

Energy Fitness Memphis Newsletter June 29, 2010 Cardio Workouts for Men (but not the boring kind)



Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!

Last issue I shared with you 3 weight lifting exercises for women...This week I'll share 3 cardio exercise for men, because just as women neglect the weights, men tend to neglect cardio.

Plus, I've got a great BBQ recipe for the summer!
Read on...

Yours For Health,

Tonya Tittle, M.A., ACSM
Health & Fitness Expert

Cardio for Men

Again, for a balanced workout you need to hit cardio AND weights, regardless of what your end goals are. With that in mind, here's 3 great cardio workouts perfect for men (and women too)...

Elliptical Trainer - 15 to 20 minutes on an elliptical trainer is an awesome way to get the heart pumping while giving your upper and lower body a great resistance workout, burning fat and toning muscle. There's reduced impact stress on joints too which reduces the risk of joint pain.

Swimming - A full body exercise that works the heart, builds muscle, stamina and burns fat. Doing the breast stroke, you can burn up to 400 calories in 30 minutes.

Rock Climbing - When you're doing rock climbing right your legs will go before your arms. That said, this is a great upper and lower body workout, as well as great for cardio. And fun too!

Do whatever appeals to you, my money is on rock climbing though as you've probably never done it before - so it's new and fun - making it easy to stay committed... And that's the hardest part of working out (and where we can help you - just call).

Quote Corner

"Stay committed to your decisions, but stay flexible in your approach." - Tom Robbins

Eat Yourself Thin

BBQ Tuna Fritters (Serves Two)

1 (6 ounce) can light tuna in water, drained
1 egg
2/3 cup quick-cooking oats
3 tablespoons barbeque sauce
3 tablespoons chopped green onion
1/2 teaspoon hot pepper sauce, or to taste
1/2 teaspoon dried savory
1 pinch salt
2 tablespoons vegetable oil

1. In a medium bowl, stir together the tuna, egg and oats until blended. Mix in the barbeque sauce, green onion, hot pepper sauce, savory, and salt.

2. Heat the oil in a large skillet over medium heat. Spoon tablespoonfuls of the tuna mixture into the pan, and flatten slightly. Smaller patties hold together better. Cook until browned on each side, about 3 minutes per side.

Prep: 5mins

Cook: 20mins

Ready: 25mins

Amount Per Serving - Calories: 395 / Total Fat:
18.7g / Cholesterol: 131mg / Sodium: 569mg / Total
Carbs: 28g / Dietary Fiber: 3.3g / Protein 28.3g

Recipe from AllRecipes.com.