

jBfit Tips

JenBauerFitness.com

267-246-0074

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FALL TV PREMIERS

Fall has arrived and after 3 months of a warm and fun summer our favorite TV shows will be airing all new and anticipated Fall season premiers. A few *jBfit tips* to incorporate into your upcoming television schedule: instead of camping out on the couch with a cup of ice cream or bag of chips, try some abdominal crunching through the first few minutes of airtime and switch up to squats and then some bridges. When the commercials rudely interrupt your show, consider 30 seconds of mountain climbers then plank jacks or jumping jacks, jog in place, climb a flight of stairs, throw in a load of laundry, wipe the kitchen counters off, you get the idea. Continue this cycle until the commercials end then go back to your abdominal crunches and squats. The calories will burn up while the time passes quickly since you will likely be enjoying the long awaited new season premiers!

"The calories will burn up while the time passes quickly..."

Always do a warm up prior to working out or any physical activity such as raking leaves, also consider stretching after a workout. If you have not been active for some time you should also consider checking in with your healthcare provider prior to beginning a new program.

With every new season it is a great time to check your family's smoke alarms, carbon monoxide detectors and, if you do not already have a family emergency evacuation plan, now is a great time to put one in place!

Leaf Raking!

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Yes, it's that time of year again! When the leaves change their colors and are vibrant and beautiful. Then, before you can blink the leaves are dry, dark and falling all over the lawn threatening to suffocate your beautifully well manicured lawn, or if you are like me, moderately groomed.

Well, rest assured that the hours spent cleaning up the mess will pay off in calories burned! 149 calories for every 30 minutes (Harvard Health 2004).

Depending on the size of your lawn you can burn a substantial amount of calories. Perhaps an opportunity to bun off an indulgent pumpkin latte.

References

Harvard Health Publications. *Calories burned in 30 minutes for three different weights* (2004). Retrieved from: <http://www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-of-leisure-and-routine-activities>

Email: jen@JenBauerFitness.com