



Get Fit. **Life Tip.** **BBQ Smart**

Once again summer is here which means beach and BBQs. This year keep your body looking great by making your BBQ healthier without sacrificing the taste. Start by taking advantage of the fruits and veggies that are in season such as, strawberries, summer squash, watermelon, corn, tomatoes, peaches and zucchini. Making your BBQ spread colorful is enticing to both your eyes and taste buds.

- Try these quick fixes to make your BBQ tastier and healthier this summer:
- Flavor the meat with herbs and spice rubs instead of heavy marinades
- Get wheat buns or wraps instead of white buns
- Make your own burgers using lean meats like turkey and chicken
- Make a fresh fruit or a grilled vegetable salad and use fresh herbs for an added flavor
- Make kebabs of your favorite meat and veggies
- Grill some fruit like pineapple for an added flavor to your burger

Want more quick BBQ fixes....check out the Get Fit with Bill Witte fanpage on Facebook!

Learn more about Get Fit with Bill Witte at www.bwittegetfit.com

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

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