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### Gardening, Groceries and Fat Loss

<http://www.homeschoolfitnesscoach.com/blog/530/>

It is a beautiful day in NW Indiana! The girls are all outside enjoying the sunshine while I attempt to get some work done. I just finished running around town looking for some businesses to do some cross promotions with my boot camps. Met a lot of interesting individuals. I was disappointed to find out that I am unable to put little yard signs up anywhere as it is a zone violation. Phooey! I am currently advertising on the local Christian radio station but it hasn't been very fruitful. I worked out with my 9 am boot camp class. The last day of camp in March we did a Meltdown 300 Challenge and I recorded everyone's scores on our blog. So, today, being the last day of camp in April, we did the challenge again to see if they could beat their original time. It has been fun watching everyone push themselves and beat their scores. I took the challenge with them and really pushed them hard. We all had great finishing times. Here was the workout: 25 V-ups 50 1 arm swings (25 each arm) 25 Push Ups (manly style - no knees allowed!) 50 swings 50 Burpees 50 Clean and Presses (25 each arm) 50 Mountain Climbers Finish for time My time was 10:31 Can you beat that? I was really excited that this week my grocery bill was only \$82.54. I get frustrated that a lot of the coupons and deals that I see posted on different blogs are for processed foods that I would never buy; however, I have found great deals on health and beauty products. I always believed that eating healthier cost more, but in reality, I am able to feed my family healthy meals without all the processed Frankenfoods and do it cheaper. I am looking forward to the local Farmer's Market and food stands that will be opening up soon. Fruit and veggies galore out here in the Midwest. I still need to get into my garden and plant my Spring crops. We've had so much rain lately that the soil is soggy. Ugh! I want to plant my sugar snap peas, spinach and lettuce soon. I love getting my hands dirty. LOL Post from: Homeschool Fitness Coach

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