

TAURELFITNESS.COM

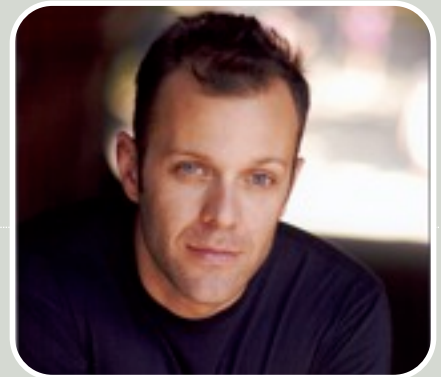
SEPTEMBER 09

Live your life
to the fullest !!



STRESS = 's CORTISOL.

- Cortisol breaks down muscle tissue (Less Muscle)
- Increases body fat
- Creates mood swings
- Increases anxiety
- Impairs immune system
- Increases symptoms of PMS
- Decreases bone density (Osteoporosis)
- Decreased mental and physical performance
- Causes insomnia (which creates more stress and around robin we go)



Thought for the month:

- *When possible leave the cell phone behind*
- *Read some trash magazines or a fun book*
- *Take a daily mini vacation*
- *Take a full day off each week*
- *Give yourself permission to relax*
- *Get a massage, listen to music*
- *Take a long weekend*
- *Drink plenty of water, go easy on caffeine*
- *Easy on corn and potatoes*
- *Eat plenty of fruits and veggies and EXERCISE*

WORKOUT

- 50 jumping jacks, 8 lunges per leg, as many push ups as you can do, 30 second plank.
- Rest 60 seconds and repeat entire cycle 4 times.

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Grilled chicken, green beans and tomatoes.

Heat grill to medium high, in a small bowl combine cilantro, garlic, lime juice and a TBS olive oil.

Rub the chicken with 1 teaspoon of the oil and season with 1/2 teaspoon salt and 1/4 teaspoon pepper. In a large bowl, toss the green beans and tomatoes with the remaining oil and 1/4 teaspoon each salt and pepper.

Grill the chicken until cooked through. 5 to 6 minutes per side, Grill the green beans and tomatoes, turning the green beans often and the tomatoes once, until tender and charred. 3 to 5 minutes. Serve with vinaigrette.

- 1/2 cup of fresh cilantro
- 1 clove of garlic, finely chopped
- 2 TBS fresh lime juice
- 3 TBS of olive oil
- Boneless chicken breast
- Kosher salt and black pepper
- Green beans
- 4 plum tomatoes, halved length wise

Dinner Idea



A study from Stanford University: *The best deterrents against a first (or subsequent) knee injury is targeted strength training. The hip stabilizers, quads, hamstrings and core must all be strong enough. As soon as there is weakness, some other muscle or joint must take over, and that's when injuries happen.*

Backward Lunge: *Stand with a DB in each hand (not too heavy but not too light) and step backwards into a lunge. Keep your back of head even with your spine so you stay in extension and squeeze the DB's hard with your fist so that your Traps and back muscles kick in which helps activate all of the hip muscles.*