



The Fit Blue Line

July: The All-American Edition

Americans understand that freedom is not free. Few of our citizens are willing to place themselves on the front lines of defending our freedoms. The death of a military veteran who fights for our freedom abroad is equivalent to the death of a police officer who defends the innocent from the wicked at home. The job of policing requires a type of commitment that is unlike most any other in our country. Most job descriptions don't include the line "could be required to give your life for another."

We recognize that while most folks are home asleep, you are patrolling the streets, helping to keep them safe. It's your job to run toward danger while others are running away; to put the needs of others before your own. Thank you for your commitment to protect our country and our community. We recognize that while most families are enjoying holiday events, you are directing traffic, changing a flat tire for an elderly couple on the side of the road or searching for a lost child. We understand that this is a small sample of all you do when you leave for work in the morning. On this Independence Day, we offer our utmost thanks.

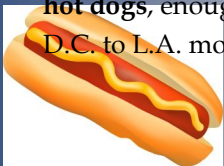
In the nineteenth and twentieth centuries, **apple pie** became a symbol of **American prosperity!**



It's estimated that Americans will spend \$1 billion on fireworks this Independence Day.



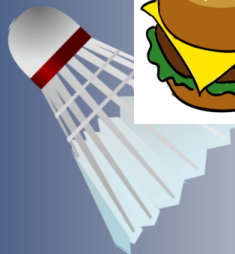
This July Fourth, Americans will enjoy approximately **150 million hot dogs**, enough to stretch from D.C. to L.A. more than five times.



Each MLB baseball is hand sewn and can only last six to seven pitches before it is retired. This means 5-6 dozens of baseballs are used in each game.



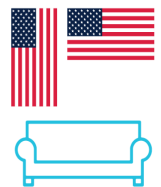
A 6-ounce burger with a bun and all the toppings adds up to 700 calories. To burn this off, pick up a racquet -- you'll need a marathon badminton session lasting 133 minutes.



When displaying the flag ...



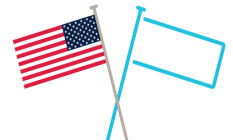
From your porch, place the union (blue section) at the peak of the staff.



Against a wall or on a window, place the union (blue section) at the top left corner.



On your vehicle, clamp the staff to the right front fender.



With another flag, place the U.S. flag to your left when crossed.

WHAT IS CROSS-TRAINING?

Cross training will improve your body by keeping various muscle groups fresh and fit, while variety in the workout routine helps to prevent overuse injuries. For instance, if you lift weights on Monday, Wednesday and Friday, and bike on Tuesday and Thursday, the muscles used for each activity will rest on the alternating days. Muscles rebuild and repair themselves during periods of rest. **Cross training creates balance**, giving all muscle groups the chance to strengthen and rest, thus reducing likelihood of injury and maximizing strength and flexibility. **It also keeps exercise interesting**, staving off boredom that can lead to giving up. ***TRY IT***



Our class schedule
can be found
at

bestinfinity.com

PLAYLIST TO GET MOVING

America - Neil Diamond

Made in the USA - Demi Lovato

American Girl - Tom Petty and The Heartbreakers

Party In The U.S.A. - Miley Cyrus

Surfin' U.S.A. - The Beach Boys

Firework - Katy Perry

All-American Girl - Carrie Underwood

America - Imagine Dragons

Living in America - James Brown

R.O.C.K. in the U.S.A. - John Mellencamp

Young Americans - David Bowie

American Woman - Lenny Kravitz

America - Simon & Garfunkel

If My people
who are called by My name,
will humble themselves
& pray, & seek My face,
turn from their wicked ways,
then I will hear from heaven
& will forgive their sin,
& will heal their land.

2 Chronicles 7:14

alittleperspective.com

4TH OF JULY WORKOUT

Warm Up:

30 Seconds March in Place
20 Glute Kicks
20 Squats

Workout:

25 Jumping Jacks
20 Side Lunges
25 Jump Squats
15 Push-ups
10 Burpees
20 Crunches
20 Sit-ups

30 second to 1 minute plank
Repeat 1 more time

Cool Down & Stretch