

Individual Fitness July 2019 UPDATES!



UPCOMING EVENTS/PROGRAMS

Bill Luti 5 Miler Kids Fun Run
7/20/2019 Concord, NH

Hula Hustle 5K/10K -
07/21/2019 Manchester, NH

Ladyslipper State Marathon -
07/23/2019 Manchester, NH

ManchVegas-5K -
07/27/2019

Did you know that July was originally named by the Romans in honor of Julius Caesar? Yup! He was born during the month of July.

It's obviously the warmest month in the Northern Hemisphere – symbolically meant for celebration, while it's the coldest month in the Southern Hemisphere – meant for meditation and reflection.

And this month, I'm certainly celebrating you, this beautiful weather, and exciting things ahead. What are YOU celebrating for July?



We are so excited to announce [Beth T.](#) as July's **CLIENT OF THE MONTH!** I decided to join IF after looking at several other gyms in the area. I wanted a trainer to develop workouts designed with my goals in mind. I also wanted the ability to schedule a workout time that fit my schedule, not a once-a-day class time that didn't accommodate my life....[Read More](#)



My Favorite Delicious + Nutritious Summer Foods

Summer can be all about fun in the sun...and food. 😊 Food seems to be ever-present in the social situations we find ourselves in.

From BBQs to picnics to vacations – it can be hard to keep on track with your health and fitness goals. Luckily, I'm sharing my list of favorite summer foods with you!

1. **Watermelon** – Like many fruits, this one is summer-specific but it's one of my favorites because of the hydration factor!
2. **Flavored sparkling waters** – Not only will you hydrate but you'll also feel like you're having a refreshing treat!
3. **Grilled fish** – This is especially delicious if you're vacationing near the beach, but grilled fish are so tasty and light anytime! Flavor with lemon – so good!
4. **Summer salads** – So many ways to get creative while keeping it light. My favorite include fruit-infused balsamic vinegars and a grilled protein option on top!



5. **Gazpacho** – This cold, nutrient-packed summer soup is easy to make with an array of healthy ingredients like tomatoes, cucumber, red peppers, onion, and olive oil. A simple Google search will give you a ton of recipe options! And some of them may even include watermelon. 😊

Which of these is your favorite?



RECIPE OF THE MONTH

INGREDIENTS

- 3+ bags (12 cups) of lettuce mix of your choice
- 1 cup strawberries, sliced
- 1 cup blueberries, sliced
- ½ cup raspberries
- 1 cup almond slivers
- Balsamic and olive oil to your desired taste

PREPARATION

1. Put it all in a bowl and mix with vinegar and oil!
2. BONUS: Add some goat cheese crumbles to taste!

Berry Summer Salad



Iron Cross

1. Stand with feet shoulder width apart holding a dumbbell in each hand.

2. Now lift the arms to your sides so that your torso and the arms form the letter T. The arms should be parallel to the floor and perpendicular to each side of your torso. The palms should be facing forward. This will be your starting position.

3-a. As you inhale slowly squat down by bending at the knees and holding the back erect as if you were going to sit on a chair. Continue with the squat motion until your thighs are parallel to the floor. Tip: Remember that the...[read more](#)

MOVEMENT OF THE MONTH



We ♥ Our Community

