



"No Sweat" Fitness Newsletter



Issue No. 6

June 2009

In This Issue

Are flip-flops putting you at risk for aches & pains?

Save your pennies

Happy hour can lead to a Sad scale

Grill your veggies!

Tip o' the month

Are flip-flops putting you at risk for aches & pains?



A study by a doctoral student at Auburn University found that wearing flip-flops year-round "may result in problems and pain from the foot up into the hips and lower back."

Traditional flip-flop sandals may not provide enough support for the foot, so you alter your gait, specifically initiating excessive foot pronation.

If you find yourself with lower back pain, you might want to look at your choice of footwear. Alternate sandal wearing with more traditional shoes or athletic sneakers. If you must wear sandals, find some that provide support for the arch of the foot, or buy orthotic sandals.

Save your pennies

You think you may have pulled a muscle. Or maybe, you hit your thumb with a hammer. Perhaps you stubbed your toe on the coffee table. In all of these instances you need the immediate cold, soothing comfort of a gel ice pack. But what if you don't have one? Many people have taken to using frozen peas, but I

Grill your veggies!

No need to guess next time you are standing next to your Webber grill, just use our handy cheat sheet to serve superb & healthy vegetables. (Times are approximate & meant for lid-on cooking.)

- Corn (in the husk): 15 minutes on direct heat, 5 minutes on indirect heat and turn often.
- Red onions: 10 minutes on direct heat, turn once.
- Bell peppers: 10 minutes on direct heat, turn once.
- Potatoes (in foil): 30 minutes on direct heat, turn once.
- Zucchini: 10 minutes on direct heat, turn once.
- Eggplant: 10 minutes on direct heat, turn once.
- Tomatoes (in foil): 15 minutes on direct heat, turn once.

Tip o' the month

Do you wake up during the night with leg cramps? If so, promptly break the cramp by using your hands to pull your foot toward your

Take a quart-sized resealable plastic bag and fill it with 1 part rubbing alcohol to 3 parts water and place it in your freezer. You have now made your own gel pack for mere pennies. Those frozen peas are much better off in your stomach anyway!

Happy hour can lead to a Sad scale

Until the Federal government decides to make labels on your favorite libation mandatory, here's our guide to some of the most popular summer cocktails.

- Margarita 157 calories 0g fat
- Pina Colada 245 calories 3g fat
- Cosmopolitan 143 calories 0g fat
- Mojito 172 calories 0g fat
- Light beer 99 calories 0g fat
- Appletini 235 calories 0g fat
- Long Island Iced tea 276 calories 0g fat
- Mai Tai 260 calories 0g fat

happens frequently you need to look at your lifestyle. Too little exercise during the day can cause cramping, as can too little stretching. Those are easy things to incorporate into your day. Additionally, take a look at any medication you are taking; cramping could be a side effect. In rare cases, cramps may indicate vascular disease, thyroid problems and other disorders, so it's best to rule out those with your doctor.

Please note. . .

Our studio will be closed from 12pm Wednesday, June 17th through Friday, June 19th. We will resume training on Monday, June 22nd.

[Join our Mailing List!](#)



Forward email

✉ SafeUnsubscribe®

This email was sent to mary@nosweatfitnessstraining.com by mary@nosweatfitnessstraining.com.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



No Sweat Fitness | 73730 Hwy. 111 Suite 5 | 71426 Estellita Drive | Palm Desert | CA | 92270