



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

Today I'd like to share with you 5 exercises that target your rear end, because nice "glutes" not only look great (whether you're male or female), they also come into play in almost every movement you do. They are a key "core" muscle.

You'll see you already do one or two of these...

Yours For Health,

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5 Ways To A Firmer Rear End!

If you're not happy with the way your tush looks, then here's 5 simple ways you can get those buns of steel...

1. Lunges - Excellent for your glutes, hamstrings, quads and calves. If you don't have lunges incorporated into your current workout, find a way to add it.
2. Squats - Another one of those "ol reliable" exercises. Great for your legs, butt, hips and core. Add weights to increase resistance.
3. Step ups - All you need is a set of steps or bench for this one. Step up with one leg, then step up with the other and down. 5 minutes of this and you'll really feel it.
4. Hiking - I always encourage you to look for ways to make exercise fun... Hiking might it be it for you. Not only will you get a firm butt, you also get a great cardio workout. And being out in the air, with those views does wonders for the mind.
5. Cycling - Riding at a good, steady pace you can burn some serious calories. Again, cycling is a great cardio workout that also targets the butt.

Quote Corner

"Our greatest glory is not in never falling but in rising every time we fall." - Confucius

Eat Yourself Thin

Summer Tomato Salad

(Serves Two)

2/3 cup cherry tomatoes, halved

2/3 cup yellow pear tomatoes, halved

1 tablespoon and 1 teaspoon chopped green onions

1/3 clove garlic, minced

1 tablespoon and 1 teaspoon chopped fresh basil

1 tablespoon and 1 teaspoon chopped cilantro

freshly ground black pepper to taste

ground red pepper to taste

salt to taste

1. In a bowl, toss the cherry tomatoes, yellow pear tomatoes, green onions, garlic, basil, cilantro, black pepper, red pepper, and salt.

Refrigerate 30 minutes and toss again before serving.

Prep: 10mins

Cook: 30mins

Ready: 40mins

Amount Per Serving - Calories: 24 / Total Fat:

0.4g / Cholesterol: 0mg / Sodium: 75mg / Total

Carbs: 5.4g / Dietary Fiber: 1.4g / Protein 1.1g

Recipe from AllRecipes.com.