

You already know all the great benefits of getting in your daily exercise and eating nutritious balanced meals...The difficult part is following through! That is where I can help. My name is Marla Arndt and I am a Certified Personal Trainer and WNSO PRO Master Fitness Model Athlete. I own and operate Frameworks Fitness Personal Training Studio in Guelph Ontario. My goal as a personal trainer is to provide you with all the valuable information, tips, tools, techniques, motivation and dedicated support to help you improve your overall health and wellness.

Exercise not only affects our body but has a great impact on our mind and soul as well. If you learn how to properly train and nourish your body, change will begin on the inside. You will feel better and before you know it the positive changes of your new exercise and nutritional regime will be evident on the outside.

This is a lifestyle, not a two week quick fix approach. However, within a few short weeks of making healthy changes, you will feel amazing.

YOUR PERSONAL HEALTH IS THE MOST IMPORTANT PART OF YOUR LIFE!! My story is like that of many other women who have struggled with their weight and body image. ***I UNDERSTAND HOW YOU FEEL!***

I have been there! For 15 years I travelled on the YO-YO weight train! I continued to gain and lose the same 30 pounds over and over again. I tried every crazy fad diet possible. As far as working out was concerned, I would start something but never follow through. I also would try any weird fitness gadget that promised quick results! I finally had enough of this insanity! I changed my way of thinking. Instead of trying to lose weight I focused on getting healthy. I started a walking program which was something that was easy to do. I also ate a balanced diet but allowed myself to still eat food I enjoyed. Guess what??? I no longer

had trouble controlling my weight. Anything is possible if you put your mind to it. I have not only changed my life for the better but I have also helped many people embrace a healthy lifestyle for the past 10 years. I want to share my knowledge and enthusiasm to help guide YOU on your fitness journey and find the joy and empowerment of permanent change.

The purpose of my column is to answer all your questions about training, clean eating, and living a healthy lifestyle. I am here to inspire you to change. We all know creating a healthy body is achieved through a balance of good nutrition, exercise, wise choices and consistency. I will give you the information, tips and support you need to make positive changes for a lifetime.

Some interesting Myths and Truths about fitness:

MYTH: *To get washboard abs, you must do tons of crunches!*

TRUTH:

Abdominal work is needed to strengthen the muscles lying over your stomach to hold it tightly in place. It also does wonders for a weak back. NO amount of crunches or ab work will give you those washboard abs. The layer of fat that covers our abdominal area needs a combination of healthy eating and heart-racing cardio!

MYTH: *I am a woman, weight training will bulk me up and I will look and be bigger!!*

TRUTH:

We women, simply do not have enough of the male testosterone hormone to bulk up. In fact you will look smaller because muscle is very

compact, it takes up less room than fat. Both these pictures were taken the same day. Of course, the picture where I am flexing, my muscles do look bigger! In the relaxed pose you can see my arms are just shapely!

That being said, women who desire more muscle have to spend more time in the gym and lift heavier weights. Just go to my gallery page and meet Maria. She is an example of a woman capable of making great changes in her physique. This has taken years and years of dedicated training.

Send your questions to marla@frameworksfitness.com

www.frameworksfitness.com