bring a healthy dish with you to BBQs** – This will ensure you always get to participate, that you enjoy the food you're eating, and that you stay on track! Check out the recipe on the next page for a great idea!
3. **Drink more water than usual** – The general rule is to drink half your bodyweight in ounces of water per day, but in summer you need more – especially if you're spending time outside sweating. A gallon would be a great target to shoot for every single day!



4. **Make being active daily a must** – It would be a shame not to enjoy the warm weather! Getting outside and walking – yourself, your dog, or with friends/family – is a great way to enjoy the beautiful weather while improving your health and fitness!

Which one of these are you most excited about? What can you easily add into your routine?



RECIPE OF THE MONTH

Slow Cooker Pulled Pork

INGREDIENTS

- 3 lbs pork shoulder (cut in half)
- 1 onion cut in half and peeled
- 3 tbsp olive oil
- ¼ cup red wine vinegar
- ½ cup honey
- 1 tsp garlic powder
- 3 tbsp paprika
- 1 tbsp salt
- 2 tsp pepper
- ½ tsp cayenne pepper
- ½ tsp dried thyme

PREPARATION

1. In a medium bowl, mix all ingredients except pork and onion
2. Put onion in bottom of slow cooker and top with pork. Pour seasoning mixture over it.
3. Cook on low 7-8 hours.
4. Shred with a fork.

Split Squat

This is a great exercise for core stability and building lower body strength!

1. Start by finding a lunge stance – your legs should be far enough apart so when you bend your knees, they are at 90 degree angles. You should also keep at least 6 inches of distance between the width of your feet.
2. Keeping your torso upright, lower your back knee toward to ground. Then straighten it. Repeat to burnout or for specific number of reps.
3. BONUS: Hold a weight to make the exercise more challenging!



MOVEMENT OF THE MONTH



We ♥ Our Community

