

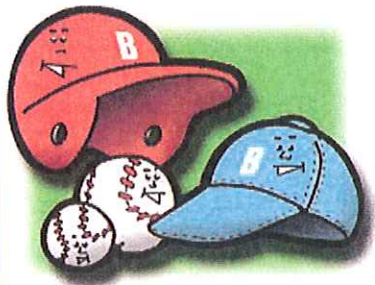
Do the Drill for Fitness

Want to get stronger and burn more calories? A half-hour walk each day is a good start, but adding special drills will make you stronger and help you to burn more calories.

The Running Center in New York City suggests these drills be used two days a week. First warm up by walking briskly for 10 minutes. Then stretch your calves and hamstrings. Continue with 30 minutes of brisk walking broken into 10-minute segments. Between each segment try one of the two-minute drills below, then cool down by walking for five minutes.

- ▲ Drill 1: March for 30 seconds. Walk lifting your knees high, thighs parallel to the ground. Use a bent-arm swing. Then walk normally for one minute and march again for 30 seconds.
- ▲ Drill 2: Do butt kicks for 30 seconds: Step forward and kick the opposite foot toward your butt. Use a bent-arm swing. Walk normally for one minute, then butt kick for another 30 seconds.
- ▲ Drill 3: Skip for 30 seconds. Skip high and let your arms swing. Walk normally for one minute, then skip again for 30 seconds.

Let's Play Ball... Safely!



To avoid injuries while playing baseball or softball, follow these safety tips from sports and health organizations:

- Always wear all the required safety gear every time you play or practice.
- Warm up and stretch before playing or practicing.
- If you have an injury, see a doctor. Follow all the doctor's orders for recovery, and get the doctor's okay before returning to play.
- Make sure first aid is available at all games and practices.
- Talk to and watch your child's coach. Coaches should enforce all the rules of the game, encourage safe play, and understand the special injury risks that young players face. Make sure your child's coach teaches players how to avoid injury when sliding (prohibits head first sliding in young players), pitching, or dodging a ball pitched directly at them.
- Keep baseball and softball fun. Putting too much focus on winning can add unnecessary stress.

Relief for an Aching Back

While back I gave my medical doctor a copy of my first book, *Pushing Yourself to Power*, and the other day he told me he has been using one of my favorite Isometric exercises to help certain patients who have bad backs. It is a simple exercise that strengthens the back muscles and is also excellent for stretching and limbering up. Many of his patients have reported phenomenal relief from back soreness. I'm not offering this as medical advice (always check with your medical practitioner regarding your physical health), but I'm offering this as an effective exercise for strengthening your back muscles.



My doctor modified my exercise to be developed at your own pace and to be done regularly for the rest of your life. Here's how it's done: Place an open newspaper on the floor (for a clean place for your face and to read while doing the exercise). Lie on your stomach with your hands at your side and get comfortable for 10–20 seconds. Then lift your chest up off the floor so you can read the newspaper. Hold this position until you're tired, then lie back down on the floor. Completely relax! Let your body melt into the floor and rest for 20–30 seconds. Repeat the lifting and relaxing for a total of three times.

"Keep your back muscles strong, and your body will thank you for it."

Do this every day for a week and listen to your body and back. If you feel okay, increase the workout by bringing up your hands into a "stick 'em up" position. Now lift your chest and hands and hold it with a stopwatch in your hand to click "on" as you lift up and click "off" as you relax. Repeat three times and note the combined total time. The next day, lift a total of two seconds longer. Continue adding two seconds every day (which makes for an additional minute every month) until you're able to lift for a total of five minutes.

Continue five-minute lifts every other day... forever! Keep your back muscles strong, and your body will thank you for it.



John Peterson is a lifelong fitness expert, the founder of Bronze Bow Publishing, and the author of *Pushing Yourself to Power*, *The Miracle Seven*, and *Isometric Power Revolution*. He created the *Transformetric Training System* that maximizes strength, fitness, and wellness. For more information of John Peterson and *Transformetrics*, visit www.bronzebowpublishing.com or call 1-866-724-8200.