

## COACH LESLIE's NOVEMBER TIPS for HEALTH and FITNESS

### Exercises of the Month: GROUP/PARTNER TRAINING

- The best results come from working with others because it's fun and you push yourself more. Mix it up for cross training using different muscles and different intensities. Here are some examples of exercises/sports/training you can do with others to increase your fitness and health:

- Running
- Speed Walking
- Zumba
- Hip Hop Dancing
- Ballet or Tap
- Boxing
- Kickboxing
- Bicycling
- Soccer
- Swimming
- Volleyball
- Basketball
- Yoga
- Pilates
- Tag
- Jumping Rope
- Boot Camps
- Tennis
- Softball
- Karate
- Duck, Duck, Goose and other playground games
- Hopscotch
- Kickball
- Many More!!
- **THE KEY IS TO MAKE IT FUN. LAUGH, SWEAT, ENCOURAGE ANOTHER, PUSH YOURSELF, & RAISE YOUR LEVEL OF GREATNESS!**



*“SUCCESS is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.” -Wooden*

### Topic: HEALTHY RECIPES

Eating healthy doesn't have to be boring. Check out the recipes below:

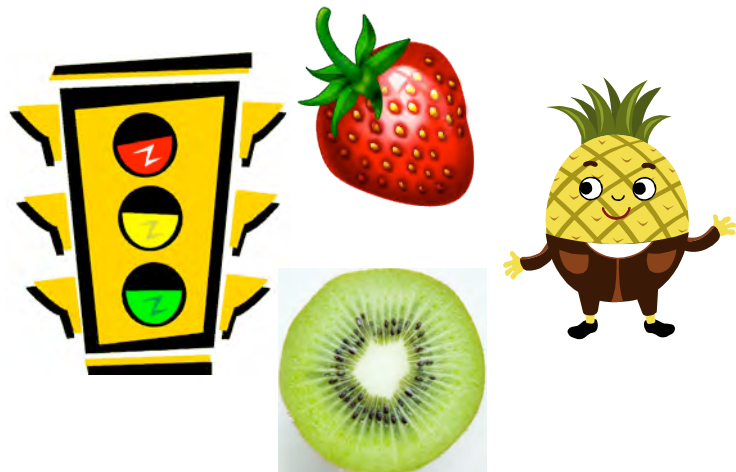
#### Stoplight Fruit Sticks (Simple and Easy):

##### **Ingredients:**

Wooden Skewers  
2 Slices of Fresh Pineapple  
2 Slices of Honey Dew Melon or Kiwi  
Bowl of Strawberries

##### **Instructions:**

- Wash hands and fruit
- Peel and chop fruit into large cubes
- Put fruit on the skewer in stoplight order  
(strawberry, pineapple, kiwi, repeat)
- Continue until 6 pieces of fruit are on the stick



## Pecan crusted tuna enchantment (A little more complex, but worth it)

### **Ingredients:**

.5lbs tuna steak  
1 cup organic Quinoa (rice)  
Small bag of crushed pecans  
Cilantro  
1 egg white  
1 spoonful Vegemise  
Parchment paper  
Herbamere  
Red chard lettuce  
Coconut oil  
Liquid Amino Acids spray (Braggs)  
½ avocado

### **To make Quinoa:**

- mix 2 cups water to 1 cup rice
- bring to boil, as soon as it boils cover for 5 mins
- turn heat down to low and let simmer for 10 mins
- Do not open cover
- Flavor with liquid amino acids spray

### **To make Tuna:**

- mix walnuts, cilantro and herbamere together
- dip tuna steak in egg white and then cover in walnut/cilantro mix to crust
- take parchment paper (estimate about 3x the tuna steak size) and fold in half
- cut out a heart like you are making a valentine and open it up and lay flat
- place tuna cut with the glaze on one side and fold the paper over so it's covered
- fold and tuck in all the sides so the tuna cut is entirely wrapped
- heat pan with coconut oil in medium/high heat and place wrapped tuna cut in pan
- heat in pan for about 30secs each side or until cooked
- take tuna steak out of pan and flake it (cut the tuna)
- mix one scoop of vegemise on top and mix

### **Sides:**

- cut red chard lettuce and de-stem it because stems take longer to cook
- sauté lettuce in pan mixed with coconut oil

### **Presentation:**

- scoop Quinoa onto plate
- place flaked crusted tuna steak over the Quinoa
- set sautéed lettuce on side
- top with avocados

