

HAPPY NEW YEAR!!!

The mindless eating...way too many drinks...lack of exercise...

I wonder how many of us have stepped on the scale to see the damage? Sure, you had a great time... Right? Holidays only happen once a year... Right?

So how are you feeling about the weight gain then? The extra pounds and lack of energy must be worth it right? Remember, nothing tastes as good as being healthy and feeling fit !!

Get on track NOW ... there are too many reasons not to!

**MAKE HEALTHY LIFESTYLE CHANGES THAT LAST!**

Would you run out of fingers, and maybe even toes, if you used them to count your tries at adopting a healthy lifestyle? Many of us would. The reason? Often it's that we need to change how we try to make changes. How we make the journey, not whether we always reach our exact goals, determines our success. And how we make the journey is really about our ability to support ourselves along the way, instead of falling back into judgmental and self-defeating ways of thinking and doing.

If you're thinking about making another run at a healthy lifestyle, consider these steps along the way.

- Get real. Whether we're trying to start eating healthier or become more physically active, the first step is to be clear about our goals...and clear whether they are something we can achieve. For example, if you currently walk once a week, and you begin to strive for five, what's the chance you'll get there regularly? Immediately trying to fit four extra workouts into your busy week may leave you struggling. Instead, think about an initial goal of walking twice a week. Small increases --'baby steps' -- build on success. As you feel good about your ability to do one extra walk, you'll see your motivation ratchet up for another, 'til you reach that higher goal.

- Get committed. We're talking about energy and dedication to find healthy behaviors that work for you. Which of these statements sounds like you? "I'll try to



*Making and Achieving goals is very important. Remember a goal not written is just a WISH! Writing in your food journal and recording your fitness progress is essential to achieving success.*

If you are just starting out and don't know where to begin, join my Weight and Lifestyle Support Group. You will learn all the techniques to make great changes to your body, mind and spirit!

**JUST A FEW TIPS TO HELP YOU BE SUCCESSFUL**

Record workouts so you can increase intensity and duration as you grow stronger.

Create workout schedules that fit your life. Working out at the same time each day is good as well.

Focus on making exercise a habit first before trying to exercise hard. Consistency is the KEY!

**YOUR QUESTIONS**

walk twice a week," or "I'm committed to walking twice a week." It's much easier to shrug off the former promise to yourself. If it doesn't feel right to say you're committed to something, explore why. Is the goal you've set really right for you?

- Give up 'shoulds.' A tangle of beliefs and thoughts about what we 'should' do or where we 'should' be with our fitness and health can threaten our ability to find what's right for us. Refuse to follow the latest and greatest new diet. Make peace with your body size, and buy a flattering outfit for that important event rather than trying to lose weight to fit into an old favorite. You may still be able to improve your fitness, but you don't have to put feeling good on hold until you do.
- Get assertive. Does everyone around you have opinions about what's best for you? Exercise your right to make your own choices. That also means putting yourself first. If you don't make it a priority to care for yourself, you won't be at your best in caring for others either.
- Reward yourself. Build your self image as a winner by acknowledging and celebrating your small successes with ways that are meaningful to you. It's all about feeling good and keeping yourself going.
- Remind yourself. Whether it's remembering to eat lunch, or getting in that two-mile walk, add your new behaviors to your 'to do' list. When you check them off as done, you'll also give yourself an extra boost of satisfaction.
- Seek support. Support is one of the key predictors of success at lifestyle change. Buddy up with friends or family to accomplish your goals, read inspirational books or success stories. Join support groups, or seek the help of a qualified PERSONAL TRAINER!(I HAD TO THROW THAT IN!) if needed.

Remember: While it may seem to take a lot of work when we first start making healthy lifestyle changes, they become second nature after a while. So hang in there with your new positive behaviors. Soon, they'll just be the way you do things.



ANSWERED!

## Weight management

Q.. How can I use physical activity to help me maintain or lose weight?

A.. Being more active can help you lose weight or maintain your current weight, along with eating a healthy diet.

In general, the more active you are, the more energy you 'burn off'.

Getting the balance right means getting your weight right.

If your food intake is less than the energy you use, you'll lose weight.

If your food intake is equal to the energy you use, you'll stay the same.

If the food you take in is more than the energy you use, you'll gain weight.

So while eating less is a factor in weight loss, it's just part of the story. Using up calories by being more active will either help you maintain your present weight and not get any heavier or actually lead to weight loss.

The physical activity recommendation states that adults should accumulate

## The Pitfalls of Rapid Weight Loss

It's all in how you approach it. If you think it's going to be unpleasant and difficult, it probably will be. It takes time to gain extra weight and it will take time to lose it. A realistic schedule is a pound off a week. But we're impatient. We want it off fast, but rapidly lost weight tends to come back. When our bodies do not get enough to maintain our weight, our physiology changes. Any extra calories taken in during rapid weight loss is easily stored. That's why cheating on a crash diet leads to failure.

### Simple Tips for Dieting Success

So how do some people achieve and maintain a normal weight for the rest of their lives? Here are some simple guidelines:

- A diet is not something that has a beginning and end. Your diet is how you eat for the rest of your life. If you go back to your old eating patterns, you will become your old weight.
- Eat regular food-just a lot less of it. Include different colored vegetables and fruits plus whole grains and legumes (beans, peas, lentils, chickpeas, soy), fish, lean meat, and low-fat dairy. Eat in small amounts in three or four small meals a day.
- Exercise. Most people will not lose weight only by exercise. It takes a few hours of exercise per day to lose weight without cutting calories, but at least 30 minutes of vigorous exercise five days a week will help, plus it is an essential part of maintaining good health.
- Be consistent. If you reduce portions all week then reward yourself with a full slab of ribs or a big piece of cake, you do not understand that you must change your old habits permanently. On the other hand, a little fun food is okay once a week or so, but only a little and only rarely. Remember that extra calories are stored as fat. Consider giving yourself a non-food reward instead.
- When you lose weight, you get hungry. Sorry, but that's just the way it is. In the first few days of eating less, most people get pretty hungry. Your body does not realize that you are surrounded by food. It is programmed to motivate you to go hunt something to eat like our ancestors had to do. After a few days, it is much better. Do not try to find fillers to take away the hunger. It is okay to be a little hungry. If you think of hunger as a bad thing, you will be tempted to eat too much.

The reason diets fail is we hate dieting, we love to eat, and

(build up) at least 30 minutes of moderate activity on most days of the week.

This is as important for those wanting to lose weight as it is to everyone else - it will certainly help you maintain your weight and help prevent you gaining any weight. However, for weight loss you really need to aim for more than that. Think of the 30 minutes as a starting point, and then if possible gradually increase the time you spend being active or the intensity of it.

Remember, those 30 minutes don't need to be done all at once - you may find it easier to split your activity into three spells of 10 minutes.

I would recommend implementing changes to your exercise and eating habits slowly over time, if you want lasting and permanent results. Changing too quickly can be difficult to adhere to, and if you work out too hard in the beginning you could cause injury or just be so sore you won't want to work-out again. If you are trying to lose fat, it is recommended that you try to lose about 1-2 pounds a week.

we think of exercise as work. **CHANGE YOUR MINDSET!** Eat to nourish your body, eat clean healthy food, enjoy the foods you love **IN MODERATION** and face the reality that everyone should exercise as regularly as we bathe. If you live like this your weight will be normal for the rest of our lives.

**\*\* Really want it!** This is a healthy lifestyle goal for you, not for your partner, your family or anyone else. You really want to get healthy. Be selfish about it; this is your goal and the rewards and the benefits are also yours.

**\*\* Believe that you can do it.** It is certainly possible to get the weight off and get into the best shape of your life! The only thing that might prevent you from doing it is yourself. **BELIEVE IT AND YOU WILL DO IT!!!**



**CALL AND INQUIRE WHEN THE NEXT WEIGHT AND LIFESTYLE SUPPORT GROUP BEGINS...SPACES ARE LIMITED SO BOOK NOW!**

**GET IN SHAPE IN 2008!!!**



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