



Get Fit. **Life Tip.**

Guilt free frozen treats

Cool yourself from the inside out with some frozen treats that are quick, taste good and won't negatively impact your waistline or love handles. A little pre-planning can insure that you have a nutritious cold treat that feeds your sweet tooth and cools you down. With just a blender and some fresh or frozen fruit you can customize a nutritionally summer treat and the opportunities are endless!

Slushie – Take your favorite summer fruits and blend them together with ice; put the mixture in

Smoothie – Blend yogurt or nonfat frozen yogurt with fresh or frozen fruit, crushed ice and juice or low fat milk

Popsicles – Blend your favorite summer fruits with a little water and pour the mixture into a glass (with popsicle sticks) or popsicle tray and enjoy within 4 hours

Frozen yogurt cup – Blend fat free vanilla yogurt with frozen or fresh fruit; make individual servings and put them in the freezer until frozen.

Increase the nutritional value of your frozen treat by blending in ground flaxseed, toasted wheat germ, whey protein powder or any powdered fiber supplement. Want to add a little crunch? Try adding in some almonds, peanuts or any of your favorite nuts.

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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