American Heart Association.

CHOOSE YOUR OWN WORKOUT

Circuits can be a great way to work out without any equipment. To build your circuit, choose 3-4 exercises from each list:

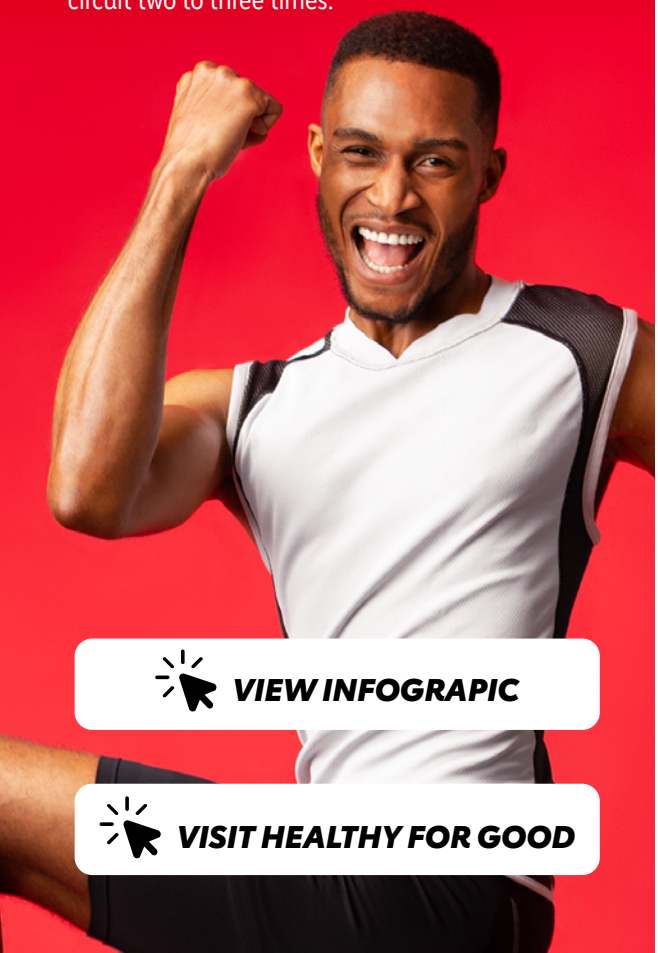
Cardio Exercises

1. Jumping Jacks
2. Jumping Rope
3. Jogging or marching in place
4. Stair-climbing or step-ups
5. High knees
6. Mountain climbers
7. Star jumps
8. Burpees

Strengthening & Stability

1. Plank and side plank
2. Push-ups
3. Sit-ups or crunches
4. Hip lift or bridge position
5. Tricep dips on a chair
6. Lunges
7. Squats or chair position
8. Wall sits

Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times.



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July

Caramel Toffee Fruit Kebabs

SERVES 8 / SERVING SIZE 1 KEBAB

Ingredients

- 1 cup fat-free, plain Greek yogurt
- 1/2 teaspoon stevia sweetener **OR** 1 stevia sweetener packet
- 5 drops English toffee-flavored liquid stevia sweetener
- 5 squeezes caramel-flavored liquid stevia sweetener
- 1 small apple, such as Granny Smith, Honeycrisp, Gala, or Fuji, cored and cut into 16 (3/4-inch) pieces
- 1 small pear, such as Red Anjou, Bartlett, or Bosc, cored and cut into 16 (3/4-inch) pieces
- 16 red or green grapes
- 1 small orange, peeled, separated into segments, and cut into 16 pieces
- 1/2 cup slivered almonds (dry-roasted, coarsely chopped)

Directions

In a small bowl, stir together the yogurt, stevia sweetener, and both flavors of the liquid stevia sweetener.

Using eight 6-inch wooden skewers, thread each with 2 pieces of apple, 2 pieces of pear, 2 grapes, and 2 orange segments in whatever order you wish.

With a pastry brush or spoon, coat each kebab with 2 tablespoons of the yogurt mixture. Sprinkle or roll each with 1 tablespoon nuts.

Tip: Kebabs can be stored, covered, in an airtight container for up to 12 hours.

Nutritional Facts

Calories	**88**	**Cholesterol**	**1 mg**
Total Fat	**3.5 g**	**Sodium**	**11 mg**
Saturated Fat	**0.5 g**	**Total Carbohydrate**	**11 g**
Trans Fat	**0.0 g**	Dietary Fiber	**2 g**
Polyunsaturated Fat	**1.0 g**	Sugars	**8 g**
Monounsaturated Fat	**2.0 g**	**Protein**	**5 g**

Dietary Exchanges: 1 fruit, 1/2 lean meat

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