



FRAMEWORKS FITNESS

MARCH MUSCLE

NEWSLETTER

March is here and with it comes early morning light lasting close to 630pm! As I write this we are getting what I hope will be our last blast of snow. This past month has been exciting, especially the last two weeks as most of us have been glued to our television sets watching the 2010 Vancouver Winter Olympics! We should be so proud of our Canadian athletes! It is unbelievable how they have trained their bodies for their particular sport. They sometimes appear to be Superhuman! These athletes demonstrate how we can push our bodies physically and mentally. They prove to us that perseverance and hard work get results. There is an Olympian in all of us. We just need to realize that. Let these amazing athletes inspire you to take up a new sport, perfect one you already partake in or just simply get more active.

It really doesn't matter if you are young or old, active or inactive; the fitness challenge is the same for all of us. Eating healthy and working out is tough for everyone, including the Olympic Athlete.

Losing weight, getting fit or changing unhealthy habits requires sticking to a disciplined plan. An Olympian must stick to a strict training program. If



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you want to get results you too will have to do the same.

Since the 2010 Games began a few weeks ago, I have noticed an increase in motivation, focus and energy with my own fitness regime as well as my clients. So I asked all of them the same question, "Have the Olympic Athletes inspired you to push harder?" The answer for all has been an absolute "YES", followed by; "If they can do what they do, I can try a little harder. I want to see what I am capable of." Watching these amazing athletes perform has actually ignited fire in all my clients.

If the flame of the Olympian Torch has ignited a flame in you to get healthier follow these two simple tips.

Build a Foundation of Fitness

Depending upon what your current fitness level is, it can take as long as six weeks to build a solid fitness base. This period involves slowly building endurance, strength, flexibility and cardiovascular conditioning. Start your training program with slow, steady aerobic sessions and light weight lifting.

Eat Right

Olympic athletes know how to eat and drink for sports performance and recovery. To exercise consistently you need to provide a good supply of high-quality energy to your working muscles. The easiest way to do this is to eat a balanced breakfast and continue eating a variety of high-quality foods throughout the day. Depending upon the type and duration of workouts you do, you'll want to eat a small snack and drink some water a half hour before you get going.

No matter what type of workout you choose, one of the most important lessons we can learn from our

LUNCH

Turkey chunks on a large salad loaded with tomatoes, lettuce, cucumber, peppers
Balsamic vinegar and 1 tsp flax oil

SNACK

Cheese string and apple

DINNER

Grilled chicken stir-fry with 3 oz. skinless chicken, 1 cup frozen Chinese vegetables and 1 tsp. olive oil

1/2 cup brown rice
1 Tbsp. light soy sauce

8 oz. fat-free milk

SNACK

Air popped pop corn
1/4 cup unpopped

BREAKFAST

1 cup cereal (bran, shredded wheat or low fat/cal type) and 4 oz. fat-free milk

SNACK

Almonds and apple

LUNCH

2 slices thin-crust cheese pizza (whole-

Olympic athletes is dedication.

Commit to reach your own personal best – get into the spirit and excitement of the Vancouver 2010 Games!

Do you believe?



MARCH FIT TIP

Lose Weight, without even trying-

Next time you're pouring yourself a glass of water, add an ounce of lemon juice to refresh yourself. Lemon peels contain pectin, a soluble fiber that has been shown to help with weight loss, while also helping you to feel fuller!



Keeping the weight off

After all your hard work, the last thing you want is for the weight you lost to come creeping back on. So here are some strategies to make sure those pounds stay gone for good:

- □ □ □ □ □ **Keep exercising. At your new lower weight your body needs fewer calories to stay fuelled.**

wheat crust if possible),
 loaded with spinach, tomatoes, red and green peppers and other
 veggies of choice
 Caesar salad with romaine lettuce, 1 Tbsp. each Parmesan cheese and
 reduced-fat dressing
 8 oz. fat-free milk

DINNER

Grilled chicken salad with 1 1/2 cups raw spinach, 1/2 cup each diced
 tomato, cucumber and carrots, 3 diced olives, and 2
 Tbsp. balsamic vinaigrette dressing

SNACK

1/2 cup low-fat frozen vanilla yogurt with 1/2 cup frozen blueberries

BREAKFAST

1/2 cup dry old-fashioned oatmeal made with water, sweetened with 1
 tsp. brown sugar and fresh berries
 8 oz. fat-free milk

LUNCH

But you can compensate for that decrease by burning extra calories through regular exercise. Increasing your lean muscle mass through weight training can also give your metabolism a boost.

- **Weigh yourself regularly.** While you don't need to step on the scale every day, regular weigh-ins, for example, once a week or every couple of weeks, can help to identify small changes in your weight before they become a big problem.
- **Be ready to handle setbacks.** The unwanted 5-pound souvenir you brought home from your vacation doesn't have to be a permanent fixture. Be prepared to act as soon as you recognize slip-ups by having a plan in place that involves the same weight loss strategies that helped you in the first place.
- **Keep a food journal.** You don't need to do it all the time, as you may have done when you were dieting. But writing down what you eat over the course of a few days, as well as measuring out your portions can make sure you aren't easing back into the habit of eating more than you think.
- **Find new motivators.** If the ever-declining number on the scale helped bolster your willpower when it came to losing weight, you may need to find some new motivators to stay on track. Think about the things about your new body that make you happy - whether it's the fact that you're not too embarrassed to wear a swimsuit in public or that you can run a mile without feeling like you are going to collapse.

THIS MONTHS RECIPE
Chocolate Protein Milkshake

6 oz. Dry pressed low-fat cottage cheese on a tossed salad with balsamic vinegar and flax oil

SNACK

1/2 cup dried apricots with 1/4 cup roasted almonds

DINNER

4 oz. baked salmon
1/2 cup steamed broccoli with lemon
1 small sweet potato with 1 Tbsp. trans-fat-free margarine
Side salad with spinach, tomatoes and 1 Tbsp. reduced-fat dressing

SNACK

1/4 cantaloupe
6 oz. plain low-fat yogurt

FITNESS COLUMN

My newspaper column appears in the life section of the Guelph Mercury Newspaper every other Friday.

Here is one that I hope will inspire you!

1 scoop chocolate protein powder
1/2 package of fat free chocolate pudding mix
1 cup egg whites (pasteurized)
1 cup water
1 tsp flax oil (for much needed healthy fats) or peanut butter
ice cubes

[Are you Skinny Fat?](#)

**Put all ingredients in your blender.
Whip, and enjoy!**



THIS MONTHS EXERCISE

Best exercise for glutes

THE SQUAT!

Stand with feet hip distance apart with your toes pointing forward. Pull your belly button towards your navel and contract your abdominal muscles. Slowly lower your body as if you are sitting in a chair. If you can, your back should be in line with your knees (knees at 90 degrees). Go down that low, go as low as you can. Take a breath at the bottom. Push up through your heels, slowly push your body back to the starting position. At the top of the movement, do NOT lock your knees. Keep a slight bend in them. Repeat the movement performing 1 to 3 sets. For each repetition, count down on the way down to ensure you're not rushing.

30 to 60 seconds in between sets.



Whatever your mind can conceive and believe.... it can achieve !

Believe in Yourself NOW!

If you believe you can, you will! Achieve all your health and fitness goals! Use the “I can do it!” attitude and you are on your way to success!

Yours in health,

Marla

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