

A couple of weeks ago SGT Ken™ assisted his mother-in-law by mowing the lawn. He began by pushing the lawn mower. To my surprise, when he finished the end of the row, he moved the lawn mower over, lined up the wheels and began pulling the lawn mower backwards! How odd, I thought. Interested, I asked him why he was pulling the lawn mower. He told me, "to work my back (muscles)." How just like SGT Ken™ to pull and push the lawn mower to add to his daily workout routine!

# FUNCTIONAL FITNESS

With an ever abounding number of gyms opening and products continuing to be super-sized, sometimes it is easy to forget that we can burn calories just by adding a couple of extra steps to our everyday life.



## Take the Walk

SGT Ken™ decided to use mowing the lawn to help with his fitness routine that Saturday. You can burn a few extra calories by literally adding additional steps to your day.

- Park in the furthest spot available when you drive to the store, mall, movies etc.
- Take the stairs instead of the elevator.
- On lighter shopping days, use the hand held basket instead of rolling your groceries in the rolling shopping cart.

## Cut Down the Extras

It is Girl Scout Cookie time. Remember the nutritional facts are based on an average of two cookies, NOT the entire package. Do not keep your sweets hidden away where you can go and hide to consume a few extras without anyone else's knowledge. The extras eaten in private deliver the same number of calories as those consumed in public.

- For cookies, take two and share the rest.
- When dressing your salad, ask for it on the side. Be aware of how many portions you are actually consuming.
- Never eat foods directly from a bulk container (like nuts and cereals). Portion the food out into a small container. For an example, eat your cereal from a standard sized coffee cup.



ABOVE: (l-r) Stephanie and SSG Ken Weichert

The START (Strategic Army Training) Fitness™ program incorporates the same exercises that are used annually to test the strength and endurance of the National Guard. START Fitness is a program created for Soldiers by Soldiers.

SGT Ken Weichert, six-time Soldier of the Year and veteran of both Iraqi Freedom and Desert Storm, began the START Fitness™ program in 1997. Now partnered with his wife Stephanie, Strategic Director of START Fitness and a certified personal trainer, the Weicherts are conquering the fitness industry. START Fitness™ has been profiled in *Backpacker Magazine*, the *San Francisco Chronicle*, *The Washington Post*, and now you can expect it in the pages of *GX*.

For more information, visit:

 [startfitness.com](http://startfitness.com)

You can work out with SGT Ken™! Purchase all three of their workout videos (VHS & DVD) on their website.

