

**DID YOU KNOW** that stretching before and after exercise relaxes your muscles, helps circulation to joints and tissues, and helps removal of unwanted waste products, thus reducing muscle soreness and stiffness. Add improved circulation and mental sharpness, and you have all the reason you need to make sure stretching comes before and after every workout. Dynamic stretching should be done *before* exercising and static stretching should be done *after* exercising.

**Pushups.** You remember them from gym class in elementary school and maybe from that summer boot camp you took awhile back, but when's the last time you've done just one? On second thought, are you even physically able to do just one? It's time to revive this classic exercise, which will help tone your pectorals and triceps all at the same time. If you do find that you can't do a regular pushup, try one with your knees on the ground (also known as a "girl" pushup). To build up enough strength to perform a true pushup, do this exercise while leaning diagonally against the wall or on the edge of a sturdy counter top. Work your way down to a sturdy table or chair and eventually all the way on to the floor, horizontally. Once you get so good at pushups that they're a breeze, place your hands closer together, so the fingers touch and make a triangle, to make it more difficult. According to research by the Mayo Clinic, you can get 10% more out of your triceps and 20% more out of your chest muscles (pectorals) by placing your hands close together during a pushup.

**DID YOU KNOW** that a Vanderbilt University study found that drinking fruit or vegetable juice at least three times a week cuts the risk of getting Alzheimer's 76% compared with less than once a week. So start drinking before you forget this tip.