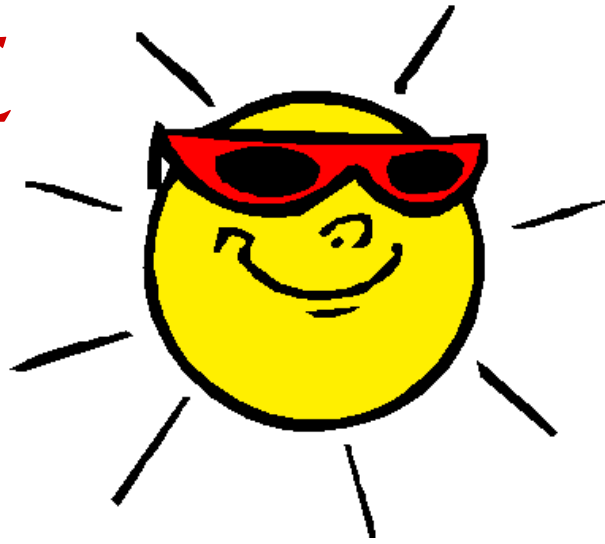


**JUNE
2010**



**ACTIVE
LIVING
FOR LIFE!**

LOOKING FOR A FATHER'S DAY GIFT

CHECK OUT THIS FUN FITNESS GADGET!



The Nike + SportBand tracks distance, pace, time, and calories. You can also log into nikeplus.com to review your runs, track progress and more! Check it out at store.nike.com

Celebrate Father's Day

by preparing this delicious yet healthy desert !

Grilled Fruit Kebabs with Crunchy Yogurt Dip

INGREDIENTS:

3 cups assorted fruit cut into 1-inch cubes: peaches, pineapple, bananas, strawberries
2 cups fat-free yogurt (fruit or vanilla flavored)
2 cups Kashi Go Lean Crunch Cereal
organic olive oil spray

PREPARATION:

1. Soak 15 6-inch bamboo skewers in water for 20 minutes. Skewer alternating pieces of fruit. Set the yogurt and Kashi cereal out in shallow serving bowls.
2. Heat a grill pan over medium until hot. Spray the fruit kebabs with the oil. Grill, turning once, until fruit is light golden-brown, about 1 minute per side. Let guests top their kebabs with yogurt and cereal to their tastes.



CELEBRATE THE FIRST DAY OF SUMMER WITH THIS FULL-BODY PLAYGROUND WORKOUT

Perform each exercises 10 to 12 times before quickly moving to the next exercise (as a circuit). Rest for 60 to 90 seconds after the last exercise. Then repeat circuit 2 to 3 more times through.

Jungle-Gym Pull-up (back and biceps):

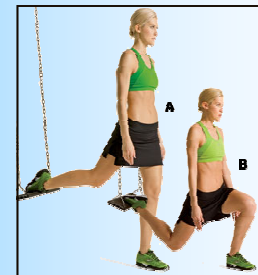
Use a bar that is about 3 to 4 feet high. Grip the bar with underhand grip with hands shoulder-width apart,. Extend legs hip width apart until your chest is under the bar with arms extended. Keeping your body straight, pull your chest up to bar with elbows close to your ribs. Straighten arms and repeat.



[www.parents.com/health/lose-baby-weight/full-body-lose-baby-weight/](http://www.parents.com/health/lose-baby-weight/full-body-lose-baby-weight/full-body-lose-baby-weight/)

Swing Lunge (glutes, hamstrings, quadriceps):

Stand 1 big step away from the swing . Place the toes of the rear leg on the seat of the swing. With arms by your side and the weight in the front heel, lower your body straight down until your thigh is parallel to the ground, making sure your knee is not going past your toe. Slowly return to start and repeat.



www.womanshealthmag.com/fitness/swing-lunge

Jungle-Gym Push-up (chest, shoulders, triceps):

Stand with feet about shoulder width apart and place your hands on the platform with them straight out from the shoulders. Body should be in a straight line from your head to your toes (make sure your abs are tight). Slowly bend your elbows until your chest is near platform or elbows are at a 90° angle. Slowly press your body back to start position and repeat.



<http://moms.kaboose.com/play-ground-push-ups.html>

Have you ever experienced that annoying pain known as “shin splints”?

- Shin splints can be due to causes such as muscle imbalances, over use and inflammation.
- Treatment for shin splints include, rest, massage, ice, stretching, and strengthening.
- For additional treatment methods visit Bison Athletic Therapy Clinic in Investors Group Athletic Centre.

Here is a stretch to help relieve or prevent shin splints:

- Stand with your toes of the let foot on the floor on the outside of your right foot
- Bend the right leg to push your ankle towards the ground
- Hold between 20 –30 seconds

