



Whole Body Health and Fitness

May 1, 2013, Volume 4, Issue 5

Michael Roberts's Fitness News

Welcome to Whole Body Health and Fitness. My strength training program will enable you to lose those unwanted pounds, gain muscle tone, and improve your overall health and appearance. You will be completely revitalized by my program!

Michael
Roberts



Walking Boosts Brain Health

Walking approximately 6–9 miles a week is associated with increased gray matter in the brains of older adults, according to a study published in *Neurology* (2010; 75 [16], 1415–22). [read more »](#)



Exercise Harder to Live Longer?

Lately, lots of studies have focused on short-duration, high-intensity exercise. A recent contribution claims that the training type may help you live longer. Researchers from Copenhagen, Denmark, wanted to examine the association of exercise intensity and/or duration with mortality rates. [read more »](#)



Resistance Training Benefits Mind and Body

You probably know that strength training has many physical health-related benefits, but did you know that it can also help with your mental health? [read more »](#)



Recipe for Health: Pistachio-Rosemary Crusted Tuna

If fish isn't a favorite meal in your house, this recipe might change some minds. Loaded with healthy sources of protein and potassium, and low in sodium and fat, it could easily become a go-to favorite on your table. [read more »](#)



Video Move of the Month: Plank to Knee With Elbow (On Hands)

Trainer: Keli Roberts
[watch now »](#)