



Lady of America Newsletter – March 2010 – Lucky & Charmed

Natalie's Tip and Spot Check

Spring is here and that means summer is around the corner. It's time to step it up in your eating and exercise so you are ready for bikini season. This month we celebrate St. Patrick's Day, so let's all go green! Green fruits and vegetables offer a wide range of nutritional benefits. They provide minerals – iron, calcium, potassium and magnesium – and vitamins, including vitamins K, C, E and many of the B vitamins. They also provide a variety of phytonutrients, which help protect against cell damage and age-related eye problems. In addition, green fruits and vegetables are good for your skin and digestive system. So think avocados, broccoli, kale, okra, peppers, spinach, Brussels sprouts, dark lettuce, tomatillo. If you are eating salads, watch the dressing! My favorite is olive oil, lemon and a sprinkle of salt. Try it, you might like it!

Natalie Brabner
*Lady of America's
Official Trainer and
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Spot Check

Reverse Crunch Twist

Lie on your back with your feet together, raise your legs toward the ceiling until you get a 90 degree angle with a tiny bent at the knees and feet pointed. Raise your glutes off the floor and at the same time, slightly twist your legs to the right and then return to the middle, then slightly twist to the left. Try doing 3 sets of 10 repetitions on each side.

Muscles worked: lower ab, hip flexor

[Click here to see Natalie's 10 Step Total Body Workout Videos!](#)

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